



LUNCH MENU

11 am - 4 pm

Minted Quinoa Salad R 60

With feta, peas, bacon & pickled red onion served on baby spinach leaves

Roasted Mediterranean Veg R 60

With grilled halloumi cheese, toasted seeds & balsamic vinegar reduction, served on baby leaves

Parma Ham & Phyllo Pastry R 65

Wrapped asparagus on wild rocket with balsamic reduction & roasted cherry tomatoes

Smoked Salmon on Cumin & Spinach Savoury Pancakes R 70

With lemon dill sour cream & avocado, served on tender baby leaves

Free Range Chicken & Avo Ciabatta R 55

With sun dried tomato aioli, served with roasted root vegetable chips

Prego Marinated Free Range Sirloin Steak on Ciabatta R 75

With sautéed onions & roasted root vegetable chips.

TAPAS

5:30 pm - 8:30 pm

Arancini with Smoked Mozzarella and Arrabiata R 25

Mozzarella-stuffed risotto balls, crumbed and deep-fried, served on spicy tomato arrabiata sauce with parmesan crisps and basil.

Strawberry Gorgonzola Mushrooms R 35

Roasted portobellini mushrooms topped with macerated strawberries and blue cheese, served on crostini.

Tequila Flambéed Chorizo Prawns with Pineapple Salsa R 40

Skewers of prawn and chorizo served on a bed of baby leaves and topped with a pineapple and red pepper salsa

Phyllo Parcels R 30

Balsamic caramelised red onion jam & camembert cheese delicately wrapped in phyllo pastry.



SMOOTHIES

The Nutter R 30

Greek yoghurt, banana, almond, peanut butter, cinnamon, honey

Tropica R 30

Coconut milk, pineapple, banana, lime, mint

The Blues R 30

Blueberries, strawberry, banana, dates, almond milk

Oats Easy R 30

Almond Milk, rolled oats, banana, dates, coconut, peanut butter, strawberry
*Dairy Free

Beyond Berry R 30

Assorted berry mix, apple, banana, honey
*Dairy Free

JUICES

Clifton R 28

Cucumber, pineapple, lime, mint.

Powerhouse R 28

Apple, spinach, cucumber, celery, lime.

The Zapper R 28

Carrot, pineapple or apple, and ginger

Fresh Green R 28

Cucumber, apple, parsley, lemon

Berry Beauty R 28

Strawberry, apple, beetroot, lemon, ginger, carrot

COFFEE

Espresso R 12/16

Macchiato R 14/18

Americano R 14/18

Cappuccino R 16/20

Cafe Mocha R 20

Caffe Latte R 18/22