

DELI SANDWICHES

ORIENTAL WRAP

ROASTED CHICKEN WITH CINNAMON ROASTED BUTTERNUT, LENTILS AND SPICED CASHEWS, FRESH CORIANDER AND PICKLED CABBAGE

R65

VEGGIE WRAP

QUINOA AND PINEAPPLE WITH FRESH CORIANDER, RED ONION, ROCKET AND RAW BEETROOT, CASHEW NUTS WITH HONEY LIME DRESSING

R58

PAN BAGNAT

TUNA BAGUETTE WITH COS LETTUCE, MIXED PEPPERS, TOMATO, CUCUMBER, EGG, RED ONION, RADISH, OLIVES AND EXTRA VIRGIN OLIVE OIL

R65

HAM AND CHEESE ON LOW GI

LOW GI BREAD WITH COUNTRY HAM AND GRUYERE CHEESE, TOMATO, HOMEMADE MAYO AND TENDER LETTUCE

R62

PASTRAMI SANDWICH

BAGUETTE WITH PASTRAMI, LETTUCE, EGG, TOMATO, MAYO AND GHERKINS

R65

SWISS PANINI

RACLETTE CHEESE WITH BRESAOLA, WHOLE GRAIN MUSTARD AND GHERKINS

R105

(V) CAPRESE PANINI

TOMATOES, MOZZARELLA, BASIL, PESTO, PINE-NUTS

R68

HONEY TURKEY PANINI

JALAPENO, EMMENTAL CHEESE, BELL PEPPER, PERI-PERI

R75

DELI SALAD

CHICKEN SALAD WITH BLUE CHEESE BUTTERMILK DRESSING(LOW CARB)

SPICE RUBBED FREE RANGE CHICKEN WITH AVO, WALNUTS AND SUNDRIED TOMATOES WITH LETTUCE LEAFS

R95

(V) QUINOA AND ROAST BEETROOT SALAD

WITH AVO, RED ONION, CELERY, CHICK PEAS AND SMOKED TOFU WITH CUMIN/LIME DRESSING

R90

THAI PULLED DUCK SALAD

DUCK CONFIT WITH THAI MARINATED NOODLES, PEPPERS, CABBAGE, CARROTS AND BEANS TOPPED WITH FRESH CORIANDER, MINT AND CASHEW NUTS

R90

(V) FETA AND PUMPKIN SALAD (LOW CARB)

WITH DANISH FETA, ROASTED BUTTERNUT, ZUCCHINI, KALAMATA OLIVES, ROAST TOMATO, SPRING ONION, SUNFLOWER SEEDS AND ROCKET WITH CITRUS/MUSTARD DRESSING

R80

DELI PASTA
CREATE YOUR OWN SALAD
CHOOSE FROM OUR SALAD BAR ANY
4 TOPPINGS

R85

5 TOPPINGS

R95

ADDITIONAL TOPPING
WITH THE DRESSING OF YOUR CHOICE

R15

QUICHE & SOUP
BUTTERNUT AND CARROT SOUP WITH GINGER, ROASTED PUMPKIN SEED AND
CROUTONS

R70

QUICHE OF THE DAY AND HOUSE GREENS

PLEASE ASK YOUR WAITER

R70

DELI PASTA
PENNE OR LINGUINE SERVED
'PUTANESCA'' WITH CAPERS AND CHILI

R80

SMOKED CHICKEN 'ALFREDO'

R95

BOLOGNAISE

R95

(V) BUTTERNUT/FETA/ROSA TOMATOES/SAGE

R80

(V) THAI NOODLE STIR FRY WITH PAK CHOY, PINEAPPLE, CASHEWS,
SHITAKE, CARROTS, SPRING ONION AND SMOKED TOFU

R95

SPECIAL OF THE DAY
FRESHLY PREPARED AND EASILY TO REHEAT

PLEASE ASK YOUR WAITER
COFFEE AND TEA

AMERICANO
ESPRESSO SINGLE/DOUBLE
CAPPUCCINO
LATTE
HOT CHOCOLATE
TEA SELECTION

DELI MAINS**BRAISED CHICKEN**

WITH WHITE WINE, ROASTED GRAPES AND SUNDRIED TOMATO WITH BULGHUR WHEAT PILAF

R130

HAKE BAKE (LOW CARB)

OVEN COOKED WITH SPICY TOMATO SAUCE, BLACK OLIVES, MINT AND PINE NUTS WITH BASMATI RICE

R140

SOY AND GINGER SHORT RIB

BRAISED BEEF SHORT RIB WITH BROCCOLI STIR FRY AND SESAME

R150

DUCK LEG CONFIT

SLOWLY ROASTED WITH PRUNE AND DRIED APRICOT AND CAULIFLOWER COUSCOUS (LOW CARB)

R145

LAMB OSSO BUCCO

BRAISED LAMB SHANK IN TOMATO WHITE WINE SAUCE AND VEGETABLE LINGUINE

R150

SIDES

HONEY GLAZED ROOT VEGETABLES WITH ALMONDS

VEGETABLE LINGUINE

BROCCOLI STIR FRY WITH SESAME (LOW CARB)

BULGUR WHEAT PILAF WITH PRESERVED LEMON

CAULIFLOWER COUSCOUS (LOW CARB)

R150

HEALTHY SMOOTHIES, SHAKES AND JUICES**STRAWBERRY LICKER**

FRESH STRAWBERRIES, ALMOND MILK, BANANA, COTTAGE CHEESE

R45

GREEN HULK

AVO, KALE, COCONUT MILK, FROZEN YOGHURT, PEAR AND TABASCO

R45

PEANUT ROCKER

BANANA, SOY MILK, PEANUT BUTTER, GINGER AND CARDAMOM

R48

FITNESS SHAKER

BANANA, ALMOND BUTTER, HONEY, FROZEN YOGHURT, ALMOND MILK AND DATES

R50

BERRY TWIST

MIXED BERRIES, LOW FAT YOGHURT, COCONUT MILK AND MINT

R45

FULL ROOT

CARROT, BEETROOT, GINGER

R35

ORANGE – YELLOW – GREEN

MANGO, CARROT, PINEAPPLE, ORANGE, MINT

R42

DELI PASTRIES

GATEAU OPERA

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R55

SEASONAL FRUIT TART

R45

PEPPERMINT CRISP TART

R50

MANGO AND CRANBERRY BAR

R50

PARIS BREST

R50

BLACKBERRY AND LEMON ÉCLAIR

R50

BLOOD ORANGE AND STRAWBERRY ÉCLAIR

R50**SWEET VERRINES**BLACK FOREST TRIFLE WITH DARK CHOCOLATE SPONGE, LIGHT MASCARPONE
CREAM AND MARASCHINO CHERRIES**R75**

SEASONAL PANNA COTTA WITH PASSION FRUIT JELLY AND CARAMELISED ALMONDS

R65FRESH ORANGE AND BLOOD ORANGE YOGHURT MOUSSE WITH PISTACHIO
DAQUOISE AND DARK CHOCOLATE PEARLS**R70**

BEERS

BREW HOGS RED LARGER

340ML
R65

CITIZEN ALLIANCE AMBER ALE

440ML
R80

COPPERLAKE IPA

440ML
R89

DARLING SLOW BREW

550ML
R79

STANDEAVEN HEFE WEIZEN

550ML

WINES**SPARKLING WINE**

STEENBERG 1682 BRUT CHARDONNAY

**GLASS
(R100)
BOTTLE
R480****WHITE WINE**

VONDERLING SAUVIGNON BLANC 2014

**GLASS
(R57)
BOTTLE
R225**

SPRINGFIELD SAUVIGNON BLANC 2013

**GLASS
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BOTTLE
R295**

SPRINGFIELD 'WILD YEAST' CHARDONNAY 2012

**GLASS
(R94)
BOTTLE
R375****ROSÉ**

MORGENSTER CARUSO ROSÉ 2014

**GLASS
(R74)
BOTTLE
R295****RED WINE**

RIETVALLEI CABERNET SAUVIGNON 2013

**GLASS
(R74)
BOTTLE
R295**

DMZ SYRAH 2012

**GLASS
(R84)
BOTTLE
R335**

MONT DU TOIT 'LES COTEAUX' MERLOT 2011

**GLASS
(R84)
BOTTLE

R335**

SOFT DRINKS & COLD BEVERAGES

BOS ICED TEA

R40

SAN BENEDETTO ICED TEA

R30

ENERGADE

R38

SNAPPLE

R55

APPLETIZER

R38

GRAPETIZER

R38

WATER 500ML

R28

SOFT DRINK 330ML

R28

HOT BEVERAGES

AMERICANO

R28

ESPRESSO

R26

CAPPUCCINO

R35

LATTE

R35

HOT CHOCOLATE

R35

TEA SELECTION

R32