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FOOD  
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## Our Story ...

"I love food, I love it fresh, and seasonal and I love lots of it. I love curries and roasts, good burgers and fabulous salads, fish & chips, and a good juicy well hung steak, belly pork roasted to perfection which is meltingly soft, infused with peppery flavours of ground white pepper, cumin and salts, breads fresh from my oven and herbs freshly picked from my garden.

I love to cook with spices, I take my time and temper them so that YOU, get to taste the best out of them. I love global food and I am always experimenting with ingredients and flavours from other countries. I love to add my personal touch to my dishes.

I love textures, colours and flavours, I like my food to be simple and uncomplicated.

I want your mouth to love you when you leave my Yumcious™ table!"

## Our KiloTable™ ...

Pay what it weighs from our ever changing KiloTable™. A selection of freshly made delicious and unusual salads, cold meats.

Some like it hot and we can give that to you too-like succulent butter chicken, duck in an Asian cherry sauce, fragrant Moroccan Tagines, beef schnitzel smothered with a chunky mushroom sauce, delicious tarts and quiches, pasta bakes, succulent lemon and thyme scented roast chickens - AND MORE!!

## House Rules ...

Picking is nicking - so please DON'T eat before your plate is weighed. We know it looks so Yumcious™ but your mouth will love you more if you sit down and eat. Standing and eating makes your feet fat!

Keep your fingers to yourself - please do not put your fingers on the food at the KiloTable™. Use the utensils provided.

Weigh your plate once you are done selecting your food - if you don't I might put you on the scale! If you have not weighed your plate a flat rate of 1 kilogram will be charged.

Once it's on your plate its yours - please DO NOT put food on your plate and then return it to the KiloTable™. If it is on your plate you own it.

Due to unforeseen demand some menu items may at times not be available.  
Certain menu items are subject to seasonal availability. No Substitutions.  
No Sharing. A service charge of 10% will be added to tables of 8 or more.  
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# KiloTable™

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## The Giggalo R65

A delicious Italian omelette full of surprises and exciting bits & bobs. Okay, don't be surprised if you find mushrooms, courgettes, spring onions, spinach, peppers, cheese, olives & herbs in it.

## Omelettes R65

If you want something inside and not on top, try one of our omelettes. Pimp up your omelettes with bacon or chopped sausage for R22 extra.

### The Greek

Feta & spinach.

### The Fungi Porky

Ham, cheese & mushroom.

### The Pop Eye

Mushroom, cheese & spinach.

### The Cheesy Senor Onion

Cheese, caramelized onion & herbs.

### Madam Courgette

Courgette, caramelized onion, tomato & cheese.

### The Caprese

Roasted cherry tomatoes, pesto, mozzarella & baby spinach.

## Full English Breakfast R69

2 eggs, bacon, sausage, grilled tomato, mushroom, Zataar sautéed potatoes & brown or white toast.

## French Kiss R60

Your mouth will love you after this french kiss. Rounds of french toast topped with orange honey butter & caramelized oranges. Pimp up with bacon or berry coulis for R22 extra.

## Gone Fishing R75

Served on every day that ends with a "Y". On a buttery Yumcious™ roll topped with scrambled eggs, smoked trout, peppery rocket, red onion & capers with a shot of our delicious wasabi dressing on the side.

## The Health Kick R65

Kick start your day with layers of natural yoghurt, berry coulis with our homemade granola & delicious fruit of the season.

## Going Greek R68

2 poached eggs done the way you like them, well done, medium, or soft and trembling on a bed of wilted english spinach & our medley of diced peppers, mushrooms, spring onion and feta cheese with a saucy yoghurt dressing on the side.

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# Breakfast

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## The Godmother R68

She likes her eggs the way she likes them, they arrive perched on grilled mushrooms, chopped red pepper, fennel, herbs, red onion, chopped bacon and tender peas... So Yumcious™.

## Yumcious™ Very Veggie R69

"5 a day is the right way" on one plate with your Yumcious™ very veggie. Scrambled eggs, grilled mushrooms, grilled tomato, Zataar sautéed potatoes, our signature spinach, lentil & cheese cake with a side of white or brown toast. Pimp it up with half an Avo when in season for R18 extra.

## Out of the Woods R65

Toasted sour dough topped with a pile of thyme scented mushrooms, wild rocket, pan seared cherry tomatoes & topped with two eggs poached the way you like them.

## Spud Up Stream R69

A breakfast rosti topped with wild rocket, smoked salmon trout, capers, thinly sliced red onion & two poached eggs done the way you like them with a little wasabi dressing on the side. Pimp it up with some fresh Avo on the side for R18 extra.

## The Bactato R69

A breakfast rosti topped with wild rocket, bacon, caramelised onion & two eggs poached the way you like them with a serving of our french mustard and chive sauce on the side. Pimp it up with some fresh Avo on the side for R18 extra.

## Flappy Jacky R60

Light and fluffy flapjacks topped with grilled banana, luscious berry coulis & a yummy runny honey cream.

## A Little Bit on the Side...

Ciabatta **R15**

Honey **R8**

Tomato **R6**

Chicken breast **R24**

Bacon **R22**

Beef sausage **R22**

Mushrooms **R18**

Grated cheddar cheese **R18**

Half avocado (seasonal) **R18**

Sautéed potatoes **R16**

Toasted sour dough **R12**

Toasted white or brown **R10**

English spinach **R20**

Chopped chilli **R10**

Smoked Trout **R38**

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# Breakfast

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Our burgers are made from 100% beef (200g) or chicken (200g) and grilled the way you like them.

Served on a delicious bun, topped with onions, tomato, lettuce, gherkins & our smokey Yumcious™ sauce. These are known as "the rest of the toppings."

Served with slaw & potato salad.

For the "RAVANOUS" turn your burger into a double decker with an extra burger pattie for R30 extra.

## The Plain Jane R75

It's our basic burger but still pretty delicious & comes with "the rest of the toppings." Pimp it up with cheese for R18 extra.

## The Yumcious™ 105

Egg, bacon & mushroom perched on top of "the rest of the toppings." Pimp it up with cheese for R18 extra or avocado for R18 extra.

## The Veg-A-Licious R75

Our homemade signature vegetarian pattie topped with basil pesto, hummus and "the rest of the toppings." Pimp it up with avocado for R18 extra or mozzarella cheese for R25 extra.

## The Little Red Rooster R85

Spiced chicken breast and "the rest of the toppings." Pimp it up with avocado for R18 extra or bacon for R22 extra or grated cheddar cheese for R20 extra.

## Tally Me Banana R95

Grilled fragrant ripe banana, bacon and "the rest of the toppings."

## The Italian Job R90

Mozzarella cheese, sun ripened tomatoes, basil pesto, chopped olives and "the rest of the toppings."

## Singing The Blues R95

A delicious combination of blue cheese, caramelised onions and "the rest of the toppings."

## The Beet Goes On R85

Wild rocket, pickled beetroot, wasabi mayo and "the rest of the toppings."

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# Hamburger

Our specialty sandwiches are served on freshly baked ciabatta and served with a mixed side salad & Yumcious™ slaw.

### **Beefed Up R75**

Slices of lightly spiced roast beef, a dollop of dijonmayo, rocket, pickled red peppers and red onion relish. Pimp it up with avocado for R18 extra.

### **My China R75**

Asian trout sandwich with ribbons of locally smoked trout, topped with freshly shaved cucumber, lettuce, shaved red onion, capers, avocado, our tasty wasabi dressing and a shower of toasted black sesame seeds.

### **Mediterranean Medley R60**

A selection of seasonal vegetables lightly grilled, topped with hummus, basil pesto, toasted pumpkin & sunflower seeds, drizzled with a creamy yoghurt sauce.

### **Chickening Out R65**

Our fabulous shredded chicken salad topped with pickled gherkins, rocket, sliced tomato and thinly sliced red onion. Pimp it up with avocado for R18 extra.

### **The Humpty Dumpty R55**

Our delicious egg salad, rocket, sliced gherkins and deep fried capers.

### **Tuna-ed In R60**

Chunky tuna salad, rocket, thinly sliced red onion, sliced gherkin, tomato, cucumber ribbons, and deep fried capers. Pimp it up with avocado for R18 extra.

### **The Caprese R60**

Bocconcini, cherry tomatoes, thinly sliced red onion, rocket, basil pesto and olive tapenade. Pimp it up with avocado for R18 extra.

### **The Yumcious™ BLT R60**

Bacon, lettuce, sliced tomato, thinly sliced red onion, avo and cheddar cheese.

### **The Prego-Licious R90**

Grilled swiss trim sirloin, caramelised onions, cheese, rocket and our homemade spicy prego sauce.

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**Yumcious™ Specialty Sandwiches!**

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### **The Real Greek R60**

Lettuce, chunks of cucumber, red onions, olive, feta and tomatoes, sprinkled with oregano and dressed with extra virgin olive oil.

### **The Japo (seasonal) R95**

Asian trout salad with mixed leaves topped with smoked trout, avocado, cherry tomatoes, dill cucumber ribbons, red onion and dressed with a mild wasabi dressing.

### **Up The Garden Path R55**

Lettuce, cucumber, tomato, carrots, rocket, radish, baby marrow and peppers served with a Yumcious™ dressing.

### **Chef's Salad R65**

Honey roasted vegetables on a bed of greens, feta, roasted seeds and freshly baked Yumcious™ bread on the side.

Pimp up with tender succulent chicken for R24 extra.

Salads

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Beverages

ENJOY THE FEELING



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## Valpre Mineral Water R15

500ml Still or Sparkling

## Sodas R17

Coke | Diet Coke | Fanta | Sprite | Lemonade  
Soda Water | Bitter Lemon | Coke Zero | Tab  
Ginger Ale

## Tizers R25

Appetizer | Grapetizer

## Rock Shandy R30

## Tomato Cocktail R28

## Red Bull R39

## Cordials R8

Kola Tonic | Lime | Passion Fruit

## Ice Teas

### Lemon R18

Natural black tea with lemon extracts. Shaken cold with fresh lemon.

### Cucumber & Lemon R21

Lemon infused black tea with cucumber extracts. Shaken cold with fresh lemon.

### Pink Grapefruit & Lemon R21

Lemon infused black tea with pink grapefruit extracts. Shaken cold with fresh lemon.

## Lemonades

### Original Lemonade ... 18

The "Old Fashioned Lemonade" with natural lemon extracts and fresh lemon juice.

### Flavoured Lemonade ... 21

An "Old Fashioned Lemonade" with a twist. Our fresh fruit puree mixed with fresh lemon. Served tall over ice with fresh cut citrus.

Strawberry | Mango | Blueberry | Passion Fruit | Cherry

### Frozen Mint Lemonade ... 18

A traditional lemonade, served frozen with fresh mint leaves.

### Summer Sodas R27

Our flavour extracts shaken with fresh lime and fruit juice, charged with soda water.

Elderflower | Pink Grapefruit | Cucumber  
Morello Cherry

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Cold Beverages

## Freezos

### Latte Frappe R40

Serving you the original iced coffee / coffee freezo - cappuccine - ask for it by name.

### Chai Latte R40

A creamy spiced chai drink blended with fresh milk and ice.

### Espresso Freezo R40

A delicious smooth espresso drink blended with fresh milk and ice.

### Frosted Cinnamon Bun R40

A delicious cinnamon drink blended with milk and ice. A perfect combination of sugar and spice.

### White Chocolate Symphony R40

A delicious smooth white chocolate drink blended with fresh milk and ice.

Also available in Steamers for R25.

### Fresh Smoothies R40

Blended smooth with our fruit puree mixers, Cappuccine smoothie mix, and fresh fruit juice.  
Stawberry | Blueberry | Passion Fruit | Cherry

### Fresh Fruit Crush R30

Our fruit puree blended smooth with fresh fruit juice and ice.  
Stawberry | Blueberry | Passion Fruit | Cherry

## Milkshakes

### Classics R32

Vanilla ice cream blended smooth with our natural extracts and fresh milk.

Toffee Nut | Roasted Hazelnut | Chocolate Cookie | Popcorn

### Fruit R32

Vanilla ice cream blended with our fruit puree and fresh milk.

Stawberry | Mango | Blueberry | Passion Fruit | Cherry

### Gourmet R32

Vanilla ice cream blended smooth with our natural extracts and fresh milk.

Choc Chip Caramel and Salty Peanut | Cherry Bon  
Choc Hazelnut Rock | Cookies & Cream

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Y.  
Freezos & Milkshakes

## Speciality Teas

Ask your waitron for our Tea Menu

Long Cup R30

Pot R35

**Rooibos R22**

**Red Cappuccino R25**

**Red Latté R27**

**Cappuccino R23**

**Almond Cappuccino R28**

**Café Latté R26**

**Almond Latté R29**

**Americano R18**

**Espresso R15**

**Double Espresso R21**

**Kiddie Chino R12**

**Hot Chocolate R25**

**Lattés R28**

A single espresso infused with natural extracts, poured into steamed milk and capped with a dollop of froth.

Toffee Nut | Roasted Hazelnut | Chocolate Cookie Popcorn

**Extra Shot R6**

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Hot Beverages

## Classics

### Cosmopolitan R36

Premium vodka shaken with fresh lime, triple sec curacao and cranberry juice. Served in a chilled martini glass and garnished with a citrus twist.

### Long Island Ice Tea R52

Four white spirits shaken with fresh lemon and triple sec curacao. Served tall over ice and completed with coke and fresh citrus.

### Margarita R56

Premium tequila with freshly squeezed lime juice and triple sec curacao. Served straight up, frozen or on the rocks.

### Mojito R53

Cuban light rum muddled with fresh lime, torn mint leaves and pure cane sugar. Churned with crushed ice and charged with soda water.

### Pina Colada R48

The most famous tropical cocktail around, Cuban light rum blended with fresh pineapple pieces and natural coconut extracts.

### Strawberry Daiquiri R52

Cuban light rum blended smooth with wild strawberry puree, fresh limes and sultry strawberry juice.

## Variations

### Flavoured Fruit Daiquiri R52

Cuban light rum blended smooth with fruit puree of choice, limes & fresh fruit juice.

Available in: Strawberry, Mango, Blueberry, Passion Fruit & Cherry

### Flavoured Margarita R56

Premium tequila fused with freshly squeezed lime juice and fruit puree. Served straight up, on the rocks or frozen.

Available in: Strawberry, Mango, Blueberry, Passion Fruit & Cherry

### Flavoured Mojito R53

Cuban light rum, muddled fresh lime, torn mint leaves and fruit puree. Churned with crushed ice and charged with soda water.

Available in: Strawberry, Mango, Blueberry, Passion Fruit & Cherry

### Flavoured Gin & Tonics R50

A fun and fruity variation of the classic gin & tonic, enhanced with fruit extracts and freshly squeezed lemon.

Available in: Strawberry, Mango, Blueberry, Passion Fruit & Cherry

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# Cocktails

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**Beers**

**Carvers Weis R29**

**Jacobs Pale Ale R42**

**Passionate Blond R42**

**Castle Lite R21**

**Heineken R25**

**Amstel R21**

**Carling Blue R21**

**Windhoek Draft R25**

**Becks Blue Non-Alcoholic R30**

**Ginger Beer**

**Dragon Fiery Ginger R42**

**Dragon Fiery Apple R42**

**Ciders**

**Savanna R27**

**Savanna Lite R27**

**Hunters R27**

**Beers & Ciders**

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## White

### Jenny Morris Private Collection

#### Sauvignon Blanc glass R35 bottle R120

A fresh wine style that lets the palate enjoys a fresh and crisp finish.

#### Pecan Stream Chenin Blanc R130

A wine style driven by light elegant fruit, freshness and very well balanced.

#### Bergsig Chardonnay R180

Complex with elegance and a good balance between fruit, creamy butterscotch and spicy oak.

### Dry Land Collection

#### Unwooded Chenin Blanc R175

A voluptuous and generous nose, with a rich, pure and well defined palate.

### Vineyard Collection

#### Grenache Blanc R145

Fresh wine style with an intense palate with a fruity finish that has a lingering aftertaste.

## Red

### Jenny Morris Private Collection

#### Pinotage glass R38 bottle R140

An intense dark Pinotage with a typical plum, spicy and black berry nose with a long, fruity and very elegant aftertaste.

#### Pecan Stream Pebble Hill R140

A unique blend of well balanced Spanish & Italian varietals with a soft finish.

#### Vineyard Collection Cinsault R150

Flavours of red berries, cherries and candy floss with a soft and spicy lingering aftertaste.

#### Dry Land Collection Shiraz R185

A spicy wine varietal with a broad range of delicate tannins and a fresh aftermath.

## Blends / Rosé

#### Waterford Rose-Mary R165

A southern French styled Blanc de Noir, low in alcohol with a crisp fresh finish.

#### Dry Land Collection Pinot Noir / Chardonnay R165

A unique blend of well balanced Pinot Noir and Chardonnay with a fresh and lively aftertaste.

## Bubbles

#### Perdeberg MCC Brut R239

Fresh and subtle upon entry, the palate shows elegant purity and minerality, with a biscuity finish.

#### Perdeberg MCC Pinot Noir Rosé R239

Tones of fresh strawberries, watermelon, cherries on the nose with a crisp finish.

#### UNDICI<sup>™</sup> Prosecco Superiore Dry R339

Fruity and floral notes with a soft, lingering flavour and well-balanced acidity.

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Wines

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### CooksPlayground™ ...

At the Giggling Gourmet CooksPlayground™ just across the square. You will find the largest recreational Cooking studio in Africa. Learn to cook with our CooksCourse™ Corporate TeamCooking™, CooksParties™, Special events and specialised catering services. Visit: [www.gigglinggourmet.com](http://www.gigglinggourmet.com)

### Books ...

- > Cooking with Jenny Morris\*
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  - > World Atlas of Food by Jenny Morris\*
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Trading Hours: 08h00 - 17h00  
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### DISCLAIMER NOTICE / INDEMNITY

Guest/s attend this establishment at their own risk.

Food served at this establishment is prepared in a restaurant and not a factory setting. Whilst every attempt is made to ensure that Guests are fully informed as to the ingredients that dishes contain, this establishment is unable to guarantee that food will be free from specific allergens. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness and as such any food served is consumed at the Guest's own risk. The Proprietor, its agent/s and/or its employee/s ("the Proprietor") shall not be liable for, and the guest/s hereby waive/s and abandon/s any claims of whatever nature including but not limited to that for theft, injury, loss or damage of whatever nature, against the Proprietor, whether arising from the Proprietor's default, negligence or otherwise. The Guest/s, in addition to the aforesaid, hereby indemnify the Proprietor against any claims which may arise from whatever nature, whether arising from the Proprietor's default, negligence or otherwise. Right of Admission Reserved.

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