

breakfast

our free range eggs may be ordered fried, scrambled or poached

*these breakfasts are served with a side order of toast, butter & jam

***classic** R92

two eggs, bacon, two italian sausages, grilled mushrooms & grilled tomato

***mini** R58

one egg, bacon, one italian sausage, grilled mushrooms & grilled tomato

***tashas steak stack**

150g steak, grilled onions, sliced mushrooms & grilled tomato topped with an egg

sirloin R90 **fillet** R115

jett & luke’s mini breakfast rolls R90

two baby sesame burger rolls filled with fried eggs, cheddar, streaky bacon, rocket, grilled red onion & inova potatoes

polenta porridge R68

polenta porridge topped with crispy bacon, mushrooms, poached egg, a hint of chilli & parmesan shavings

Ⓞ**breakfast royale** R88

two poached eggs on asparagus spears or wilted spinach, topped with a light lemon sauce, served on seeded bread

add option of crispy parma ham + R38 / **macon** + R32

livers on toast R80

sauteed chicken livers in a garlic & parsley gravy with a fried egg & roasted tomatoes, served on village bread

Ⓞ**hummus toastie** R80

hummus, rocket, avo, roasted vine tomatoes, feta, poached egg & za’atar spice, served on toasted village bread

Ⓞ**turkish eggs** R64

fried eggs, yoghurt, hummus, spiced chick peas, mint, chilli oil & melba toast

Ⓞ**pain perdu** R78

brioche french toast, berries, mascarpone & creme anglaise

add option of crispy bacon / macon + R32

scrambled eggs

our free-range scrambled eggs are made with three eggs or egg whites only served with a side order of toast, butter & jam

Ⓞ**plain** R46

scrambled sweetcorn R80

scrambled eggs with creamy sweetcorn, crispy bacon, spring onion & parmesan shavings

salmon scramble

scrambled eggs with smoked salmon trout, cherry tomatoes, cottage cheese & chives

40g salmon R92 **80g salmon** R118

omelettes

our free-range omelettes are made with three eggs or egg whites only served with a side order of toast, butter & jam

Ⓞ**basic** R46

Ⓞ**spanish** R92

grated cheddar, caramelised onion, mushrooms, tomato, sliced potato & mild fresh chilli

old school omelette R90

herb omelette filled with diced tomato, bacon, peppers, spring onions, mushrooms & grated cheddar

healthy appetite

Ⓞ**fruit salad** R66

add muesli +R18 **add greek yoghurt** +R22

Ⓞ**citrus sunrise** R84

citrus fruit, banana, oat crumble, honey cream yoghurt, pistachio nuts & rose syrup

Ⓞ**dr paw paw** R80

paw paw with yoghurt, chopped almonds & honey

Ⓞ**oats** R58

jungle oats, served with mixed berries, butter & milk

Ⓞ**lsa porridge** R84

a porridge of linseeds, sunflower seeds, almond shavings, coconut milk, banana, dates, cinnamon & vanilla

mexican bowl R94

sauteed mince with chillies, cumin, red beans, red onion & coriander, served with gem lettuce, tomato & topped with an egg

croissants and muffins

Ⓞ**plain croissant** R34

served with jam & butter

Ⓞ**nutella croissant** R52

served with nutella chocolate spread

add nuts + R10 **add banana** + R10

Ⓞ**italiano** R60

filled with mozzarella & tomato

village R74

filled with scrambled egg & bacon

muffins R36

enquire about our freshly baked muffins

toasted sandwiches

a choice of white, brown, rye or seeded bread

Ⓞ**plain cheese** R44

anchovette & tomato R34

Ⓞ**marmite & tomato** R34

bacon & avocado R64

bacon & cheese R62

bacon & egg R60

Ⓞ**cheese & tomato** R52

ham, cheese & tomato R70

topped with two fried eggs +R12

chicken mayo R64

tuna mayo 170g R76

sandwiches

prepared on ciabatta, rye or baguette

steak zarmie

150g strips of grilled steak, grilled onions, fresh tomato, rocket & dijon mustard

sirloin R98 **fillet** R118

harissa lamb sandwich R122

pulled roast lamb, harissa paste, hummus, rocket, roasted aubergine, mint yoghurt & pickled onions, served on toasted village bread

tashas panini R118

two grilled chicken breasts, avo, black mushrooms, feta, lettuce & tomato

schnitzel sarmie R116

two crumbed chicken schnitzels topped with tomato, avo & red onion salsa tossed in a french dressing

rodeo drive R98

mustard mayo chicken, avo, bacon strips & lettuce, served on rye or seeded bread

smoked salmon & pickled cucumber R132

smoked salmon trout, pickled cucumber, avo & radish, served on rye or seeded toast

Ⓞ**picnic roll** R84

kale, cucumber, carrot, avo, red onion, gherkins, tomato, lettuce & cottage cheese, served in a seeded roll with basil mayo & kale chips

food for thought

Ⓞ**quinoa breakfast tart** R58

low calorie / gluten-free / high fibre / 358 calories / 1498kj

quinoa, linseeds, sunflower seeds, almonds, banana, ginger, apple & cinnamon tart topped with peanut butter, pineapple, strawberries, coconut & chia seeds with low fat yoghurt

whole wheat chicken wrap R76

high in vitamin c / high in vitamin a / high in iron / 506 calories / 219kj

toasted whole wheat tortilla filled with grilled chicken breast, avo, low fat cottage cheese, cucumber, carrot, radish, baby spinach & dijon mustard, served with kale chips

chicken brown rice salad R94

gluten-free / low calorie / high in vitamin b / 340 calories / 1428kj

middle eastern spiced chicken breast, heirloom tomatoes, gem lettuce, brown rice, cucumber, red onion, kalamata olives, sumac, parsley, low fat lemon yoghurt & pomegranate dressing

salmon zucchini R220

high in omega 3 / high in vitamin a / 534 calories / 2242kj

160g fresh seared salmon served on zucchini pasta, cherry tomatoes, red onion, chilli, baby spinach, basil & low fat cream cheese

lettuce cup burgers R76

gluten-free / 519 calories / 2172kj

two 75g homemade mini beef burger patties, gem lettuce, brown mushrooms, gherkins, tomato, cucumber, red onion, salsa verde & sweet potato chips

smoothies

peanut protein R58

peanut butter, banana, almond milk, chia seeds, spiced agave syrup & cinnamon

add whey protein R22

green envy R72

kale, chia seeds, hemp powder, banana, dates, pineapple, lime & coconut milk

add whey protein R22

berrylicious R74

mixed berries, goji berries, coconut, hemp powder, dates, vanilla low fat frozen yoghurt & coconut milk

add whey protein R22

salads

***thai beef salad** R148

150g sliced fillet steak, edamame beans, cashew nuts, radish, red onion, gem lettuce, cucumber, celery, coriander, mint, red chilli & thai marinade

Ⓞ**chopped house salad** half R82 full R108

avo, cabbage, gem lettuce, cherry tomato, red onion, coriander, sunflower seeds, cashew nuts, black sesame seeds & vinaigrette

chicken half R104 full R138

tashas caesar half R78 full R102

baby spinach, gem lettuce, cherry tomatoes, cucumber, croutons, boiled egg or cold poached egg, crispy parma ham, parmesan shavings with a caesar anchovy dressing

chicken half R98 full R132 **anchovy** half R88 full R118

Ⓞ**quinoa beetroot** half R74 full R98

pickled beetroot, quinoa, hazelnuts, feta, grilled onion, baby spinach, chives, sumac & pomegranate dressing

chicken half R96 full R128

Ⓞ**texas salad** half R74 full R98

corn tossed with feta, cherry tomatoes, kalamata olives, basil leaves & rocket in a light lemon pesto dressing

chicken half R96 full R128

***smoking salmon**

smoked salmon trout, cottage cheese, caper berries & asparagus, served with a basil, rocket, micro green, cherry tomato, red onion salad & melba toast

40g salmon R98 **80g salmon** R132

***nicoise** R126

tuna, baby potatoes, green beans, gem lettuce, cherry tomatoes, red onion, olives, capers, parsley, chives, lemon juice, olive oil, cold poached or boiled egg & nicoise dressing

add anchovies +R16

Ⓞ**heirloom halloumi** half R78 full R104

heirloom tomatoes, middle eastern spiced halloumi, fennel, micro herbs, cucumber, red onion, mint, parsley & pomegranate dressing

Ⓞ**butternut salad** half R88 full R116

roasted butternut served on a bed of greens with roasted tomatoes, pine nuts, avo & a choice of feta or goat cheese, served with orange & mustard dressing

***rustic chicken liver salad** R104

chicken livers, parmesan shavings, roasted tomatoes, gem lettuce red onion, micro greens, crumbed croutons & parsley, in a balsamic honey mustard dressing

quesadillas

toasted mexican flat bread

the american R94

pulled pork, pickled jalapeno, coriander, cheddar & slaw, served with guacamole

the brazilian R98

strips of grilled chicken in a lemon, chilli & coriander marinade with cheddar, served with yoghurt

the south african R90

chicken, mayo, mozzarella & gherkins

Ⓞ**the greenland** R84

avo, feta, pistachio nuts, mozzarella, baby spinach, rocket & basil mayo

extra fillings

goat cheese, halloumi 100g	R30
cottage cheese, olives, cheddar	R22
feta, mozzarella, parmesan	R26
italian sausage, pesto	R26
halloumi 200g	R60
grilled black mushroom, spinach	R32
sundried tomatoes	R26
aubergine, rocket	R18
macon, gypsy ham, bacon	R32
tuna 170g	R52
sirloin 150g	R62
smoked salmon trout 40g	R46
smoked salmon trout 80g	R92
fillet 150g	R84
chicken breast	R32
avo	R28

cold & iced drinks

cold drinks 330ml R23

tizers 330ml R28

mixers 200ml R20

roses cordials R9
lime, passion fruit, kola tonic

local mineral water still & sparkling R23

surgiva mineral still & sparkling glass bottle 500ml R32 1lt R57

local iced teas R27

lemon soda R28

oran soda R28

ice tropez R72

ice tropez 0% R68

fresh fruit juice (350ml bottle) R30

freshly squeezed fruit juice R40
made with fresh fruits and squeezed on order- carrot, apple, orange, pineapple, pear
add ginger +R8

rock shandy R40
half lemonade, half soda & bitters

milkshakes R35
enquire about flavours

fruit shakes R42
ice cream shake with fruit juice

frullatos R46
ice cream shake with pieces of fresh fruit

freezos (98% fat free) R40
cino, chocolate, white chocolate

fruit freezos R44
blended with real fruit juice

coffees

espresso R21

single shot

double espresso R25

double shot

espresso macchiato R22

espresso with frothed milk

latte macchiato R26

hot milk & espresso on the side

caffe long black R24

traditional coffee

greek coffee R23

freshly brewed in a small long handled pot

(may be ordered sweet or metrio)

cappuccino normale R28

espresso topped with frothed milk

cappuccino petite R24

espresso topped with frothed milk

cappuccino con panna R28

espresso topped with whipped cream

rooibos cappuccino R29

rooibos espresso topped with frothed milk

caffe latte R28

espresso with hot milk served in a mug

lindt mocha latte R54

condensed milk, chocolate, espresso, hot milk & lindt chocolate

spicy coconut chai latte R42

coconut milk, hot milk, chai tea, spiced agave syrup & cinnamon

roasted hazelnut latte R34

espresso lungo with hot milk & hazelnut syrup

roasted hazelnut macchiato R25

espresso with frothed milk & hazelnut syrup

cold cappuccino R25

espresso with cold milk, ice cubes & froth

espresso & nutella shot R27

an extra R4.00 will be charged for decaffeinated coffees

tashas cocktails

mojito R66

white rum, lime, strawberry, mint & soda

pina colada R62

white rum, pineapple, coconut milk & coconut water

turkish delight R58

vodka, cranberry juice, lime & rose syrup

strawberry daiquiri R60

white rum, strawberry, lime & mint sugar

lemongrass margarita R60

tequila, lemongrass & lime

cosmo R48

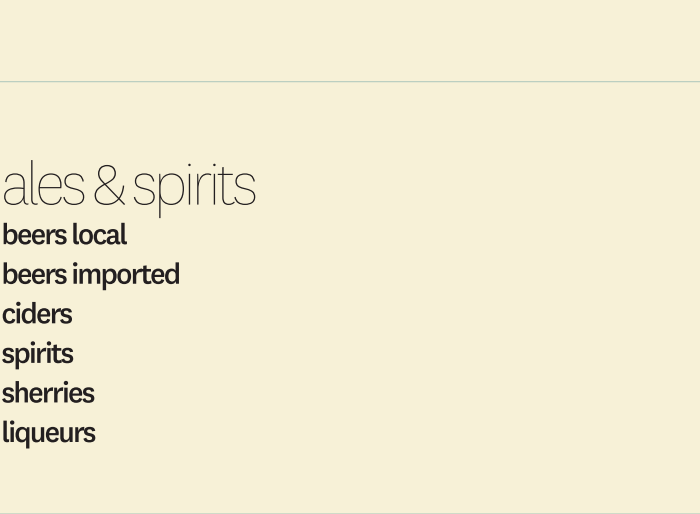
vodka, triple sec, cranberry juice & lime

pimm's R54

pimm's, lemonade, strawberry, cucumber, orange & lemon

cherry mint wine spritzer R50

dry white wine, chery, mint, cranberry juice & soda water



ales & spirits

beers local

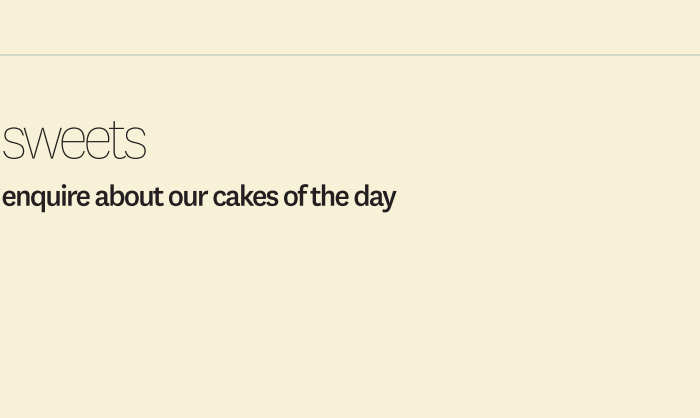
beers imported

ciders

spirits

sherries

liqueurs



sweets

enquire about our cakes of the day

granitas

classics R32

crushed ice blended with fruit juice - lemon, granadilla, strawberry, mango, orange, apple

cucumber, apple & mint R36

cucumber syrup, apple, mint & crushed ice

elderflower & pear R36

pear, apple juice, elderflower syrup & crushed ice

lemon & rose tea R36

lemon ice tea, rose syrup & crushed ice

cherry & lemongrass R36

cherry syrup, lemongrass syrup, cranberry juice & crushed ice

hot drinks

teas R20

five roses, rooibos, earl grey, chamomile

imported teas R25

vanilla bourbon, french earl grey, moroccan mint, english breakfast, singapore breakfast, jasmine queen, royal darjeeling, 1837 black, emperor sencha, chamomile

milo R26

hot choc R28

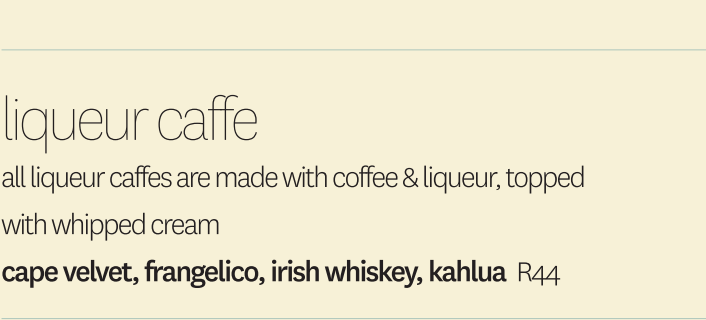
horlicks R26

spiced chai R32

white hot chocolate R32

tashas hot choc & marshmallows R38

two spoons of nutella served with hot milk & marshmallows on the side



liqueur caffe

all liqueur caffes are made with coffee & liqueur, topped

with whipped cream

cape velvet, frangelico, irish whiskey, kahlua R44

gelati caffe

coffee shake R34

espresso blended with vanilla ice cream

dom caffe R48

espresso, liqueur & ice cream

dom pedro R45

liqueur & ice cream

affogato R55

two scoops of vanilla ice cream, topped with an espresso lungo,

topped with milk froth, honey & almond flakes