STARTERS Taco Trio Three mini tacos served with either beef, chicken or fish, filled with shredded lettuce, tomato, onion, salsa and Guacamole, topped with	R65
coriander and lemon Yakitori Kebabs Three Japanese style kebabs, either chicken or beef, grilled on an open flame and smothered with a rich Asian barbeque basting sauce.	R70
Friends Eastern Platter	R45
Humus, tahini, brinjals & two pita Spicy Fish Cakes Thai style fish cakes with coriander, wasabi may,	R65
tarter sauce and garlic aioli dip Baked Brinjals Thinly sliced brinjals layered with a tomato and basil reductio n	R50
KIDDIES Beef burger & chips Chicken burger & chips Hot diggedy dog & chips Pasta bolognaise Fish nuggets & chips Chicken strips & chips	R55 R55 R45 R45 R48 R55
MAINS Chips or Veg or Salad	1100
Taco Trio Three large soft taco shells served with either beef, chicken or fish, re-fried beans, salsa, guacamole and shredded lettuce Schwarma Laffa & Pita	R85
A choice of beef or chicken, chicken schnitzel, lamb kofta or falafel. With humus, tahina and three salads Beef / Chicken / Chicken schnitzel	BOO
Lamb Kofta	R90 R95
Falafel On a plate: Add R20	R85
Friends Hot Beef On Rye Tender sliced brisket on toasted rye with saurkraut, ruby slaw, dijon mustard and dill cucumbers	R80
Double Hot Beef On Rye Tender sliced brisket on toasted rye with saurkraut, Ruby slaw, dijon mustard-mayo and	R150
dill cucumbers New York Hot Dog Beef viennas in a roll topped with crispy onion,	R80
mustard mayo & a homemade tomato ragu Friends Boerewors Roll Boerewors in a long roll topped with crispy onion, mustard mayonnaise, and a homemade	R85
tomato ragu.	
BURGERS all served with chips Friends Beef Burger 150g beef burger on a homemade bun with crispy onions, topped with a sumac mayonnaise	R90
and our savoury cherry tomato chutney. Chicken Burger A tender chicken breast with crispy	R95
onions, topped with a sumac mayonnaise, sliced tomato and lettuce. Hawaiian Chicken Burger With crispy onions, topped with a grilled pine	R95
ring, sumac mayonnaise, sliced tomato and lettuc Friends Vegetarian Burger A falafel & vegetable patty on a homemade bun topped with lettuce, tomato, mustard mayo	e. R85
and onion rings Twin Peaks Burger	R155
Two open burgers, beef and chicken, topped with lettuce, tomato, sumac mayo and onion rings	

Add a Sauce: Monkey gland, Pepper,

Mushroom

GRILL

GRILL	
Served with chips or veg or salad Ribeye 250g	R160
A succulent ribeye marinated in our secret sauce and grilled to your liking. Tomahawk 500g	R290
Perfectly grilled succulent bone in ribeye, topped with a homemade salsa verde	11250
Beef Short Rib Slow cooked beef ribs char-grilled and	R180
basted with a Korean kalbi sauce. Banting Busta Beef patty, chicken breast, sliced avocado	R95
and coleslaw Chicken Thigh Skewers Herb infused chicken skewers char- grilled,	R165
with your choice of salads Brown Rice & Chicken Brown rice, sliced breast, butternut.	R95
Topped with avo Chicken Schnitzel A golden brown chicken schnitzel topped	R90
with a homemade tomato & basil infused ragu Add an extra schnitzel: Add a Sauce: Monkey gland, Pepper, ea Mushroom	R40 R15
Flame-Grilled Chicken Half spatchcock chicken lemon & herb or peri-peri	R120
SANDWICHES	

SANDWICHES

Beef Tornado Beef Schwarma strips on a mustard spread, topped with sliced tomato, pickles and sweet chilli mayo. Served with small chips Chicken Superb Chicken Schwarma strips on mayo spread, topped with sliced tomato, shredded lettuce and freeh basil pasto. Sonrod with small chips	R85 R85
and fresh basil pesto. Served with small chips SALADS Falafel salad	R75

0	Falafel salad	R75
	Four falafel balls, rocket, green beans,	
	hummus, tabbouleh, Kalamata olives and	
	pickled cabbage	
50	Rocket Avo Salad	R68
	Rocket, marinated tomatoes, red onion,	
	sliced avocado	
	Friends Salad	R70
0	Israeli salad, quinoa, hummus, chickpeas, ch	ili,
	kidney beans, coriander	
	Mediterranean Penne Salad	R55
5	Penne tossed in pesto, black olives,	
	peppers, rocket & roasted brinjals	

WINES

ea **R15**

Red Wine Barkan Merlot Backberg Pinotage Altoona Hills Shiraz Tierra Sal. Merlot Tierra Sal. Cab Sauv Klein Draken Sweet red White Wine Tierra Salvage Sauv Blanc Barkan Sauv Blanc Backsberg Chardonnay Lechene Sauv Blanc Sparkling Wines	Glass R65 R55 R50 R50 R38 Glass R50 R55 R60 R55	Bottle R200 R170 R200 R145 R145 R90 Bottle R145 R165 R170 R145
Backsberg Brut Banero Brut Prosecco Extra Dry		R195 R95 R195





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Rate us on: Ø Œ

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Monday - Thursday 7:00am till 10:30pm Friday 7:00am till 2:30pm Saturday 30 minutes after shabbos till 11:00pm Sunday 7:00am till 10:00pm

All meat Mehadrin For Mehadrin Commission ask Mashciagh All quantities based on raw weights

SUSHI

Salmon Sashimi (3pc) Rainbow Rolls (4pc) Salmon Veg Sushi Rolls Crispy Salmon Skin California 4pc Salmon California 4pc Veg California 4pc Salmon Maki 6pc Fotomaki Salmon 4pc Fotomaki Veg 4pc Fashion Sandwiches (4pc) Veg Salmon Hand Rolls Salmon 1pc Veg 1pc Salmon Bamboo 4pc Veg Bamboo 4pc Cucumber Salmon 1pc Cucumber Veg 1pc Sushi Salads Veg Salmon Sushi Cakes (serves two) Veg Salmon

FISH

Fish & Chips Battered hake and chips Grilled Hake Plain, lemon & herb or cajun served with chips or veg or salad Line Fish of the day Kindly ask your waitron about today's selection Salmon Burger Grilled salmon fillet served on a home-

baked bun. Topped with lettuce, tomato and wasabi mayonnaise. East Coast Sole

Grilled sole in a delicious lemon butter sauce, with chips / rice / sweet potato mash and seasonal vegetables.

Moroccan Fish

Hake medallions slow baked in a Moroccan inspired ragu, with sweet potato mash / rice and seasonal vegetables.

Fish Parcel

Fresh fish fillet of the day, wrapped and baked with peppers, fresh lemon & spinach. With salad or vegetables

Grilled Salmon

Grilled & topped with chunky sweet pepper, relish and soy sauce. Served with chips or vea

Thai Grilled Salmon

Grilled & topped with chunky sweet pepper. Topped with a coconut masala sauce. Served with chips or veg

DESSERTS

Baked Apple Halva

Baked apple in a caramel sauce, with halva. With ice cream, honey and candied walnuts Single Double

Baklava

Pastry stuffed with pistachio and almonds, glazed with a homemade golden syrup Three Six Malva Pudding

Choc Mousse Ice cream & chocolate sauce Sorbet

us, tabbouleh, Kalamat	a olives and
d cabbage	
et Avo Salad	
et, marinated tomatoes,	red onion,
avocado	
ds Salad	
salad, quinoa, hummus	s, chickpeas, chili
/ beans, coriander	
erranean Penne Salad	
e tossed in pesto, black	olives,
rs, rocket & roasted brin	njals
-	
S	
Vine	Glass
n Merlot	R65
erg Pinotage	R55
a Hills Shiraz	R65
Sal. Merlot	R50
Sal. Cab Sauv	R50
Draken Sweet red	R38
Wine	Glass
Salvage Sauv Blanc	R50
n Sauv Blanc	R55
berg Chardonnay	R60
ne Sauv Blanc	R50

		COLD BEVERAGES	
	R60	Sodas	R18
	R40	Coke / Coke Light / Tab / Coke Zero / Sprite / Sprite Zero / Cream Soda /	
	R30	Sparberry / Fanta Orange / Ginger Beer	
		Mineral Water 500ml	Table
	R50	Mineral Water Still R15	R33
	R45	Mineral Water Sparkling R15	R33
	R30	Bos Iced Tea	R22
	R55	Berry / Apple / Peach / Lemon Mixers	R18
	R45 R35	Ginger Ale / Club Soda / Lemonade /	K IO
	100	Bitter Lemon / Indian Tonic	
	R30	Cordials	
	R45	Lime / Passion Fruit / Kola Tonic / Lemon	R8
		Appletizer	R20
	R55	Red Bull	R35
	R40 R50	Beers Castle, Lite	R20
	R35	Amstel, Black label	R20
	R55	Heineken	R25
	R45	Windhoek, Light	R22
		Peroni, Stella Artois, Millers	R35
	/ R89		
R10	9 / R179	SUN DOWNERS	D25
	R140	Rock Shandy Lemonade, soda and bitters	R35
	R210	Steel Works	R35
		Ginger beer, soda, kola tonic, ginger ale	
		and bitters	
	R80	Ginger Square	R35
		Ginger beer, fresh lime, bitters and mint	
	R95	Bitter Tonic Indian tonic, fresh lime and bitters	R35
		Virgin Mojito	R35
	SQ	Soda, fresh lime and mint	1100
		Berry Breeze	R35
		Mixed berry syrup, soda, sliced orange	
	R130		
		HOT DRINKS	
		(Almond or Soya milk) COFFEE	
	SQ	Americano	R18
		Single Espresso	R18
		Almond Latte	R25
		Soya Latte	R25
	R115	Almond Cappuccino	R25
can		Soya Cappuccino Extra shot:	R25 R10
rice		TEA (best served black)	KIU
	R115	Infused Leaf Tea	R26
		Chamomile, Peppermint, Peaches & ginger	
ach.		Five Roses, Rooibos, Green Tea	R20
	R195	SPIRITS	D 20
per, or		Absolute Vodka Bombay	R20 R23
01		Bacardi	R20
	R195	Stock 85 Brandy	R20
per.		Bells	R20
		J&B	R20
		Jack Daniels	R25
		Jameson Johnny Black	R25 R25
		Johnny Red	R20
alva.		Chivas Regal	R25
nuts		-	

R45 R75

R25 R45 R35 R35 R35 R30

HOT BREAKFAST (all day) With rye, white, brown, health, bagel	
Shakshuka Three eggs baked in a spicy tomato ragu.	R75
Eggs Your Own Way	R30
Two eggs fried, scrambled or poached Add: Tomato, fried onion, mushroom, feta,	
avocado, roasted brinjals, roasted peppers e Scrambled Salmon	a R12 R125
Three egg scramble with smoked salmon, cream- cheese and capers	
Three egg omelette	R40
	a R12
Mushroom Omelette Three egg open omelette with spicy feta, grilled	R70
mushrooms, roasted peppers and cherry tomatoes	
Breakfast Laffa Toasted laffa filled with scrambled egg,	R70
caramelised onion, cherry tomatoes and black	
mushrooms Eggs & Halloumi	R85
Two eggs, grilled tomato, black mushrooms and grilled halloumi cheese	
Latkes & Poached Eggs Two poached eggs on latkes, topped with	R85
Friends hollandaise, spring onions and sliced	
avo Kippers & Eggs	R90
Three baby kippers, two eggs, poached or fried, cherry tomatoes and sliced avocado	
Hummus Stack Health toast with hummus, rocket, roasted	R65
tomatoes, sliced avo and feta. Topped with	
a poached egg Low Carb Breakfast	R80
Two grilled black mushrooms, two eggs with marinated cherry tomatoes, wilted spinach &	
halloumi cheese Friends Breakfast	R45
Two eggs, fried or poached, fried tomato,	N4J
fried onion and roasted brinjal Extras	
Caramelised onion, mushroom, baby tomato, feta, halloumi, roasted brinjal ea	a R10
Crumpet Stack Four delicious crumpets with sugar and	R40
cinnamon, topped with syrup	D.45
Deluxe Crumpet Stack Four delicious crumpets with maple cream	R45
cheese and berry coulis, topped with honey	
HEALTH BREAKFAST Professor Paw Paw	R65
Sliced Papaya under a blanket of double	1100
thick yoghurt with a hint of lime & pistachio Homemade Granola & Yoghurt bowl	R65
Double thick yoghurt topped with our homemade granola*	
Fresh Fruit & Yoghurt bowl Double thick yoghurt topped with seasonal fruit	R55
FRESH PRESSED JUICE	
Green Lemonade	R30
Apple, lemon, cucumber, celery, ginger Sweet Beet	R30
Beetroot, carrot, apple, orange Ginger Pine	R30
Orange, carrot, pine, ginger CRUSHES	
Mixed Berry	R30
Mango Passion Fruit	R30 R30

SMOOTHIES 500ML

Berry Granola* R30

100	
Blueberries, yoghurt, granola*, honey	
and cinnamon	
*Granola: Rolled oats, quinoa, almonds,	
coconut oil, maple syrup	
Choc Banana	R30
Choc, banana, yoghurt, honey and walnuts	
Peanut Brrrr	R30
Peanut butter, yoghurt, banana, honey and	
walnuts	
Jump Start	R30
Strawberries, blueberries, orange juice,	
ginger and yoghurt	
Very Berry	R40
Raspberries, almond milk, honey, ginger	
and lemon juice	
BAGELS & BREADS	

Royal Smoked Salmon Cream cheese, sliced tomato & cucumbe	R130
red onion with smoked salmon & capers Bagel French Toast Two bagel slices egg dipped and fried, with maple cream cheese & berry coulie,	R60
sprinkled with almond flakes and cinnamon-sugar	and
Toast, Jam & Cheese Two slices of toast with mixed berry jam and grated marble cheese	R35
Anchovy Toast Two slices of toast with sliced tomato, cucumber, anchovy, paste and cream cheese	R40

SANDWICHES Rye, Health, Ciabatta, Bagel, White, Brown **R78** Tuna Tuna, black olives, diced tomato, red onion, dill cucumber, mayonnaise and mozzarella served in a large toasted wrap. Tuna Nicoise R78 An open ciabatta topped with tuna mayo, roasted tomato, feta and egg wedges R68 Friends Humus, lettuce, brinjals, roasted peppers, tomato and grilled halloumi R88 Capri Mozzarella, fresh tomato, basil, crushed avo and basil pesto Egg Mayo R58 Egg-mayo, lettuce and sliced tomato

KIDDIES Margerita Pizza Fish Nuggets & Chips Toasted Cheese & Chips Toasted Tuna Mayo & Chips Hake Burger & Chips	R40 R48 R28 R35 R55
HOT DRINKS COFFEE	540
Americano Single Espresso	R18 R18
Machiatto	R20
Café Latte	R20
Cappuccino	R20
Extra shot:	R10
TEA (BEST SERVED BLACK)	
Infused Leaf Tea	R26
Chamomile, Peppermint, Peaches & ginger	
Five Roses, Rooibos, Green Tea	R20





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SALADS

The Chunky Greek A medley of chunky cucumber, red onion, mixed peppers, feta, olives and cherry tomatoes tossed in an oregano dressing Spicy Tuna Za'atar Salad Tuna, cherry tomatoes, red onions and cucumber. Topped with spicy cream cheese za'atar and a boiled egg Roasted Butternut Salad Butternut, fresh rocket, feta, balsamic glaze and roasted pine nuts Falafel salad Falafel balls, rocket, spicy feta, green beans, humus, tabbouleh, Kalamata olives and pickled cabbage Rocket Avo Salad

Rocket, marinated tomatoes, red onion, sliced avocado Friends Salad Israeli salad, quinoa, humus, chickpeas

chili, kidney beans and coriander Mediterranean Penne Salad Penne tossed in pesto, black olives, peppers, rocket, roasted brinjals & feta

PASTA

Fettuccini or Penne Napolitana A classic tomato sauce with Italian herbs Arabiatta A creamy herbed & chilli tomato with a hint of garlic Pesto Pasta tossed in a delicious homemade basil pesto Olive and Feta Pasta tossed with feta cheese, olives, basil and rosa tomatoes

PIZZAS

Margherita A classic pizza sauce topped with creamy mozzarella **Toppings:** ea Feta, mushrooms, onions, avo, tomato, garlic, chilli, basil, halloumi, olives Beetroot Butternut and Feta Roasted beetroot and butternut, topped with mozzarella and crumbed feta Aubergine and halloumi Roasted brinjals, halloumi and mozzarella Spicy Feta & Tuna Shredded Tuna topped with a feta, red pepper & chilli blend Halloumi & Pesto Sprinkled with pine nuts The Veg Grilled brinjals, olives, peppadews and red onion, topped with mozzarella FOCACCIA BREADS Pesto & freshly chopped tomato Humus, Israeli salad, basil

BUILD-A-PIZZA

Pizza & Tomato Base Add: Basil, red onion, fresh tomato slices grilled onions. ea Mozzarella, olives, beetroot, avo, butternut, mushrooms, brinjal, tuna, halloumi, feta ea Smoked Salmon

ea

	SUSHI	
R90	Salmon Sashimi (3pc)	R60
	Rainbow Rolls (4pc)	B 40
	Salmon Veq	R40 R30
R98	Sushi Rolls	
	Crispy Salmon Skin California 4pc Salmon California 4pc	R50 R45
	Veg California 4pc	R30
R95	Salmon Maki 6pc	R55
	Fotomaki Salmon 4pc Fotomaki Veg 4pc	R45 R35
R88	Fashion Sandwiches (4pc)	
	Veg Salmon	R30 R45
	Hand Rolls	1110
R68	Salmon 1pc	R55 R40
	Veg 1pc Salmon Bamboo 4pc	R40 R50
R88	Veg Bamboo 4pc	R35
	Cucumber Salmon 1pc Cucumber Veg 1pc	R55 R45
R65	Sushi Salads	1140
	- 5	9 / R89
	Salmon R1 Sushi Cakes (serves two)	09 / R179
	Veg	R140
R70	Salmon	R210
1110	FISH	
R70	Fish & Chips Battered hake and chips	R80
	Grilled Hake	R95
R65	Plain, lemon & herb or cajun	
	served with chips or veg or salad Line Fish of the day	SQ
R70	Kindly ask your waitron about today's	UQ
	selection	D120
	Salmon Burger Grilled salmon fillet served on a home-	R130
	baked bun. Topped with lettuce, tomato	
R60	and wasabi mayonnaise. East Coast Sole	SQ
	Grilled sole in a delicious lemon butter	UQ
R15	sauce, with chips / rice / sweet potato mash and seasonal vegetables.	
	Moroccan Fish	R115
R90	Hake medallions slow baked in a Moroccan	
	inspired ragu, with sweet potato mash / rice and seasonal vegetables.	
R90	Fish Parcel	R115
DOO	Fresh fish fillet of the day, wrapped and baked with peppers, fresh lemon & spinach.	
R90	With salad or vegetables	
	Grilled Salmon	R195
R80	Grilled & topped with chunky sweet pepper, relish and soy sauce. Served with chips	
R90	or veg	
	Thai Grilled Salmon Grilled & topped with chunky sweet pepper.	R195
	Topped with a coconut masala sauce.	
R45	Served with chips or vegetables	
R45	DESSERTS	
	Baked Apple Halva	
R45	Baked apple marinated in a caramel sauce, crammed with halva and served with ice cre	am
	& honey. Topped with candied walnuts	am
R10	Single Double	R45 R75
	Baklava	IX/J
R15	Pastry stuffed with pistachio and almonds,	
R35	glazed with a homemade golden syrup Three	R25
	Six	R45
	Malva Pudding Choc Mousse	R35 R35
	Ice cream & chocolate sauce	R35
	Sorbet	R30