



Breakfast

EGGS

SI BREAKFAST 70

2 eggs cooked to order, grilled bacon & cherry tomatoes, served with toast. Chef says: 'add Beef Sausage +25'.

BREAKFAST ROLL 75

Portuguese roll, with grilled bacon, cheese, confit tomato slices, garlic aioli & fried egg.

EGGS BENEDICT 85

Served with a choice of gypsy ham, bacon or smoked salmon.

GREEN OMELETTE 95

Filled with baby spinach, roasted tomatoes, zucchini & grilled halloumi or feta.

AVOCADO ON TOAST 48

Toasted ciabatta, topped with fresh sliced avocado, garnished with fresh herbs.

CHORIZO CHICKEN LIVERS 75

Pan fried chicken livers in a spicy onion, chorizo & bacon, topped with fried egg.

BUTTER CROISSANT 40

add Chocolate Ganache +15

EGGS ANY STYLE 42

2 eggs to order served with toast.

SIDE ORDERS

SI BOWLS

CINNAMON, VANILLA ROLLED OATS (GLUTEN FREE) 65

Rolled oats soaked in coconut milk, vanilla and cinnamon, garnished with a date ball, apple slices, berries and our seed mix, served with honey.

CHOCOLATE BOWL 65

Yoghurt, organic peanut butter, banana, coconut cream & dark raw cocoa.

SUPER BERRY BOWL 95

Seasonal berries, yoghurt, organic peanut butter, banana & coconut cream.

SMOOTHIES (S/L)

NUTRIENT BALANCED PROTEIN SMOOTHIES

PLAIN JANE 40 / 50

Vanilla.

COOL BEATS 50 / 60

Beetroot & Cucumber.

NUT JOB 50 / 60

Sugar-free Peanut Butter & Banana.

MR MUSCLES 55 / 65

Recovery Protein Blend. Sugar-free Peanut Butter & Banana.

SIDE ORDERS

| | |
|--|----|
| TOAST | 12 |
| Ciabatta, 100% Rye, Gluten-free | |
| HOUSE MADE BERRY JAM | 12 |
| EGG | 8 |
| CHERRY TOMATO / ROCKET | 10 |
| CHEDDAR / FETA | 15 |
| AVO / MUSHROOMS / SPINACH / BACON / BEEF SAUSAGE / GYPSY HAM | 25 |
| GRILLED HALLOUMI | 35 |
| SALMON | 45 |

Recovery Protein Blend. Sugar-free Peanut Butter & Banana.

SI JUICES

| | |
|--|----|
| GREEN GODDESS | 40 |
| Green apples, grapes, cucumber, lemon & mint. | |
| MORNING SUNSHINE | 40 |
| Pineapple, orange, banana & pear. | |
| SPICY LEMONADE | 40 |
| Lemon, apple, ginger & cayenne pepper. | |
| THE ANTI-OXIDANT | 40 |
| Spinach, strawberries, carrots, beetroot, turmeric & ginger. | |
| BOOSTER SHOTS | 20 |
| Turmeric, cayenne, ginger. | |

HOT DRINKS

| | | | | | |
|------------------|----|-------------------------|----|--|-----|
| ESPRESSO | 20 | CAPPUCCINO | 24 | 'CRUSHED ICE' COFFEE | 38 |
| AMERICANO | 22 | FLAT WHITE | 25 | SI HOT CHOCOLATE | 39 |
| | | | | Using our homemade chocolate ganache. | |
| MACCHIATO | 22 | CHAI LATTE | 35 | TEAS | 15 |
| | | | | Additional selection of teas available. | |
| CORTADO | 25 | GOLDEN MILK | 35 | MILK ALTERNATIVES AVAILABLE | +12 |
| | | | | Try any one of our hot drinks with a milk-alternative. | |
| LATTE | 32 | HOUSE MASALA CHAI | 25 | | |
| ICE COFFEE | 38 | | | | |



TAPAS

SI POPPERS 55

Piquant peppers crumbed & stuffed with herbed feta, served with a yoghurt relish dipping bowl.

SPICY CHICKPEAS WITH GREENS & FERMENTED YOGHURT 55

Slow braised spiced chickpeas, green olives, toum garlic paste, fresh coriander & sautéed greens.

CROSTINI 80

Sliced fire baked ciabatta topped with seasonal ingredients. *Ask about our daily selection of toppings*

GRILLED HALLOUMI 80

Grilled halloumi topped with piquant peppers & sliced avocado, dressed with a creamy yoghurt herb & olive relish.

PATATAS BRAVAS 35

Low GI baby potatoes served with a spicy tomato sauce & garlic aioli.

MARINATED OLIVES 40

Selection of olives in a traditional Moroccan spiced dressing.

SAUTÉED MUSHROOMS 49

Field mushrooms, sautéed in a garlic herb butter.

CHICKEN LIVERS 85

Creamy peri-peri chicken livers with crispy bacon garnish.

CHICKEN SKEWERS 85

Chargrilled citrus marinated chicken pieces served with fresh herbs & savory yoghurt.

CHICKEN WINGS 105

Spicy chicken wings served with aioli.

WHOLE BABY CALAMARI TUBES 105

Lightly flour dusted (grilled or fried).

SIDES

MASHED POTATO 30

MARKET VEGETABLES 35

ROCKET SALAD 40

SAUTÉED SPINACH 40

SAUTÉED GARLIC MUSHROOMS 40

FRITES 28

Twice fried hand-cut potatoes (or sweet potatoes) served with our salt blend & aioli.

ONION RINGS 28

In a light crisp batter, served with aioli.

FRIED PICKLES 40

Crunchy dill pickles in a light batter, served with aioli.

MARINATED OLIVES 40

Selection of olives in a Moroccan spiced dressing.

ZUCCHINI FRIES 40

Crisp fresh batons of zucchini in a light savory batter, served with aioli.

FISH GOUJONS 105

Tempura battered, flash fried & served with basil tartare mayo.

TORTILLA DE PATATA 70

Traditional Spanish tapa of egg, potato, onion, chorizo, & smoked paprika served with garlic aioli.

GRILLED CHORIZO 70

Pork chorizo slices flamed in sherry, served with garlic aioli.

BEEF & PECORINO MEATBALLS 85

Served in Napoli sauce with pecorino shavings.

PORK RIBLETS 85

Dry rubbed grilled pork riblets served with house made BBQ sauce.

SI STEAK TARTARE 135

Diced beef ribeye served with red onions, anchovies, capers & cured egg yolk. Garnished with micro greens.

SALADS

RAW GREEN 85
Spinach, alfalfa sprouts, broccoli, fine beans, celery, apples, rocket, micro leaves, toasted pine nuts, toasted pumpkin seeds, avocado with a hummus dressing.

GREEK SALAD 85
Lettuce, cucumber, tomatoes, red onion, mint, olives & feta, served with our sun-dried tomato dressing.

BURRATA 195
Creamy, soft centred cow's milk cheese, with mixed tomatoes, grilled zucchini & smoked olive caviar.

ADD
From the grill: +45 Ribeye / Calamari / Chicken Breast / Salmon

FLATBREADS

48 HOUR MATURED MULTI-GRAIN DOUGH
Gluten free +25

ROSEMARY AND OLIVE OIL 45
Brushed with olive oil, rock salt & fresh rosemary or garlic. Add mushroom puree or hummus +25

CHEESE & GARLIC 65
Baked with creamy garlic & full flavoured cheese, served with a tangy tomato preserve.

CAPRESE SALAD 85
Baked with pesto spread on flatbread topped with fresh tomatoes & fior di latte drizzled with basil oil.

MUSHROOM & ONION 90
Baked with a creamy onion & leek puree topped with sautéed garlic mushrooms.

TUSCAN CHICKEN 110
Mint Verde chicken, red onion, roasted red peppers, spring onion & rocket.

CHORIZO & ROASTED PEPPERS 130
Sautéed chorizo, roasted peppers, olives, feta & rocket.

MEATBALLS 135
Parmesan, lemon meatballs, Napoli sauce & pecorino shavings

BURRATA 195
Creamy soft centered cow's milk cheese, marinated tomatoes, fresh basil & olive oil.

MAINS

SI STYLE SOFT TACOS 75
Chickpea soft tacos filled with fresh salad, quinoa bean hash, served with avocado & sliced chillies. (add Chicken Breast +35)

QUINOA + BLACK BEAN NAKED BURGER 105
Beetroot, quinoa, black bean & chickpea burger patty, served on a whole wheat wrap with pepper & yoghurt relishes & Persian salad

MEDITERRANEAN CHICKEN 135
Marinated free range breasts, garlic tomatoes, roasted olives & rocket, served with grated pecorino & yogurt dressing.

HALF CHICKEN 135
Grilled half chicken served with a traditional Prego sauce.

SI BURGER 120
Prime ground beef or free-range chicken with a cheddar bacon jam & fries. Add Avocado / Bacon / Cheese +20

SPAGHETTI BURGER 125
Spaghetti and pecorino 'bun', topped with a beef patty, spicy tomato, pecorino, white cheddar & fries.

PREGO ROLL 125
Prime beef ribeye served on a soft Portuguese roll with caramelized onions & fries.

PORK BELLY 135
200g braised belly served with onion & leek puree & caramelized apples.

RIBEYE STEAK 170
300g prime ribeye with a choice of red wine, whisky or herb compound butters served with brandy pepper sauce.

CALAMARI & FRESH ROCKET 170
Grilled calamari tossed with herb butter, served with cherry tomatoes, rocket, yoghurt & olive relish.

CATCH OF THE DAY 195
Grilled fresh line fish served with onion puree, salsa verde & market vegetables.

FRESH MUSSELS 50
Fresh mussels steamed with garlic & white wine, served with crispy baguette.

CHARCUTERIE PLATTER 250
Selection of traditional hand cured meats, (Prosciutto, Chorizo and Salami) marinated vegetables & preserves, served with a rosemary flatbread.

DESSERTS

DAILY SELECTION OF HOUSE MADE GELATO & SORBETS 65

SEASONAL BERRIES & CREAM 65

Fresh seasonal berries served with double thick cream or vanilla bean gelato, served on a pavlova.

AFFOGATO 65

A double espresso with a dollop of house made gelato & Kahlúa.

CHEESE CAKE 65

Lemon fridge cheesecake served with sour cherry garnish.

CRÈME BRÛLÉE 85

Served with fresh berry coulis.

CHOCOLATE MARQUIS 65

Smooth dark chocolate mousse, served with brandy crème anglaise and toffee shards.



Drinks

COCKTAILS

BACARDI MOJITO 60

Premium Rum muddled with fresh lime & sugar. Then churned with fresh mint, crushed ice & a splash of soda. (Virgin Mojito 35)

PINA COLADA 70

Premium Rum shaken cold with fresh pineapple, pineapple juice, coconut cream & a splash of lime. (Virgin Pina Colada 42)

FRESH BLOODY MARY 90

Premium vodka build tall over cubed ice with freshly pressed tomato juice, Worcester sauce, fresh lemon, a hint of tabasco sauce & freshly cracked salt & pepper.

DEWAR'S DRAMBLE 70

Dewar's 12 Year Old Blended Scotch Whisky build with fresh lemon, sugar, crushed ice & finished off with a blackcurrant liquor.

TEQUILA SUNRISE 60

Premium tequila, freshly squeezed orange juice & grenadine syrup stirred once.

COSMOPOLITAN 60

Martini-style citrus drink. Vodka shaken with fresh lime, cranberry and Triple Sec. Finished with orange zest.

GREY GOOSE LE FIZZ 90

Grey Goose Super Premium Vodka build tall with elderflower extract, fresh lime & soda water.

SI BAR COLLINS 70

Premium Gin shaken cold with elderflower extract, peach puree, fresh lemon juice. Strained over cubed ice & topped with a splash of soda.

MARGARITA 60

Premium tequila, cointreau, agave nectar & freshly squeezed limes mixed, shaken with ice & strained into a salt rimmed glass. (Virgin Margarita 35)

APEROL SPRITZ 75

Summery spritz of Aperol, Prosecco & Soda Water with a chunky slice of orange.

OCHO OLD FASHIONED 70

Premium rum build short over cubed ice with pure sugar, aromatic bitters & finished with a fresh orange twist.

STRAWBERRY DAIQUIRI 55

Premium Rum blended with crushed ice, fresh lime juice & strawberry puree.

BUBBLES

SPIER SECRET SPARKLING 200 / 55

Stellenbosch. (Bottle / Glass)

DA LUCA PROSECCO 260 / 70

Italy. (Bottle / Glass)

PONGRACZ BRUT 310

Stellenbosch. (Bottle)

GRAHAM BECK BRUT ROSE 360

Robertson. (Bottle)

SAUV BLANC

DURBANVILLE HILLS 145

Durbanville. (Bottle)

SPIER SIGNATURE 145 / 40

Stellenbosch. (Bottle / Glass)

JOURNEY'S END WEATHER
STATION 185 / 50

Somerset West. (Bottle / Glass)

CONSTANTIA ROYALE 255

Constantia. (Bottle)

ROSE

ZEVENWACHT 7EVEN 130 / 36

Stellenbosch. (Bottle / Glass)

HERMANUSPIETERSFONTEIN
BLOOS 220

Hermanus. (Bottle)

CHARDONNAY

FLAGSTONE POETRY 125 / 35

Somerset West. (Bottle / Glass)

BOSCHENDAL 1685 240

Franschoek. (Bottle)

CHENIN BLANC

ERNST GOUWS & CO 175 / 48

Stellenbosch. (Bottle / Glass)

HOLDEN MANZ 230

Franschoek. (Bottle)

WHITE BLENDS

DORAN AYRA 160 / 44

Swartland. (Bottle / Glass)

LA VIERGE TEMPTATION RIESLING · 255

Hemel-En-Aarde Valley. (Bottle)

SARONSBURG VOIGNIER 300

Tulbagh. (Bottle)

PINOT NOIR

ERNST GOUWS & CO 295
Stellenbosch. (Bottle)

MERLOT

SPIER SIGNATURE 185 / 50
Stellenbosch. (Bottle / Glass)

ZEVENWACHT 240
Stellenbosch. (Bottle)

CABERNET SAUVIGNON

WARWICK FIRST LADY 220 / 60
Stellenbosch. (Bottle / Glass)

SHIRAZ

SARONSBERG PROVENANCE --- 240 / 66
Tulbagh. (Bottle / Glass)

RED BLENDS

CAPE UNCORKED CAB/MERLOT 130 / 35
Swartland. (Bottle / Glass)

JOURNEY'S END PASTORS BLEND - 185
Somerset West. (Bottle)

SPIER CREATIVE BLOCK 5 375
Stellenbosch. (Bottle)

SPECIALITY BEER

DRAUGHT + SPECIALITY BEER:
300ML | 500ML

DEVILS PEAK LAGER 35 / 56

DEVILS PEAK FIRST LIGHT 35 / 56
Golden Ale

STELLA ARTOIS 35 / 56

JACK BLACK WEISS 35 / 56