

BANANA Café

Pancake House

OUR UNIQUE SELECTION OF WINES

WHITE WINE

CHENIN BLANC

Vineyard Friends Cape Grey Mongoose - A well balanced and fruity wine, with a lingering finish. **R120**

SAUVIGNON BLANC

Vineyard Friends Grey Duiker - A classic take on Sauvignon Blanc, with tropical fruit on the nose and a bright, fresh finish. **R120**

RED WINE

MERLOT MALBEC

Vineyard Friends Grey Heron - Red berry and plum flavours with soft ripe tannins. **R120**

GABERNET SAUVIGNON

Douglas Green - Full bodied wine with flavours of cassis and ripe black berries supported by ripe silky tannins and tinged with vanilla oak. **R150**

RED BLENDS

Ribshack Red - A full bodied muscular red wine with juicy ripe dark red berry flavours and sumptuous smoky oak spice after wood maturation. **R130**

HOUSE WINES

SAINT VINCENT DRY WHITE

BTG **BTB**
R 35 **R 115**

SAINT ANNA NATURAL SWEET WHITE

R 35 **R 115**

SAINT MORAND SEMI-SWEET WHITE

R 35 **R 115**

SAINT CLAIRE NATURAL SWEET ROSÉ

R 35 **R 115**

SAINT CELINE NATURAL SWEET RED

R 35 **R 115**

SAINT RAPHAEL DRY RED

R 35 **R 115**

BEERS

CASTLE, CASTLE LITE, BLACK LABEL, HANSA HEINEKEN

R 28
R 30

CIDERS

SAVANNAH DRY, SAVANNAH LIGHT, HUNTERS DRY, HUNTERS GOLD

R 30



TROPICAL COCKTAILS

ALCOHOLIC DRINKS

VERNON'S WRATH
Peppermint Liqueur, Vodka, Banana, Lemonade, Mint

MILKY MAC
Amarula, Kahlúa, Banana, Ice Cream

BLUE MAC
Blue Curaçao, Vodka, Sprite

COLLIN COOLER
Mint, Lemon, Lemonade, Vodka, Bitters

BANANA SUNRISE
Vodka and Orange Juice

MAGICAL MOMENTS
Fruits, Vodka, Lemonade, Grenadine

BLOODY MARY
Vodka, Tomato Cocktail

SLIM SHANDY
Tonic water, Lemon, Bitters

STEEL WORX
Cola Tonic, Ginger Ale, Bitters

BANANA LIQUEUR SHOT
Have this shot plain or add it to any of our beverages on the menu

COCKTAIL JUGS - 1L

CONTAINS ALCOHOL
PASSION COOLER; MINTY LEMONADE; FRUITY SANGRIA

COLD BEVERAGES

MILKSHAKES
Vanilla, Chocolate, Strawberry, Lime, Bubble-gum

FRESH BANANA SHAKE
Fresh Bananas blended with Vanilla Ice Cream and a Touch of Honey

FRESH PINEAPPLE SHAKE
Fresh Pineapple blended with Vanilla Ice Cream

HEALTHY FRUIT SHAKE
Fresh Seasonal Fruit blended with Fruit Juice and Vanilla Ice Cream

YOGHURT FRUIT SHAKE
Fresh Fruit blended with Fruit Juice and Yoghurt

ICED COFFEE SHAKE
A beautiful blend of Coffee and Vanilla Ice Cream

GOURMET BEVERAGE SHAKES
Peanut Butter Bomb, Chocnana, Bar-One

SODA FLOATS
Your choice of Soda with Vanilla Ice Cream

FRESH FRUIT JUICES Our selection of 100% Pure Juices
Mango, Guava, Strawberry, Orange, Pineapple, Cranberry, Apple, Mixed Berries, Fruit Cocktail

SODA CANS
Coke, Fanta, Sprite, Cream Soda, etc

ICED TEA
Lemon, Peach, Mixed Berry

MINERAL WATER
Still or Sparkling

APPLETISER and GRAPETISER

CORDIALS PER TOT
Passion Fruit, Lime, Cola Tonic

FRUITY CRUSHERS
Pine, Berry Blizz, Mango Frizz, Granadilla, Lemondilla

DECADENT FRAPPÉ
Iced Freezo, Vanilla Choc, Death by Chocolate

DOM PEDRO
Kahlúa, Amarula or Banana Liqueur

TROPICAL COCKTAILS

NON - ALCOHOLIC DRINKS

PINE OJ
Pineapple and Orange Juice **R 69**

STRAWPINE
Strawberries, Pineapple, Lemon and Orange Juice Blend **R 69**

LEMON LEMON
Lemon Juice and Lemonade with Grenadine **R 69**

LEMON OJ
Blend of Lemon and Orange Juice with Lime and Grenadine **R 69**

HOTTIES

FILTER COFFEE
Freshly Ground Roasted **R 20**

DECAF FILTER
Freshly Ground Decaffeinated Bean **R 22**

CAPPUCCINO
Espresso and Steamed Milk topped with Milk Froth **R 29**

FLAVOURED CAPPUCCINO
Hazelnut, Vanilla, Caramel **R 39**

DECAF CAPPUCCINO
Espresso and Steamed Milk topped with Milk Froth **R 36**

RED CAPPUCCINO
Red Espresso Rooibos Cappuccino - Caffeine Free **R 36**

BUSY BEE CAPPUCCINO
Single Espresso and Steamed Milk with a Dash of Pure Honey **R 39**

ESPRESSO
A Shot of Espresso **R 19**

AMERICANO
Single Espresso topped up with Hot Water **R 25**

CAFÉ LATTE
Steamed Milk and Espresso Blend **R 39**

RED LATTE
Steamed Milk and Red Espresso **R 42**

WHITE HOT CHOCOLATE LATTE
Steamed Milk, White Hot Chocolate and a shot of Espresso **R 50**

MOCHA LATTE
Steamed Milk, Chocolate and Espresso Blend **R 42**

MOCHACCINO
Steamed Milk, Hot Chocolate, a shot of Espresso, topped with Cream **R 46**

SPECIALITY CHOCCHIES
Bar One Hot Chocolate, White Hot Chocolate, Fudge Caramel, Death by Chocolate, Spicy Chai **R 48**

TEA
Rooibos, Five Rose, Green Tea, Earl Grey **R 22**

HOT CHOCOLATE, MILO **R 35**

CREAM TOPPINGS ON ANY OF THE ABOVE **R 12**

SPECIALITY COFFEES
Irish Coffee with Whisky or Banana Liqueur **R 55**

ALMOND MILK
Almond Milk for hot beverages **R 13**

R 28

R 12

R 58

R 58

R 55



Scan here
to view
our menu

We would like to inform you that during the holiday season you may wait up to 45 minutes for your food order. Thank you for understanding.

BREAKFAST BUFFET

8am - 11am

Hot self service breakfast. Help yourself to a selection of hot breakfast dishes of the buffet.

Strictly note we do not allow sharing or take aways.

ADULT
KIDS UNDER 9 YEARS

SERVED THROUGHOUT THE DAY

BREAKFAST SMOOTHIE

Assorted seasonal fruit blended with yoghurt, mixed nuts, honey and muesli

FRESH FRUIT SALAD

Assorted seasonal fruit topped with vanilla ice-cream

MUESLI HEALTH SALAD

Assorted seasonal fruit mixed together, topped with muesli, yoghurt and honey

TOASTIES

Served on your choice of White or Brown Bread with a Garnish Salad

- CHEESE
- CHEESE & TOMATO
- HAM & TOMATO
- CHEESE & EGG
- BACON, EGG & CHEESE
- HAM & CHEESE
- HAM, CHEESE & TOMATO
- BACON & BANANA
- BACON & CHEESE
- BACON & EGG
- CHICKEN MAYONNAISE
- TUNA MAYONNAISE
- BEEF MINCE



SQ
SQ

R 65

R 62

R 62

R 38

R 40

R 42

R 42

R 48

R 44

R 46

R 48

R 48

R 48

R 54

R 54

R 54

GARDEN GREENS

Salads are served with a slice of our Homemade Health Bread and our Famous Homemade Salad Dressing

GREEK SALAD

Lettuce, Tomato, Cucumber, Onions, Olives and Feta Cheese

CLASSIC LEMON CHICKEN SALAD

Chicken Fillet strips grilled in Lemon Butter on a bed of Mixed salad topped with grated Mozzarella cheese

CHICKEN AVO & FETA SALAD (SEASONAL)

Grilled Chicken Strips, Fresh Avocado and Feta on a Mixed Salad of Tomato, Cucumber, Green Peppers and Onion

TUNA SALAD

Shredded Tuna in a light mayonnaise on a bed of Mixed Salad

CALAMARI SALAD

Grilled Calamari Strips on a bed of lettuce, Cucumber, Spring Onions & Olives

SMALL
R 57

LARGE
R 72

R 72

R 85

R 76

R 95

-

R 89

R 78

R 95

MAC BANANA CAFE SALAD DRESSING (500ML)

R79

SAVOURY PANCAKES

All our savoury pancake fillings may also be ordered as an open sandwich on health bread, rye bread or brown rice.

All our savory pancakes are served with a garnish salad and our famous salad dressing.

CHICKEN MAYONNAISE PANCAKE

Shredded Chicken Breast tossed in Mayonnaise

LEMON AND HERB CHICKEN PANCAKE

Chicken Strips grilled in a light Lemon & Herb sauce

CHICKEN AND PINEAPPLE PANCAKE

Chicken Strips and Pineapple with a touch of mild Sweet Chilli Sauce

CREAMY SPINACH AND FETA PANCAKE

Spinach in a Creamy Sauce topped with Feta

BEEF MINCE PANCAKE

Pure Beef Mince with a touch of Herbs & Spices

CHEDDAR CHEESE AND MUSHROOM PANCAKE

Grated Cheddar Cheese and fresh Grilled Mushrooms

MEDITERRANEAN PANCAKE

A combination of Mozzarella Cheese, Fresh Tomatoes, Olives and Peppers

SEAFOOD PANCAKE

Prawns, Mussels, Crabsticks & Calamari delicately mixed with a sauce of your choice

SMOKED SALMON AND CREAM CHEESE PANCAKE

Thinly sliced Smoked Salmon served with Farm Fresh Cream Cheese

CALAMARI PANCAKE

Freshly grilled Calamari strips topped with a light Seafood Sauce

BACON AND AVO PANCAKE (SEASONAL)

Fresh Avocado with Crispy Bacon Bits

CURRY PANCAKE

Your choice of Chicken or Beef in a Spicy Curry Gravy

CHICKEN À LA KING PANCAKE

Creamy Chicken with Mushrooms and Peppers

BUTTERNUT AND FETA PANCAKE

Soft juicy Butternut, prepared in Cinnamon Sugar and topped with Danish Feta pieces. Served with a Sweet Chilli Sauce

BURGER PANCAKE

200g Homemade Beef Pattie with Tomato, Onion, Green Pepper and Gherkins in a Barbeque Sauce

Add Extra Cheese / Bacon / Banana / Pineapple OR Avocado

CHICKEN LIVER PANCAKE

Tender Chicken Livers in a spicy Peri-Peri Sauce

BOBOTIE PANCAKE

Made the Old Fashioned way served with Chutney

BACON, BRIE AND CRANBERRY PANCAKE

Crispy bacon topped with brie cheese wedges, dried cranberries and cranberry sauce

BACON AND BANANA PANCAKE

Banana Slices and Bacon Pieces cooked in Golden Syrup

TUNA MAYO AND CHEESE PANCAKE

Shredded Tuna with Grated Cheddar Cheese and Mayonnaise

SAUCES

Cheese / Creamy Garlic / Lemon & Herb / Mushroom / Sweet Chilli / Tartar / Mayonnaise / Chutney / Peri Peri

SWEET TREATS

CAKE OF THE DAY

Ask your Waitron for the days' selection of cake

FRESHLY BAKED MUFFINS

Ask your Waitron what fresh muffins are available for the day

BAR ONE ICE CREAM AND BANANA SURPRISE

Vanilla Ice Cream topped with slices of Banana and a rich Bar One sauce

MAC BANANA SPLIT

Fresh Banana & Fruit Salad, topped with Vanilla Ice Cream

ICE CREAM DELIGHT

Vanilla Ice Cream topped with Homemade Dark Chocolate Mousse and Nuts

R 99

R 89

R 99

R 89

R 89

R 85

R 89

R115

R120

R115

R 99

R115

R115

R 85

R 99

R 16

R 89

R 99

R 99

R 95

R 99

R15

R 49

R 38

R 79

R 65

R 79

SWEET PANCAKES

All our sweet pancakes are served plain, add Cream or Ice Cream for R 16

CINNAMON AND SUGAR PANCAKE

An old Favourite

BANANA AND CINNAMON PANCAKE

Freshly sliced Banana with a dash of Cinnamon and Sugar

BANANA CARAMEL PANCAKE

Freshly sliced Banana with a rich Caramel topping

BANANA AND BAR ONE PANCAKE

Freshly sliced Banana topped with delicious Bar One sauce

HOT DUTCH APPLE PANCAKE

Traditional steamy Apple topped with cinnamon, Sugar and Sultanas

FIG PRESERVE PANCAKE

Decadent Fig slices with Pecan Nuts

PEPPERMINT CRISP AND CARAMEL PANCAKE

Chopped Peppermint Crisp Chocolate and Caramel

HEALTHY FRUIT PANCAKE

Fresh seasonal Fruit topped with a dash of pure honey

MIXED BERRIES PANCAKE

A medley of mixed berries

MANGO AND BANANA PANCAKE (SEASONAL)

Fresh slices of Mango and Banana

STRAWBERRY PANCAKE (SEASONAL)

Only with the Freshest Strawberries

BANANA AND BLUEBERRY PANCAKE

Sliced banana in a pancake topped with Blueberries cooked, in a caramelised sauce

LEMON CURD PANCAKE

Crunchy Lemon Cream Biscuits in Lemon Curd

toped with Meringue

SAUCES

White Chocolate Sauce / Bar One Sauce / Caramel / Chocolate Sauce / Honey / Lemon Curd

R 30

R 52

R 69

R 79

R 79

R 89

R 75

R 75

R 75

R 79

R 79

R 85

R 79

R15

FUNKY LITTLE MONKEYS

CHEESE WHIZZ

Toasted Cheese sandwich served with Salted Lays Crisps

HAM & CHEESE SPIRAL

Plain Pancake with Ham & Cheese Rolled & Sliced

Served as a Spiral with Salted Lays Crisps

CLOWN FACE

Plain Pancake with Marshmallows & Bar One Sauce topped with a banana and Ice Cream

R 44

R 55

R 69

We would like to inform you that during the holiday

season you may wait up to 45 minutes for your

food order. Thank you for understanding.

TAG US IN YOUR

MEMORIES



Mac Banana



mac_banana_

BANANA Café Pancake House

