






# EATERY MENU

Eatery hours Monday to Saturday 7.30 am to 6.00 pm, Sundays 8 am to 4:30 pm

## ALL DAY BREAKFASTS

**Kale Breakfast** 99  
Raw Kale rubbed with Tahini served with Avo, Two Poached Eggs, Crispy Bacon, Mushrooms, Fried Halloumi and Mixed Seeds (carbs = 9g)  

**Keto Cold Sliced Smoked Salmon Trout Breakfast** 129  
Two Avo Halves filled with Cold Sliced Smoked Salmon Trout and Two Poached Eggs (carbs = 9g)   

**French Croissant**  
Ask your waitron about the avaiability in our pastry section.



**Plant Based French Toast**  79  
Plant based French Toast with Maple Syrup and Macon


**The Basic** 49  
Scrambled Eggs served with a Slice of Toasted Sourdough Bread (carbs = 25g) 

**French Sourdough Toast** 75  
Topped with Crispy Bacon and drizzled with Maple Syrup (carbs = 42g)

**Liver Surprise** 75  
Free-Range Chicken Livers Topped with Two Fried Eggs on a Slice of Toasted Sourdough Bread (carbs = 26g)

**Keto Halloumi Breakfast Stack** 119  
Grilled Smoked Halloumi topped with Avo, Fried Egg, Bacon, Red Onion and Tomato, Lettuce. Served with a dash of Low-Carb Mayo (carbs = 9g)   

**The Breakfast Wrap** 97  
Egg Wrap filled with Bacon, Cheddar Cheese or Feta with Sliced Avo (carbs = 8g)  

**Something Amazing** 99  
Two Poached Eggs, Cashew Nut Hummus, Avo, Cucumber, Horseradish, Mixed Greens, Fresh Rocket & Dill, sprinkled with Mixed Seeds on a Slice of Toasted Sourdough Bread (carbs = 31g) 

**The Famous** 92  
Toasted Sourdough Bread topped with Scrambled Eggs, Bacon and Sliced Avo (carbs = 25g)

**The Surprise** 139  
Scrambled Eggs, Avo, Fresh Parsley & Cold sliced Smoked Salmon Trout on Toasted Sourdough Bread (carbs = 29g)


**Country Omelette** 109  
Bacon, Mushrooms, Spinach, Tomatoes & Cheese served with a Slice of Toasted Sourdough Bread (carbs = 28g)

**Blah-Blah Fishpaste** 49  
Good old anchovette on toast, with real ingrediants and no preservatives.

**Full Farmers Grill** 129  
Scrambled Eggs, Bacon, Grilled Tomato, Fried Mushrooms, Dargle Pork Sausages served with a Slice of Toasted Sourdough Bread (carbs = 19g)

**Flipping Nice** 125  
Smoked Salmon Trout, Avo, Feta, Spring Onion on Toasted Sourdough Bread sprinkled with White and Black Sesame Seeds. (carbs = 27g)

**Toasted Sourdough Bread, Bacon, Egg and Cheese** (carbs = 46g) 89

**Smashed Avo on Toasted Sourdough Bread** 45  
Avocado Served with Toasted Sourdough Bread. (carbs = 23g)  

**Plant-Based Toastie** 65  
Smashed Avo, Fried Mushrooms, Black Sesame Seeds, Baby Spinach on a Slice of Toasted Sourdough Bread (carbs = 27g)   

**Portugese Sardines on Toast.** 59  
Wild caught BPA free tinned sardines drizzeld with organic olive oil.



**Plant-Based Scrambled Tofu Breakfast** 129  
Quinoa, Spinach, Avo, Mushrooms, Vegan Bites, Tomatoes, Tofu Fried in Garlic & Mixed Organic Spice and sprinkled with Mixed Seeds (carbs = 23g)    

**Plant-Based Just Egg Omelette** 149  
Just Egg, Vegan Bacon, Vegan Cheddar Cheese, Tomato, Mushroom (Subject to availability) and Sliced Avo  

**Plant-Based Full Farmers Grill** 139  
Non-GMO Fried Tofu & Mushrooms, Grilled Tomato, Vegan Bites, Vegan Bacon and Avo, served with a Slice of Toasted Sourdough Bread (carbs = 18g)  

## BREAKFAST BOWLS

**Red Bowl** 95  
Frozen Raspberries, Banana, Coconut Milk, Honey, Honey Granola, Chia Seeds, Roasted Coconut Flakes, Blueberries, Strawberries (carbs = 67g)   

**Nutty Professor** 79  
Keto Granola Bowl, Gourmet Greek Yoghurt, Low-Carb Granola and Fresh Berries (carbs = 8.1g)  



Our long fermented sourdough is certified by the diabetic association, the heart foundation it's Halaal and Kosher. The five day ferment means the gluten and carbs are greatly reduced, making it an easy bread to digest and does not result in bloating. It's Free of any chemicals, pesticides or additives. It's made with unbleached Non GMO quality local wheat.

## WRAPS

**Kimchi Avo Wrap** 115  
Kimchi, Avo, Raw Cashew Nut Hummus, Mushrooms, Lettuce, Freshly Sliced Tomato and Fresh Rocket (carbs = 30g)   

**Crunchy Tuna Wrap** 119  
Shredded Tuna, Kalamata Olives, Red Onion, Fresh Parsley, Dried Origamum, Avo, Lettuce, Tomato, a dash Of Low-Carb Mayo and Fresh Lemon Served in a Low-Carb Kale & Spinach Wrap (carbs = 14g)   

**Chicken & Avo Wrap** 119  
Chicken Strips, Avo, Fried Cherry Tomatoes, Grated Mozzarella Cheese, Greek Yogurt, Fresh Chillies and Rocket Leaves served in a Low-Carb Kale & Spinach Wrap. (carbs = 14g)   

**Cold Sliced Smoked Salmon Trout Wrap** 135  
Cold Sliced Smoked Salmon Trout, Avo, Rocket Leaves, Lettuce, Red Onion, Lemon and a dash of Low-Carb Mayo Served in a Low-Carb Kale & Spinach Wrap. (carbs = 11g)   

**Hummus Raw Veggie Wrap** 119  
Carrot & Cucumber Sticks, Raw Kale, Avo, Sprouts, Turmeric Kraut, Cocktail Tomatoes, Chopped Rocket & Basil and Raw Cashew Nut Hummus, served in a Beetroot & Acai Wrap. (carbs = 21g)   

**Plant-Based Scrambled Wrap** 119  
Quinoa, Fried Tofu, Crumbled Falafel, Fried Mushrooms, Plant-Based Cheese, Spinach, Tomato, Fried in Coconut Oil and served in a Low-Carb Kale & Spinach Wrap (carbs = 30g) 

## NOURISHING HOT BOWLS

**Chicken Noodle Bowl** 115  
Chicken Strips, Gluten-Free Noodles, Chopped Pineapple, Carrot & Cucumber Sticks, Spring Onion, Shredded Red Cabbage, Fresh Herbs, Chilli and Garlic drizzled with Soy Sauce (carbs = 79g)   

**Japanese Miso Bowl** 139  
Gluten & Egg-Free Noodles, Tofu, Asian Mixed Greens, Seaweed, Maple Pea Sprouts, Mushrooms, Spring Onion, Fresh Coriander and a Boiled Egg. (carbs = 55g)   

**Asian Chicken Teriyaki** 139  
Grilled Chicken Breast, Gluten-Free Noodles, Asian Mixed Stir-Fry, Pak Choi, Shiitake Mushrooms, Black Sesame Seeds dressed with our Low-Carb Teriyaki Sauce (carbs = 74g)   

**Spicy Prawn Curry Bowl** 159  
Prawn Meat, Spices, Garlic, Onion, Red Chilli, Ginger, Chopped Tomato, Cream and Fresh Coriander Leaves served with Cauliflower Rice. (carbs = 42g)   

## NOURISHING COLD BOWLS

**Tuna Summer Salad bowl** 115  
Shredded Tuna, Lettuce, Fresh Dill, Avo, Rocket, Olives, Boiled Egg, and Roasted Chickpeas. (carbs = 19g)  

**Spiced Grilled Halloumi Bowl** 115  
Grilled Halloumi, Fresh Lemon Juice, Fresh Mint & Dill, Grilled Chick Peas, Fennel, Olives, Wild Rocket, Fresh Orange, Avo and Red Pepper Flakes (carbs = 15g)  

**Cold Sliced Smoked Salmon Trout Bowl** 175  
Cold Sliced Smoked Salmon Trout, Flash Fried in Butter, Salt, Pepper and Freshly Squeezed Lemon served with Baby Spinach, Spring Onion, Quinoa, Avo, Pine Nuts, Almonds, Cucumber, Roasted Red Pepper, Edamame Beans and Fresh Coriander topped with a Boiled Egg and Drizzled with Soy Sauce (carbs = 19g)   

**Plant-Based Glow Buddha Bowl** 119  
Quinoa, Spicy Chickpeas, Kale, Red Cabbage, Broccoli, Carrot & Cucumber Sticks, Avo, Cherry Tomatoes, Sprouts, Basil & Herbs and Hummus Drizzled with Lemon and sprinkled with Our Seed Mix (carbs = 33g)   

**Rainbow Health Bowl** 129  
Choose Between Grilled Chicken or Plant-Based Chicken, served with Red Cabbage, Maple Pea Sprouts, Sliced Cucumber, Carrot Sticks, Cherry Tomatoes, Whole Nuts, Micro Herbs, Rocket Leaves, Spring Onion, Edamame Beans, Baby Spinach, Avo and sprinkled with Our Four Seed Mix. (carbs = 17g)    


**Plant-Based Kimchi Probiotic Bowl** 135  
Quinoa, Kimchi, Avo, Steamed Broccoli, Red Cabbage, Fresh Rocket, Baby Spinach, Baby Marrow Patty Pans, Hemp & Mixed Seeds, Sprouts, Basil and Hummus (carbs = 22g)    

## RUSTIC SANDWICHES

Our sandwiches are made with Long Fermented Sourdough Bread from the Artisan Baker. Swap for either Gluten-Free or Low-Carb bread. Sourdough Rye available on request.

**Good old Toasted Cheese** (carbs = 45g) 55

**Toasted Hickory Ham, Cheddar and Tomato** (carbs = 46g) 79

**Crunchy Tuna Mayo** 89  
Shredded Tuna, Red Onion, Sliced Tomato, Dried Origamum, Gherkins, Fresh Parsley and Lemon Juice with a Dash of Low-Carb Mayo (recommend untoasted) (carbs = 45g) 

**Toasted Chicken Free Ranger** 85  
Crunchy Free-Range Chicken and Mayo with Celery, Onions and Rocket (carbs = 44g) 

**The Beef & Kraut** 85  
Pastrami, Sauerkraut and German Mustard Served with Pickles on the side (recommend untoasted) (carbs = 45g)   

**Real Toasted Italian** 109  
Pastrami, Olives, Mozzarella with Sun-Dried Tomato, Sweet Basil and Red & Yellow Pepper Pesto. (carbs = 43g)

**Plant-Based Hummus and Raw Veggie Rainbow** 99  
Lettuce, Rocket Leaves, Red Onion, Sliced Tomato, Avo, Turmeric Kraut, Sprouts, Carrot & Cucumber Sticks with fresh Basil and Raw Cashew Nut Hummus (recommend untoasted). (carbs = 55g)    

**Plant-Based Toasted Spinach, Pesto & Cheese** 75  
Vegan Cheddar Cheese, Fresh Pesto and Spinach. (carbs = 57g)   

**Plant-Based Toasted Chicken Mayo** 89  
Vegan Chicken Mayo (carbs = 50g)  

**Open Faced Smoked Salmon Trout with Cream Cheese** 105  
Cream Cheese, Shaved Cold Smoked Salmon Trout, Cucumber, Dill, Rocket, Fresh Red Radish, Capers and drizzled with Freshly Squeezed Lemon, Olive Oil and ground Black Pepper (carbs = 24g)



## PASTA & PIZZA

Served with either a Sourdough, Gluten-Free thick or thin base or a Low Carb base at no extra charge. Our pasta can also be ordered Gluten free at no extra charge.

- Pepperoni Deluxe Pizza** 169  
Pepperoni, Cherry Tomatoes, Red Onion, Mushrooms, Olives, Mozzarella and Fresh Rocket Leaves. (carbs = 108g)
- Quattro Stagioni Pizza** 159  
Chicken Strips, Cherry Tomatoes, Mushrooms, Red Onion, Garlic, Olives, Artichokes, Mozzarella Cheese, sprinkled Origanum. (carbs = 98g)  
*Plant Based Quattro Stagioni for R15 extra*
- Plant-Based Mexican Pizza** New 169  
Plant-Based Mince, Dairy-Free Mozzarella, Fresh Peppers, Olives, Red Onion, Mushrooms and Jalapeno. (carbs = 46g)
- The Italian Flag Pizza** 129  
Cherry Tomatoes, Mozzarella, Fresh Basil and Garlic, drizzled with Balsamic Vinegar (carbs = 89g) 🌱
- Free-Range Chicken Basil Pesto Pasta** 125  
Fettuccine Pasta, Grilled Chicken Strips served with Corrado's Basil Pesto sprinkled with Parmesan and a dash of Cream (carbs = 142g)
- Quattro Fettuccine Pasta** 99  
Fettuccine Pasta, Chicken Strips, Cherry Tomatoes, Mushrooms, Red Onion, Garlic, Olives, Artichokes and Mozzarella Cheese sprinkled origanum. (carbs = 145g)

## LOW-CARB HEALTHY MEALS

- Low-Carb Mini Crustless Quiche Served with a Side Salad** 92/99  
Spinach & Feta (carbs = 9g) 🌱 🥚 🥗 or Chicken & Mushroom (carbs = 8g)
- Grilled Lemon & Herb Chicken Breast with Quinoa Salad** 119  
Served with Quinoa, Chickpeas, Roasted Red Bell Peppers, Cucumber, Feta, Fresh Parsley, Carrot, Spring Onion, Red Cabbage and Pine Nuts. Drizzled with Olive Oil and Lemon Juice (carbs = 23g) 🌱 🥚 🥗 Swap out for Grilled Plant-Based chicken
- Pan Fried Line Caught Hake** 149  
Asian Salad Mix topped with a Buttered Pan-Fried Hake Fillet, Shiitake Mushrooms, Fresh Rocket Leaves & Avo, served with a Lemon & Butter Sauce. (carbs = 19g) 🌱 🥚 🥗
- Langside Grass-Fed Rump Steak** 185  
150-170g Steak Rested with Garlic and Butter served with Asian Veggie Mix. Topped with Shiitake Mushrooms, Stemmed Broccoli, Fresh Rocket Leaves and Cherry Tomatoes. (carbs = 7g) 🌱 🥚 🥗
- Grilled Lamb Chops with Quinoa Salad** 169  
Two Grilled Lamb Chops served with Quinoa, Chickpeas, roasted Red Bell Peppers, Feta, Cucumber, Parsley, Carrot, Spring Onion, Red Cabbage and Pine Nuts, drizzled with Olive Oil & Lemon Juice. (carbs = 23g) 🌱 🥚 🥗
- Smoked Salmon Trout Served with Black Rice & Stir-Fry Vegetables** 179  
Shaved Smoked Salmon Trout, Black Rice, Stir-Fry Vegetables, Spinach, Grilled Stemmed Broccoli, Roasted Black Sesame Seeds, drizzled with Soya sauce. (carbs = 58g) 🌱 🥚 🥗
- Plant-Based Mexican Nachos** 159  
Santa Anna's Nachos, Plant-Based Cream Cheese, Guacamole, Salsa, Jalapeno, Plant-Based Cheddar Cheese, Plant-Based Mince, Fresh Coriander and Fresh Chilli. (carbs = 79g) 🌱 🥚

Almost all our ingredients are sourced directly from the farmers and producers that supply our market.

## RUSTIC GOURMET BURGERS

Our Burgers are served on Brioche Buns. Low-Carb or Gluten-Free Bread at no extra cost. All burgers served with Potato Fries.

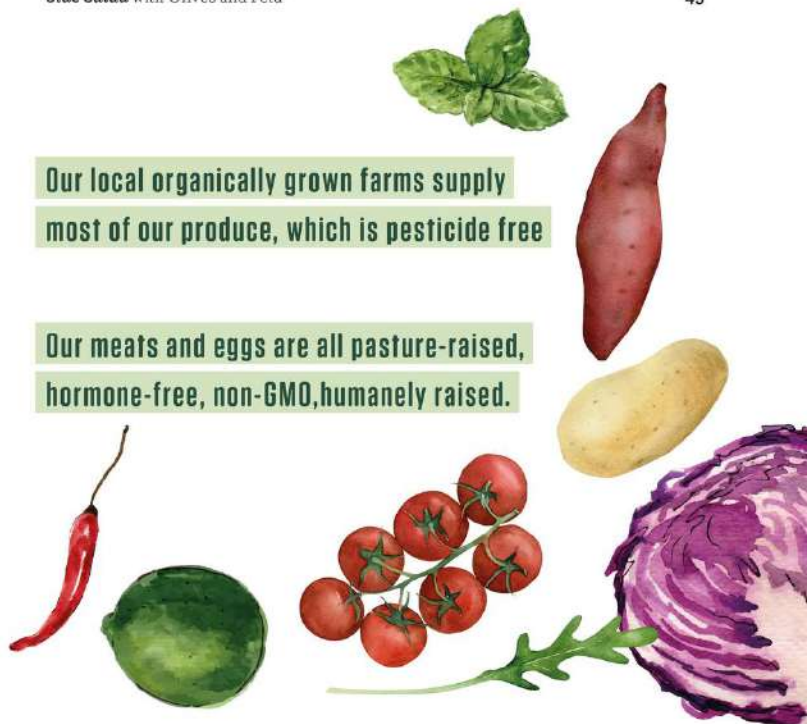
- Deluxe Chicken and Bacon Burger** New 145  
Chicken Patty, Bacon, Mayo, Lettuce, Red Onion, Cheddar Cheese, Tomatoe and rocket (carbs = 61g)
- Sloppy Joe Burger** 89  
BBQ Beef Mince topped with a slice of Cheddar Cheese. (carbs = 23g)
- Grass-Fed Beef Grazer** 129  
Grass-Fed Beef Patty, Gherkins, Red Onion, Cheddar Cheese, Tomato, Lettuce, Rocket and a dash of Mayo. (carbs = 64g)
- Hannay's Free-Range Chicken Chipotle Burger** 149  
Free-Range Chicken Patty with Avo, Red Onion, Melted Cheddar Cheese, Tomato, Lettuce, Rocket Leaves, Chipotle Sauce and a dash of Mayo. (carbs = 67g)
- Plant-Based Crispy Chicken Burger** 119  
Plant-Based Bun with a Crispy Plant-Based Chicken Patty, Plant-Based Cheese, Lettuce, Vegan Mayo, Sliced Tomato and Fresh Rocket. (carbs = 23.5g) 🌱
- Plant-Based Prime Burger** 🌱 119  
Vegan Bun with an Urban Vegan Patty, Vegan Cheese, Gherkins, Red Onion, Lettuce, Rocket Leaves, Sliced Tomato and Vegan Mayo. (carbs = 22.3g) 🌱  
Swap for Beyond Burger R19 (Subject to Availability)

## JUST FRIES OR SIDE SALAD

- Potato Fries** 200g (carbs = 34g) 39
- Sweet Potato Fries** 200g (carbs = 42g) 49
- Fries cooked in Beef Tallow on request.*
- Side Salad** with Olives and Feta 45

Our local organically grown farms supply most of our produce, which is pesticide free

Our meats and eggs are all pasture-raised, hormone-free, non-GMO, humanely raised.



# DRINKS

## HEALTHY SMOOTHIES

**Mango Blaster** 69  
Mango, Strawberries, Greek Yoghurt, Vanilla Extract and Raw Honey

**Nights in White Satin** 79  
Coconut Milk, Almond Butter, Dates, Vanilla Extract and Raw Honey

**Chocolate Peanut Butter** 69  
Cacao, Banana, Peanut Butter, Raw Honey, a touch of Sea Salt, Almond Milk and Vanilla Extract

**The Berry Blaster** 59  
Strawberries, Blueberries, Greek Yoghurt, Apple Juice, Mint, Banana and Raw Honey

**Flu Fighter** 69  
Orange Juice, Ginger, Pineapple, Cayenne Pepper, Flaxseed, Whey Protein, Lemon Juice and Raw Honey

**Green Mamba by Blendid** 69  
Apple Juice, Cucumber, Ginger, Kiwi, Lemon, Spinach, Celery, Mint and Honey

**Halle Berry by Blendid** 72  
Almond Milk, Almonds, Mixed Berries, Honey and Greek Yoghurt

**Hangover Cure by Blendid** 69  
Orange Juice, Mixed Berries, Watermelon, Chia Seeds, Lemon Juice and Mint

**Hulk by Blendid** 72  
Almond Milk, Banana, Ginger, Spinach, Cardamom Powder, Peanut Butter, Honey, Whey Protein and Water

**Klap Gym by Blendid** 72  
Almond Milk, Almonds, Banana, Chia Seeds, Cinnamon, Peanut Butter, Honey, Whey Protein and Greek Yoghurt

**Strawberry Burst by Blendid** 69  
Orange Juice, Fresh Strawberries, Banana, Greek Yoghurt and Apple Juice

## HEALTHY VEGETABLE & FRUIT JUICES

**Awesome Lemon & Mint Twist** 19  
Lemon Juice, Spring Water, Ginger, Apple Cider Vinegar, a pinch of Cayenne Pepper, Raw Honey and Fresh Mint

**Detox** 35  
Apple, Carrot and Celery

**Eye Opener** 45  
Orange, Carrot, Apple, and Fresh Ginger

**100% Freshly squeezed Orange Juice** 330ml 39  
Organic Oranges used from June to August, Soga bottled out of season

**Berry Chai Fresca** 45  
Strawberries, Raspberries, Lemon, Raw Honey and Chia Seeds

**The Green Guru** 49  
Apple, Cucumber, Lemon, Celery, Spinach and Fresh Ginger

**Fruit Punch with a Twist** 49  
Kiwi, Pear, Apple and Fresh Ginger

**Green On The Go** 55  
Cucumber, Spinach, Celery and Fresh Ginger

**Hot Pink Beautifier** 45  
Beetroot, Carrot, Lemon, Apple, Kale, Celery and Fresh Ginger

**Summer Fields** 46  
Orange, Apple, Pineapple and Fresh Strawberries

## HEALTHY SHOTS & BOOSTERS

100% Freshly Squeezed Wheatgrass 29  
The Booster Shot 39

Turmeric, Ginger, Lemon, Cayenne Pepper and Garlic (Do not consume on an empty stomach)

**Juice 4 Joy Green Shot** 39  
Ginger, Lemon, Green Apple, Moringa, Spirulina and Date Syrup

**Juice 4 Joy Immune Booster** 39  
Ginger, Lemon, Grapefruit, Green Apple, Berry Blend, Cayenne Pepper, Aloe, Cinnamon and Turmeric

**Juice 4 Joy Active Booster** 39  
Activated Charcoal, Ginger, Lemon, Cayenne Pepper, Dandelion, Dragon Fruit and Date Syrup

**Juice 4 Joy Turmeric Booster** 39  
Turmeric, Black Pepper, Ginger, Lemon and Green Apple

**Ginger Love Shot** 35  
Ginger, Turmeric, Lemon and Garlic

## HOT CHOCOLATE

Hot Chocolate 29  
Sugar-Free Hot Chocolate 36  
Plant-Based Hot Chocolate with Almond Milk 45

## MILKY HOT DRINKS

Rooibos Cappuccino 45  
Dirty Vegan Chai with a shot of coffee 49  
Turmeric Cappuccino 39  
Chai Latte 45  
Baby Chino 15

## CONTINENTAL ICED COFFEES

Sweet Vietnamese Iced Coffee 45  
Frappé Cappuccino with Cream 49  
The Dutch Iced Coffee 49  
Jackson's Ice-Block Coffee 35

## TEA

Dilmah Organic Tea Collection served in a Teapot 29

Organic Green Tea with Ginger  
Organic Green Tea with Mint  
Organic Pure Green  
Organic Noble Earl Grey  
Organic English Breakfast  
Organic Ceylon Spice Chai  
Organic Berry Explosion  
Organic Fruity Minty Delicious  
Rooibos - Fresh Pack  
Dilmah - Extra Strength Ceylon

## AFTER MEAL TREATS

We have a large selection of mini-ice cream tubs and fruit lollies. Compliment your meal with one of our low sugar guilt free, gluten free or vegan cakes. See our cake displays.

## GOURMET COFFEE

Specify which Blend you would like when ordering.

**BeanCo** **ORIGIN** **S13 AM**  
Stronger medium roast, chocoately | Medium roast, seasonally changes | Medium roast, complex with fruity notes

Single Shot Espresso 16  
Double Shot Espresso 32  
Flat White Single Shot / Double Shot 25/39  
Americano 34  
Cortado Double shot in a small cup with milk 35  
Latte 37  
Mocha 45  
Keto Surfer Bullet Proof Coffee (MCT Oil & Collagen) 59

Decaf coffee on request.  
Plant-Based, lactose free and goats milk will carry a surcharge of R7.

Complement your hot drink with a slice of cake, cookies or a health treat.

## ARTISAN SOFT DRINKS

**BOS Iced Tea** 330ml Peach or Berry or Lemon 19

**Bundaberg Ginger Beer** 375ml 32

**Wendy's Lemonade** Plain or Pink 29

**Whole Earth Organic Sparkling** Lemonade or Cranberry or Kola 34

**Ej's Kombucha** 31  
Flavoured, fermented ice tea (good for gut health)

**Jackson's Still or Sparkling filtered water** 750ml free

## LOCAL BEER

Jozi Blond 440ml 4.5% Alc 51  
Windhoek Draught 440ml 4.0% Alc 37  
Castle light 330ml 4.0% Alc 32  
Devils Peak Hero To Zero (Alcohol-Free craft beer) 32  
Mad Giant Fresh Lager (500ml) 39

## LOCAL CIDERS

Wildberry Ale 330ml 4.5% Alc 51  
Hunters Dry or Gold 330ml 6.0% Alc 35  
Savanna Dry 330ml 6% Alc 42

## GIN COCKTAILS

Exotic Strawberry Sunset 79  
Berry Explosion Burst 75

## NATURAL CAPE WINES

**Served by the Carafe 190ml**  
False Bay Whole Bunch Cinsault Mourvèdre Rose 42  
False Bay Wind Swept Sauvignon Blanc 42  
False Bay Chenin Blanc 42  
Reyneke Organic Red Blend 42  
Reyneke Organic White Blend 42

**Served per Bottle**  
False Bay Wind Swept Sauvignon Blanc 89  
False Bay Chenin Blanc 89  
False Bay Whole Bunch Cinsault Mourvèdre Rose 89  
Reyneke Organic Red Blend 119  
Reyneke Organic White Blend 119

View our wine and non-alcoholic wine selection in the market and pay market prices per bottle with no corkage fee. Sparkling wine offering at wine section.