



BAKERY

BRAN MUFFIN & PRESERVES / R48

Bran, nut & raisin muffin with butter, mild cheese & jam of your choice

SPINACH & FETA MUFFIN / R42

Spinach & feta muffin with a touch of cayenne, butter & mild cheese

SCONE & PRESERVES / R45

Fresh scone with butter, mild cheese & jam of your choice

BANANA BREAD / R63

Lightly toasted banana bread served with honey mascarpone

HAM CROISSANT / R68

Butter croissant with smoked ham, emmental cheese, wholegrain mustard and rocket

BACON & EGG CROISSANT / R70

Butter croissant with creamy scrambled free-range eggs and bacon

CROISSANT & PRESERVES / R55

Butter croissant with butter, mild cheese & jam of your choice

TOAST BASKET & PRESERVES / R45

Turkish ciabatta served with butter, mild cheese & jam of your choice

CLASSICS

Served with toasted Turkish Ciabatta, Bavarian Brown, Macadamia Rye or Gluten free brown/seed bread

EGGS BENEDICT / R89

Free range poached eggs, roasted tomatoes, bacon & hollandaise sauce

✓ VEGAN SCRAMBLED V-"EGGS" / R86

100% Vegan scramble, caramelized onions, mushrooms, roasted tomatoes, potato hash brown & Avocado (seasonal)

TRADITIONAL BREAKFAST / R86

Free range eggs, roasted tomatoes & bacon

SCRAMBLED EGGS / R75

Scrambled free range eggs & roasted tomatoes

THE GRAND BREAKFAST / R98

Free range eggs, bacon, pork chipolatas, mushrooms, potato hash brown

FREE RANGE OMELETTE / R48

+ Mild cheese R16

+ Pan fried mushrooms R18

+ Smoked ham R20

+ Smoked salmon trout R45

SEASONAL FRUIT BOWL / R66

Fresh fruit, greek yogurt, caramelized almonds & raw honey (Not served with bread of your choice)
+ Granola R18

CHILDREN

✓ Vegan scrambled v-eggs & Turkish ciabatta R48

Scrambled eggs & Turkish ciabatta R46

Crumbed Chicken strips R60

Toasted Cheese R36

FAVOURITES

Served with toasted Turkish Ciabatta, Bavarian Brown, Macadamia Rye or Gluten free brown/seed bread

✓ FOR THE AVO LOVER (SEASONAL) / ONE SLICE R54 / TWO SLICES R68

Smashed avocado & fresh lemon

SALMON STACK / R86

Potato hash brown topped with smoked salmon, cream cheese, caper salsa & a free range poached egg

✓ VEGAN MUSHROOMS ON TOAST / R86

Creamy wild mushrooms sauteed in coconut cream

FLAPJACK STACK / R66

Seasonal berries, mascarpone & raw honey. (Not served with bread of your choice)

EXTRAS & SIDES

+ Bacon R22

+ Poached egg R10

+ Mild cheese R16

+ Emmental Cheese R16

✓ + Potato hash brown R14

+ Smoked Ham R20

+ Salmon trout R45

✓ + Pan fried mushrooms R18

✓ + Avocado (seasonal) R18

+ Green Salad R38

+ Thick cut sweet potato chips & homemade garlic mayo R38

+ French Fries & homemade garlic mayo R36

LIGHT MEALS

FREE RANGE CHICKEN LIVERS /R75

Pan fried chicken livers in a creamy tomato sauce

SOUP OF THE DAY/ R68

Soup of the day with Turkish ciabatta

QUICHE & SALAD / R68

Quiche of the day with side salad

LUNCH BUFFET SERVED DAILY/ R23/100G

SALADS



EDAMAME BOWL / R88

Roasted soy beans, corn, shredded red cabbage, radish, ginger & BBQ tofu

CAESAR SALAD / R80

Homemade croutons, crispy bacon, parmesan, boiled egg & anchovy sauce

CAJUN CHICKEN SALAD/ R88

Roasted butternut, feta, free range chicken & toasted seeds

ARTISAN SANDWICH

Served with toasted Turkish Ciabatta, Bavarian Brown, Macadamia Rye or Gluten free brown/seed bread & a choice between an open or closed sandwich

FRENCHIE / OPEN R62 / CLOSED R70

Free range chicken & French mayonnaise

AUNTIE HAM'S DELIGHT /

OPEN R62/ CLOSED R70

Smoked ham, mild cheese & tomato

THE ADVENTURER / OPEN R82

Smoked salmon, cream cheese & caper salsa

MISS PIGGY/ OPEN R72 / CLOSED R80

Bacon jam, cheddar, rocket, gherkins & bacon

WRAPS

Served with French fries & side salad

FOR THE HANGRY / R98

Jalapeno rump steak, cheddar, red onions & wild rocket

CHARLES LEGGETT OF STOW / R78

Roasted butternut, lentils, feta, wild rocket & basil pesto

ROCK N ROLLA/ R80

Bacon, avocado (seasonal), feta & rocket

MAINS

FAMOUS PIE & FRENCH FRIES / R92

Creamy chicken, leek & mushroom pie with french fries



100%VEGAN PENNE PASTA / R88

(Gluten free) Penne pasta with wild mushroom & coconut cream



100%VEGAN BUNLESS BURGER /R88

Soy & beetroot patty, potato rosti, creamy saracha sauce, watercress & side salad

BEEF BURGER& FRENCH FRIES /R102

Traditional 100% pure beef burger with French fries

BUNLESS BURGER & SALAD / R98

100% Beef Burger with Grilled aubergine and black mushrooms

AUBERGINE PARMIGIANA / R84

Slow cooked aubergine, plum tomatoes, mozzarella, Parmesan & fresh basil

Please see our yummy treats
& cakes at our coffee bar

HOT DRINKS

FAMOUS COFFEES

Espresso R22

Americano R23

Filter R21

Flat white sgl R26 / Flat white dbl R28

Caffe Latte R28

Macchiato R22

add R2 for Decaf / add R8 for almond milk

TEA

Pot of tea for one R24 / for two R28

Ceylon / Earl Grey / English Breakfast/ Rooibos

Loose leaf tea R28

Japanese green sencha / Andean peppermint / Wild forest berry / Pear & cinnamon

Chai Latte R32

HOT CHOCOLATES

(Traditional R28

with Nutella baby R12 / regular R34

RED ESPRESSO(ROOIBOS ESP)

Red flat white with honey & cinnamon R28

Red latte with honey & cinnamon R30

Red chai latte R32

COLD DRINKS

RAW JUICE & SMOOTHIES

RAW JUICE



Orange- carrot, apple, orange R42

Green- apple & cucumber R42

Red- beetroot & carrot R42

Pure orange R34

+ ginger / celery / mint / spinach R5

SMOOTHIES

Morning - mango, fresh orange juice, yogurt & raw honey R38



Berry - berries, banana, fresh apple juice R38

Raw - yogurt, banana, peanut butter, soy milk &

chia seeds R38

MILKSHAKES, SODAS, ICED TEA & WATER

MILKSHAKES

Children R32 / Regular R42

Vanilla / Strawberry / Dark chocolate / coffee

SODAS

Appetizer / Grapetizer (red or white) R23

Coke / Coke light / Tab R20

ICED TEA

Bos ice tea R23

WATER

sparkling R20

Still R20