



# Seasonal Menu

## Breakfast

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### **R69 | HEALTHY START**

Muesli, fresh fruit with low-fat plain yogurt



### **R59 | LITTLE BREAKFAST**

One egg, bacon or halloumi, grilled tomato & toast served with homemade jam

### **R120 | BIG BREAKFAST**

Two eggs, bacon, beef or pork sausage, grilled tomato, mushroom & toast served with homemade jam

### **R85 | CLASSIC BENNIE**

Two poached eggs on an English muffin, hollandaise sauce with either hickory ham OR spinach

*Banting option: replace English muffin with giant mushroom*

### **R115 | SALMON & AVO BENNIE**

Two poached eggs on an English muffin & hollandaise sauce with salmon & avo

### **R85 | SMASHED AVO ON HEALTH TOAST**

Smashed avo, herbed cream cheese & balsamic cherry tomatoes

### **R65 | FRENCH TOAST AND BACON**

Two slices of French toast with 3 rashers of bacon  
Add a grilled banana R10

### **R58 | PLAIN OMELETTE**

Three egg omelette with toast & balsamic cherry tomatoes

### **R68 | MUSHROOM OMELETTE**

Three egg omelette with tomato, mushroom, spring onion & cheese

### **R78 | BACON OMELETTE**

Three egg omelette with bacon, cheddar and tomato

### FILLED CROISSANT

**R65 |** Scrambled egg, spring onion & feta

**R75 |** Scrambled egg, bacon & mushroom

### **R52 | BUTTER CROISSANT**

Served with cheese & homemade strawberry jam

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Eggs Options: fried, scrambled or poached  
Bread Options: Rye (R7), Health (R5), Croissant (R19)

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**Tuesday to Friday served until 13:00**  
**Sat, Sun & Public Holidays to 11:00**

## Light Lunches

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**R45 | HALLOUMI (2) FINGERS** V

**R70 | HALLOUMI (4) FINGERS** V

Fried Halloumi on greens served with sweet chilli sauce

**R85 | HOMEMADE QUICHE**

Please ask your waiter for daily selection served with side salad

**R130 | BEEF, CHICKEN OR VEGETABLE LASAGNE**

Individual portions served with a side salad  
(20 minutes additional preparation time)

**R120 | PASTA A LA LUNGI**

Chicken strips and mushrooms in a tomato & cream sauce, served with penne or spaghetti

**R120 | SPAGHETTI BOLOGNAISE**

Beef Bolognese served on penne or spaghetti

**R125 | GRILLED CHICKEN BREASTS**

A healthy option of two grilled lemon & herb chicken breasts served with a side salad

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## Open Sandwiches

**R90 / R63 | BLTA**

Bacon, Lettuce, Tomato & Avocado (in season)

**R120 / R84 | HALLOUMI**

Grilled chicken breast, halloumi, baby spinach, tomato & sweet chilli mayo

**R120 / R84 | SMOKED SALMON**

Smoked salmon, chunky cottage cheese, capers & spring onion

**R99 / R69 | COTTAGE CHEESE**

Chunky cottage cheese, bacon, peppadews, basil & gherkins

**R99 / R69 | BRIE CHEESE**

Brie cheese, grilled bacon, served with cranberry relish & guacamole

**R99 / R69 | GRILLED CHICKEN**

Grilled chicken breast, basil pesto, peppadews, lettuce & guacamole

## Tramezzini & Toasties

**TRA | TOA**

**R89 / R78 | BACON, EGG & CHEESE**

**R60 / R49 | CHEESE & TOMATO** V

**R79 / R65 | CHEESE, HAM, TOMATO**

**R79 / R68 | CHICKEN MAYO**

**R65 / R55 | TOMATO, MOZZARELLA  
& BASIL PESTO OR CHILLI  
& CORIANDER** V

The above served with a side of chips or salad.

Served on white or brown with the options of changing to:

**Rye: R7 | Health Bread: R5**





## The Sides

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- R24** | AVOCADO (SEASONAL)
- R20** | GRILLED MUSHROOMS
- R12** | BAKED BEANS
- R10** | EGG
- R9** | TOMATO
- R9** | FRESH CHILLI
- R19** | CHEESE
- R10** | CREAM

- R26** | SIDE CHIPS
- R30** | SIDE SALAD
- R28** | MINCE PORTION
- R35** | BURGER PATTY
- R27** | BACON (3 SLICES)
- R20** | HICKORY HAM
- R28** | BEEF SAUSAGE
- R28** | PORK SAUSAGE

## Burgers

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### **R98** | CHICKEN BURGER

Spicy grilled chicken breast on a fresh bun, served with chips

### **R105** | BEEF BURGER

Homemade pure beef patty on a fresh bun, served with chips

### **R115** | CHEESE BURGER

Homemade pure beef patty topped with cheese, served with chips

### **R125** | BACON & EGG BURGER

Homemade pure beef patty topped with bacon & egg, served with chips

### **R130** | BANTING BURGER

Homemade pure beef patty on a giant mushroom topped with gaulcomle, served with a green salad

## Salads

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### **R85** | GREEK SALAD

Traditional salad topped with feta & olives



### **R120** | HALLOUMI SALAD

Traditional salad with halloumi, peppadews, avocado (seasonal) & a sprinkle of pecan nuts



### **R120** | CHICKEN AVOCADO SALAD

Traditional salad topped with grilled chicken & avocado (seasonal)

### **R130** | SMOKED SALMON SALAD

Traditional salad with strips of smoked salmon, cottage cheese & capers, served with health bread

### **R135** | CRUMBED CHICKEN & HALLOUMI SALAD

Traditional salad with crumbed chicken strips, halloumi & honey-mustard dressing on the side

## Sunday Roast

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**R175** | JOIN US ON SUNDAYS FOR OUR PLATED ROAST  
SERVED FROM 12:30. PRE-BOOKINGS ONLY

Roast lamb, chicken, potatoes, rice, vegetables, mint sauce and gravy



## Desserts

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### **R65 | PECAN NUT PIE**

Homemade, served with cream or ice cream

### **R49 | APPLE PIE**

Homemade, served with cream or ice cream

### **R55 | FRUIT SALAD**

Freshly prepared, served with cream or ice cream

### **R48 | ICE CREAM**

Served with hot chocolate sauce

### **R65 | CHOCOLATE BROWNIE**

Homemade, with pecan nuts, served with cream or ice cream

## Bakery

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### **R60 | DECADENT CAKES**

Please ask your waiter for the daily selection

### **R45 | HOMEMADE SCONES WITH CREAM**

Served with cream & homemade jam

### **R49 | HOMEMADE SCONES WITH CHEESE**

Served with cheese & homemade jam

### **R60 | HOMEMADE FRIDGE CHEESECAKE**

### **R60 | HOMEMADE CARROT CAKE**



### **R60 | PENSIONERS SPECIAL**

Tuesday - Friday

Homemade scone with cream & jam served with tea, coffee, or cappuccino



## Tea for Two

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### **R230 | SCONE, CAKE OF THE DAY, DAINTY SANDWICHES & BISCUITS**

Beautifully displayed, accompanied by ceylon tea or cappuccino



# Kids

## *Kids Corner*

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### **R24 | MINI HEALTHY TREAT**

Mini yogurt and a fruit of the day

### **R35 | EGG ON TOAST**

1 egg, 1 slice of toast  
Served with chips

### **R28 | FRENCH TOAST**

1 Slice  
Add bacon | R9.00 per slice

### **R38 | TOASTED CHEESE**

Served with chips

### **R45 | HOT DOG**

Served with chips

### **R49 | CHICKEN NUGGETS**

Homemade chicken nuggets with smiley faces or chips



### **R52 | BEEF BURGER**

Served with chips

### **R49 | SPAGHETTI BOLOGNAISE**

Bolognaise mince served on spaghetti

### **R35 | PLATE OF CHIPS**

### **R16 | SOFT SERVE CONE**

### **R30 | WAFFLE ON A STICK**

Decorate your waffle with syrup,  
chocolate sauce & sprinkles  
Served with a scoop of ice cream

## *Drinks*

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### **R19 | BOX JUICE**

### **R28 | MILKSHAKE**

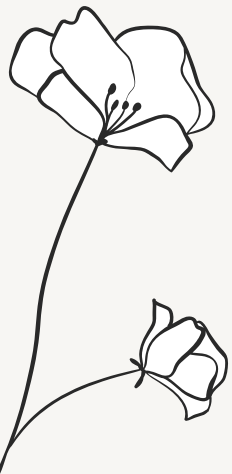
### **R20 | SMALL SLUSH**

### **R25 | LARGE SLUSH**

### **R28 | HOT CHOCOLATE OR MILO**

### **R12 | BABYCCINO**





# Drink Selection

## Cold Drinks

### **R30 | SODAS 330ML**

Coca Cola, Coke Light, Coke Zero, Crème Soda, Fanta Orange, Sprite, Sprite Zero

### **R25 | PURA SPARKLING SODA 300ML**

Ginger & lemon, Cucumber & lime, Cranberry

### **R25 | MIXING SODAS 200ML**

Lemonade, Soda Water, Tonic Water, Dry Lemon, Ginger Ale

### **R32 | APPLLETISER | GRAPETIZER**

### **R32 | LIPTON ICE TEA**

Peach or Lemon

### **R45 | RED BULL**

### **R42 | TOMATO JUICE**

### **R10 | CORDIALS**

Lime, Passion Fruit & Kola Tonic

### **R22 | MINERAL WATER**

Sparkling or Still

### **R30 | FRUIT JUICE**

Mango, Orange & Cocktail

### **R39 | MILKSHAKES**

Chocolate, Strawberry, Vanilla, Lime, Bubblegum or Caramel

### **R46 | ICED COFFEE**

### **R46 | FREEZO'S**

## Hot Drinks

### **R24 | CEYLON TEA**

### **R24 | ROOIBOS TEA**

### **R29 | HERBAL TEA'S**

Please ask your waiter for selection

### **R34 | RED CAPPUCCINO**

### **R28 | AMERICANO**

### **R18 | AMERICANO REFILL**

### **R32 | CAPPUCCINO**

### **R24 | SINGLE ESPRESSO**

### **R29 | DOUBLE ESPRESSO**

### **R36 | CAFÉ LATTE**

### **R38 | CAFÉ MOCHA**

### **R38 | MILO**

### **R39 | CHAI LATTE**

### **R38 | HOT CHOCOLOATE**

### **R14.50 | LEMON WATER**

Honey, Hot Water & Lemon

**Extras : Decaf R9, Cream R8, Almond Milk R8**

# Drinks

## Alcoholic

### *Beers & Ciders* \_\_\_\_\_

#### **R35** | BEERS

Castle, Black Label, Amstel & Castle Light

#### **R45** | WINDHOEK DRAUGHT 440ML

#### **R38** | HEINEKEN

#### HEINEKEN DRAUGHT

R40 | 350ml

R48 | 500ml

#### COPPERLAKE DRAUGHT

R48 | Lager 500ml

R48 | Blonde Ale 500ml

#### **R42** | SAVANNA

Savanna Dry, Savanna Light

#### **R40** | HUNTERS DRY

#### **R46** | CORONA

### *Spirits (per tot)* \_\_\_\_\_

#### **R28** | J&B

#### **R32** | BELLS

#### **R35** | JACK DANIELS

#### **R38** | JAMESON

#### **R42** | JOHNNY BLACK

#### **R24** | SMIRNOFF VODKA

#### **R28** | BACARDI

#### **R24** | GORDONS DRY GIN

#### **R28** | KLIPDRIFT

#### **R28** | CAPTAIN MORGAN DRY RUM

& SPICED GOLD

### *Other* \_\_\_\_\_

#### **R39** | ROCK SHANDY

#### **R45** | STEEL WORKS

#### **R68** | DON PEDRO

#### **R68** | KAHLUA OR IRISH COFFEE

### *Shots* \_\_\_\_\_

#### **R32** | JAGERMEISTER

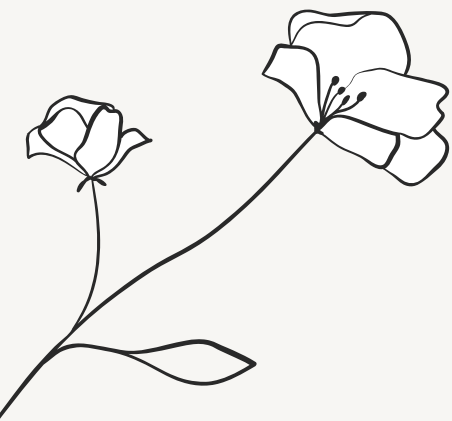
#### **R32** | JOSE CUERVO GOLD

#### **R45** | LOS LOCAS TEQUILA

#### **R26** | AMARULA

#### **R18** | OLD BROWN SHERRY





# Wine Selection

## *Bubbles*

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**R380** | L'ORMARINS BRUT CLASSIQUE ROSE

**R75** | **R380** L'ORMARINS BRUT CLASSIQUE

**R415** | KRONE BOREALIS CUVÉE BRUT

**R385** | VILLIERA NECTAR DEMI SEC

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## *Blush*

BOSCHENDAL BLANC DE NOIR **R50** | **R170**

DELAIRE GRAFF CABERNET FRANC ROSE **R270**



## White Wine

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ALVI'S DRIFT SAUVIGNON BLANC **R55 | R170**

LA MOTTE SAUVIGNON BLANC | **R210**

SPRINGFIELD LIFE FROM STONE SAUVIGNON BLANC | **R295**

KEN FORRESTER PETIT CHARDONNAY | **R155**

TOKARA CHARDONNAY | **R260**

BABYLONSTOREN CHENIN BLANC | **R230**

VILLIERA JASMINE - OFF DRY - MUSCAT/RIESLING/GEWURTZTRAMINER | **R185**

KLEINE ZALZE CHENIN BLANC | **R180**

## Red Wine

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**R185 | R60** ALVI'S DRIFT CABERNET SAUVIGNON

**R265** | WARWICK FIRST LADY CABERNET SAUVIGNON

**R210** | SPIER SIGNATURE MERLOT

**R215** | BEYERSKLOOF PINOTAGE

**R250** | KANONKOP KADETTE - PINOTAGE BASED BLEND

**R230** | HARTENBERG DOORKEEPER SHIRAZ

**R220** | THELEMA MOUNTAIN RED

