



BREAKFAST

Available 07H00-10H30

ENGLISH BREAKFAST R55

2 Free-range eggs, 2 rashers of bacon and grilled tomato served with toast

FARM BREAKFAST R75

2 Free-range eggs, 3 rashers of bacon, herb mushrooms, chipolatas and grilled tomato served with toast

BREAKFAST SCRAMBLED R55

Creamy scrambled eggs served on toast

SMOKED SALMON BREAKFAST R85

Smoked salmon trout best on rye, served with a poached egg, dill, capers and onion shallots

SMASHED AVO R60

Homemade guacamole served with ciabatta toast

COUNTRY OMELETTE R75

3 Free-range eggs pan folded omelette with bacon, tomato and mature cheddar served with toast

CLASSIC BENEDICT R65

Country ham, herb crumpets, poached eggs and hollandaise sauce

HEALTH BOWL STACK R68

Thick plain yoghurt, granola and sliced seasonal fruit

HOT POT OATS R40

Slow cooked oats topped with butter and maple syrup

BLUEBERRY FLAPJACKS R55

Made to order and hot, served with syrup and fresh beaten cream

FRESH BAKED MUFFIN R40

Made to order and hot, served with grated cheddar, jams or fresh beaten cream

OVEN BAKED CROISSANT R55

Made to order and hot, served with sliced cheddar, country ham and tomato cucumber salad

Menu items may contain or come into contact with peanuts and other tree nuts, seafood including shellfish, whey, wheat or gluten, eggs, dairy and soy. If you have any questions about ingredients, please ask to speak to a restaurant manager.





BARISTA BAR

Available 06H30-10H30

COFFEE

- Espresso R20
- Double Espresso R26
- Café Latte R29
- Cappuccino R25
- Flat White R25
- Café Mocha R35
- Americano R22
- Condensed Milk Coffee R30
- Red Cappuccino R35
- Almond Milk R10
- Hot Chocolate R30
- Freezochino R40

TEA

- Chai Latte R35
- Red Latte R35
- Five Roses R25
- Green Tea R25
- Earl Grey R25

JUICES

- Mango R30
- Strawberry R30
- Orange R30
- Cranberry R30
- Carrot, Apple, Orange, Granadilla, Ginger Juice R40
- Apple, Cucumber, Spinach, Kale, Mint Juice R40
- Apple, Beetroot, Raspberry, Carrot, Ginger R40
- Watermelon, Raspberry, Apple, Lemon, Mint R40

RAW HEALTH SHOTS

- Daily Green Shot R25
- Fiery Ginger Shot R25
- Spicy Tumeric Shot R25
- Pomegranate Shot R25

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BRUNCH – LUNCH – BLUE PLATES

Serving From 10H30

BRUNCH

GRILLED CHEESE & HAM R65

Pan-grilled parmesan ciabatta toasted filled with cheddar cheese and country ham and served with chips

GRILLED CHEESE & TOMATO R55

Pan-grilled parmesan ciabatta toasted filled with cheddar cheese and country ham and served with chips

PULLED CHICKEN R75

Slow roasted pulled BBQ chicken on toasted ciabatta with coleslaw and chips

LOADED EGG MAYONNAISE R65

Creamy egg mayonnaise with crispy bacon bits and chives on a seed bread sandwich served with a mint tomato and cucumber salad

CHICKEN MAYONNAISE R65

Creamy chicken mayonnaise toasted served with chips or salad

TUNA MAYONNAISE R65

Creamy tuna mayonnaise with spring onions toasted sandwich served with chips or salad

BLT R70

Classic crispy bacon, lettuce and tomato toasted sandwich with a creamy mayonnaise dressing served with chips or salad

B&E R65

Classic crispy bacon and egg toasted sandwich served with chips or salad

FALAFEL WRAP R65

Wrap pockets with tabbouleh salad, tahini, hummus and labneh, filled with homemade falafel
Add beef R35
Add chicken R30

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LUNCH

ORIGINAL CAESAR SALAD R95

Romaine hearts with anchovy dressing, garlic, egg yolks, Dijon mustard, lemon juice, olive oil, seasoned parmesan, and fresh-baked croutons

CHAR-GRILLED RUMP STEAK SALAD R120

Thinly sliced char-grilled rump served with rocket, cucumber and parmesan shavings

HALLOUMI SALAD R95

Tomatoes, cucumber, red onion, mint, kalamata olives and grilled halloumi with a tzatziki dressing

DANISH FETA SALAD R75

Creamy feta, butter lettuce, tomato, cucumber, onion shallots, pickles and kalamata olives with an organum vinaigrette

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CAFÉ COOKING ALL-DAY

FRESH HAKE R120

Classic hake and chips served with tartar sauce

CALAMARI R140

Pan-grilled calamari with capers, onion shallots, olives and white wine served with baby potatoes and steamed beans

PRAWNS SUPER BOCK R180

8 Queen prawns sautéed in a paprika, garlic and coconut cream served with crispy onion rice

CHICKEN BREAST R140

Grilled or fried chicken breast served with chips and vegetables and a choice of pepper or mushroom sauce

PORK RIB STACK R140

Grilled sweet and sticky BBQ pork ribs served with chips and coleslaw

RUMP GRILL R165

Aged 250g rump brushed with olive oil, black pepper, salt and bay leaf served with a crème fraîche pepper or mushroom sauce and chips

FATBURGER R110

Juicy BBQ beef patty or free-range chicken breast on a toasted bun with melted cheese, salad slaw and chips

MELANZANE R120

Layered grilled brinjal, carrots and baby marrow with napolitana and bechamel sauce and oven baked with mozzarella and parmesan cheese served with a salad

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