





# Breakfast

Served on your choice of white, brown OR wholewheat bread

## The Health Kick Medley (V)

Create your own health combo for the day

Yoghurt	R 25
Muesli	R 22
Fresh Fruit	R 22

## Warm Spiced Oats (V)

Rollled oats simmered in milk, finished with butter, & topped with toasted almonds, ground cinnamon & honey

R 55

## The Early Riser

2 eggs served with 2 rashers of crispy bacon, grilled tomato & 2 slices of toast

R 48

## Breakfast for Champions

Traditional mince & an egg, layered with pan-roasted Rosa tomatoes, creamy garlic mushrooms, mature Cheddar, bacon bits & fresh rocket

R 95

### Extras:

Bacon	R 17	Baked Beans	R 7
Pork Banger	R 17	French Fries (half)	R 10
Mushrooms	R 15	Toast	R 6
Egg	R 10		

### How do you like your eggs?

Scrambled

Boiled

Fried: Sunny-side up, Over-easy, Medium, Hard

Poached: Soft, Medium, Hard





## TRADITIONAL TOASTIES

Enjoy hearty toasties on either white, brown OR wholewheat bread. Served with a choice of French fries OR a side salad

Cheese & Tomato (V) R 48

Chicken Mayo R 55

Bacon & Egg R 55

**Extras:**

Cheddar R 15

Ham R 10

Egg R 10

## GOURMET OPEN SANDWICH OR WRAP

Served on your choice of white, brown OR wholewheat bread OR in a wrap

### **Bacon, Avo & Feta**

Crispy bacon, fresh avo, Danish feta & wild rocket layered with fresh garden greens, Rosa tomatoes, & finished with sweet chilli mayo

R 65



## BUILD A BASKET

All baskets are served with French fries & a dipping sauce of your choice (BBQ, Sweet Chilli, Peri Peri OR Tartar Sauce) R 30

Add:

Jalapeño Poppers R 50

Tender Pork Ribs R 75

Crumbed Chicken Strips R 60

Crumbed Mushrooms R 45

Tempura Hake Goujons R 72

Breaded Calamari Rings R 75

Viennas R 25

### Frank Roll & Chips

Prepared hotdog style, topped with onion rings, tomato sauce & mustard R 60

Extra dipping sauce R 12





## BAD-ASS BURGERS

Layered with love, served on a sesame bun with your choice of French fries OR a side salad

### Beef Burger

House-made ground beef patty (200g) layered with Cheddar, pickles, caramelised onions, tomato & crisp lettuce

R 88

### Chicken Burger

Grilled chicken fillet layered with Cheddar, pickles, caramelised onions, tomato & crisp lettuce

R 85

### Vegetarian Burger (V)

House-made veggie patty layered with Cheddar, pickles, caramelised onions, creamy mushrooms, tomato & crisp lettuce

R 60

### Hunger Buster Burger

Two 200g house-made ground beef patties topped with Cheddar, pickles, crispy bacon, a fried egg, tomato & crisp lettuce

R135

#### Extras:

Bacon	R 17
Avo	R 15
Cheddar	R 12
Pineapple	R 7
Egg	R 10



# SALADS

Garden-fresh ingredients carefully assembled & served with our house-made dressing

## Cajun Chicken

Grilled Cajun chicken strips on a bed of fresh salad greens with cucumber, onions, tomato & Danish feta

R 70

## Greek-Style Salad (V)

Fresh salad greens topped with Rosa tomatoes, red onions, cucumber, black olives & Danish feta

R 65

## Caesar Salad (V)

Anchovy fillets & a boiled egg on a bed of fresh salad greens with garlic croutons, Parmesan shavings & Caesar dressing

Add Grilled Chicken

R 65

Add Prawns

R 25

R 45





# Taste of Italy

## PIZZA PERFETTO

Southern Italian-styled thin base pizza accompanied by garlic, chilli & Parmesan

### Margherita (V)

Classic fresh tomato, basil pesto & Mozzarella R 75

### Regina

Tasty mix of ham, mushroom & Mozzarella R 89

### Hawaiian

Tangy pineapple, ham & Mozzarella R 85

### Spicy Chicken

Grilled spicy chicken, mushroom, green peppers & Mozzarella R 95

### Chicken Mayo

Shredded chicken breast tossed in tangy mayo, mushroom, green pepper, pickles & Mozzarella R 95

#### Extras:

Mushroom	R 15
Mozzarella	R 20
Anchovies	R 15
Bacon	R 17
Feta	R 15
Avo	R 15
Green Pepper	R 9
Olives	R 10
Tomato	R 7
Chilli	R 5

# Something Sweet

## **Cake of the Day**

Please ask your waitron

R 50

## **Ice Cream & Chocolate Sauce**

R 45

## **Dreamy Ice Cream Cone**

2 scoops of vanilla OR chocolate ice cream served in a crunchy sugar cone

R 20

## **House-made Waffle**

Topped with vanilla ice cream OR fresh cream & a choice of chocolate sauce, Bar-One sauce, maple syrup OR peppermint crisp

R 50

## **Seasonal Fruit Salad**

Fresh fruit served with vanilla ice cream, toasted almonds & mixed berry coulis

R 60

## **Warm Malva Pudding**

Moist sponge smothered in a rich butterscotch sauce, & served with whipped cream OR ice cream

R 45









# Thirst Quenchers

## FROM THE BARISTA BAR

Espresso	R 18
Americano	R 20
Cappuccino	R 24
Caffé Latte	R 24
Caffé Macchiato	R 22
Mochaccino	R 23
Filter Coffee	R 20

## HOT DRINKS

Hot Chocolate	R 26
White Hot Chocolate	R 28
Milo	R 26

## TEA

Chai	R 25
Ceylon	R 20
Peach	R 20
Lemon	R 20
Peppermint	R 20
Five Roses	R 17
Rooibos	R 20

## FRESH JUICE

Orange	R 22
Guava	R 22
Fruit Cocktail	R 22
Mango	R 22
Cranberry	R 24

## MILKSHAKES

Chocolate, Vanilla, Strawberry,	Large	R 35
Bubblegum, Lime, Banana	Kiddies	R 20
<b>Fred's freaky shake</b>		R 45

**Fred's freaky shake**







## COCKTAILS

### **Mojito**

Bacardí & lime served with a mint syrup, crushed ice & soda

R 60

### **Cosmopolitan**

Vodka, triple sec & lime served with cranberry juice & ice

R 60

### **Strawberry Daiquiri**

White rum, triple sec, lime, strawberry liqueur & grenadine served with crushed ice

R 65

### **Long Island Ice Tea**

Vodka, gin, tequila, Bacardí, cane & lime topped with crushed ice & coke

R 75

### **Margarita**

Tequila, triple sec & lime, shaken not stirred

R 60

### **Piña Colada**

Blended coconut rum infused with piña colada mix

R 65

A selection of additional alcoholic beverages are available on request.



