



Breakfast

Served on your choice of white, brown OR wholewheat bread

The Health Kick Medley (V)

Combine your own health combo for the day

Yoghurt	R 25
Muesli	R 22
Fresh Fruit	R 22

Warm Spiced Oats (V)

Rolled 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

Full English

2 eggs served with 1 pork banger, 2 rashers of crispy bacon, grilled tomato, sautéed mushrooms, baked beans, French fries & 2 slices of toast R 78

Eggs Benedict

Toasted English muffin, layered with ham, 2 perfectly poached eggs, & smothered in house-made Hollandaise sauce R 65

French Omelette

With 3 fillings of your choice, sautéed, perfectly seasoned & finished with fresh coriander: Mushrooms, Rainbow Peppers, Crispy Bacon, Ham, Cheddar, pan-roasted Rosa Tomatoes R 67

Bacon & Caramelised Banana Waffle

Layered with crispy bacon bits, sliced caramelised banana, toasted walnuts, & drizzled with maple syrup R 73

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 SANDWICHES & WRAPS

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

Avo, Cream Cheese & Peppadews

Textured fresh avo, cream cheese & tangy peppadews, topped with fresh garden greens, rainbow peppers & finished with sweet chilli mayo

R 75

Portuguese-Style Steak

Fresh garden greens layered with Rosa tomatoes, caramelised onions, sautéed mushrooms & sliced roasted beef fillet, drizzled with Prego sauce

R 98

Chicken, Prawn & Avo

Grilled chicken & prawn smothered in creamy Marie Rose sauce, sliced avo, topped with fresh garden greens, rainbow peppers, & finished with Danish feta

R115

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

APPETIZERS

Soup of the Day

Served with a toasted cocktail bun
Please ask your waitron

R 35

Spicy Chicken Livers

Simmered in our house-made creamy peri peri
sauce, & served with toasted bread fingers

R 55

Buffalo Wings

Four sticky chicken wings basted with our
house-made BBQ sauce, served with celery
sticks & your choice of a sweet & sour OR
blue cheese dipping sauce

R 65

Creamy Garlic Mussels

Half shell mussels, simmered in a rich &
creamy garlic sauce, served with toasted bread
fingers

R 70

Calamari Rings

Grilled OR deep-fried tender calamari,
served with French fries OR a side salad,
& tartar sauce

R 85

Focaccia

Smothered with herbs & garlic, baked 'til crispy
Add Mozzarella

R 38

R 20





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

R 65

Add Grilled Chicken

R 25

Add Prawns

R 45

Blue Cheese Salad (V)

Fresh salad greens topped Rosé-poached pear, pickled red onions, wild rocket & creamy Roquefort cheese

R 80

Taste of Italy

PASTA

Your choice of Spaghetti, Tagliatelle, Penne, OR Gluten-Free Pasta

Bolognese

Traditional ground beef & tomato ragu on a bed of al denté pasta of your choice, finished with Parmesan

R 95

Chicken Alfredo

Tender grilled chicken pieces, mushrooms & garlic, simmered in a creamy sauce, & folded through al denté pasta of your choice, finished with Parmesan

R 80

Napolitana (V)

Al denté pasta of your choice topped with a rich tomato & basil Napoli sauce, & finished with Parmesan

R 65

Meat-Filled Lasagne

Rich ground beef & tomato ragu between layers of lasagne & béchamel sauce beneath a tasty crust of gratinated Cheddar

R105

Vegetarian Lasagne

Perfectly sautéed seasonal vegetables between layers of al denté lasagne & béchamel sauce, & topped with a gratinated Cheddar crust

R 60

Chicken & Prawn

Chicken & prawns smothered in a creamy Napolitana sauce with garlic & Parmesan shavings

R 95





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

Californian

Modern classic of crispy bacon bits, avo & Danish feta R102

Chicken Mayo

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

Meat Mania

A carnivore's feast with ground beef, spicy chicken, crispy bacon bits, mushroom, tomato, green pepper & Mozzarella R135

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

HOUSE-MADE POT PIES

Made to order to ensure the finest quality of flavours, topped with flaky golden-brown puff pastry – worth the wait! Served with French fries OR a side salad.

Beef & Guinness

Braised beef, onions & potatoes braised in a garlic & rosemary-infused hearty Guinness gravy R120

Chicken & Mushroom

Succulent chicken & button mushrooms, slow cooked in a creamy thyme-infused sauce R115

Creamed Spinach & Feta (V)

Garlic sautéed spinach with onion & cream, finished with Danish feta R105

DURBAN-STYLE CURRIES & BUNNIES

Our authentic Durban Indian curries draw regulars from near and far. Served with rice OR in a 1/4 loaf, with sambals, chutney, coconut & a poppadum.

	Bunnies	Curry
Beef	R 80	R100
Mutton	R 95	R120
Chicken	R 75	R 85
Chicken & Prawn	R100	R120





SIZZLING STEAKS

Chef-selected cuts, flame-grilled to perfection, served with French fries OR a side salad

Fillet 250g R165

Rump 300g R145

Sirloin 300g R145

T-Bone 500g R175

Sauces:

Mushroom R 25

Peri Peri R 25

Creamy Cheese R 25

Pepper Sauce R 25

Monkey Gland R 25

OFF THE HOOK

Served with French fries OR a side salad

Hake

Grilled OR battered hake & a creamy lemon butter sauce R 97

Queen Prawns

12 grilled Queen prawns in a peri peri OR lemon & garlic butter sauce R180

Calamari

Tender calamari (300g), deep-fried OR grilled R127

Chef's Choice

Steak, Egg & Chips

Sirloin steak (200g) served with a fried egg
& French fries

R 90

Sticky Pork Ribs

Tender pork ribs basted in our house-made sticky
BBQ sauce, served with French fries OR a side salad

400g

R150

600g

R185

Chicken Flattie

Peri Peri OR lemon & herb-basted baby chicken,
flame-grilled to perfection, & served with French fries

OR a side salad

R145

Slow-Braised Lamb Shank

Four-hour braised lamb shank, in a rich red wine
jus, served with smooth herbed mash, butternut
& creamed spinach

R225

Sides:

Salad

R 25

French Fries

R 20

Butternut

R 17

Creamed Spinach

R 22





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

Chocolate Brownie

Decadent dark chocolate brownie served with
a scoop of vanilla ice cream OR fresh cream

R 55

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
		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.

