

## **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)

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

#### 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 Ham Egg	R 15 R 10 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)

#### 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 R 65 Add Grilled Chicken R 25 Add Prawns R 45





# Taste of Italy

#### PIZZA PERFETTO

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

Margherita (V	<b>'</b> )	
Claracia frank tamanta	la a:a:l :a a a+a	0. 1. 1 0.11

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
Table free to balke		R 45





## **COCKTAILS**

#### Mojito Bacardí & lime served with a mint syrup, crushed ice & soda R 60 Cosmopolitan Vodka, triple sec & lime served with cranberry iuice & 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

A selection of additional alcoholic beverages are available on request.

R 65

Blended coconut rum infused with piña

colada mix

