





# 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 30

## Warm Spiced Oats (V)

Rolled oats simmered in milk, finished with butter, & topped with toasted almonds, ground cinnamon & honey	R 55
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## The Early Riser

2 eggs served with 2 rashers of crispy bacon, grilled tomato & 2 slices of toast	R 58
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## 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 87
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## Eggs Benedict

Toasted English muffin, layered with ham, 2 perfectly poached eggs & smothered in house-made Hollandaise sauce	R 72
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## 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 75
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## Bacon & Caramelised Banana Waffle

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

Traditional mince on toast of your choice & topped with a fried egg	R 85
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Extras:			
Bacon	R 17	Baked Beans	R 7
Pork Banger	R 17	French Fries (half)	R 10
Mushrooms	R 17	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 60

Bacon & Egg R 65

Extras:

Cheddar R 15

Ham R 10

Egg R 10

## GOURMET OPEN SANDWICHES

Served on your choice of white, brown OR wholewheat bread

### 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



## WRAPS

Served with your choice of French fries OR side salad

### Chicken Curry Wrap

Tender curried chicken, crisp salad greens & tomato R 70

### Mediterranean Vegetable & Cream Cheese Wrap

Roasted seasonal veggies, crisp salad greens  
& cream cheese R 60

## 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

Jalapeño Poppers ADD R 85

Tender Pork Ribs ADD R 85

Crumbed Chicken Strips ADD R 70

Crumbed Mushrooms ADD R 50

Tempura Hake Goujons ADD R 72

Breaded Calamari Rings ADD R 75

Viennas ADD R 25

### Frank Roll & Chips

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

Extra dipping sauce R 16





## 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 92

### Chicken Burger

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

R 90

### Vegetarian Burger (V)

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

R 65

### Hunger Buster Burger

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

R140

Extras:

Bacon	R 18
Avo	R 15
Cheddar	R 14
Pineapple	R 10
Egg	R 10



## APPETIZERS

### Soup of the Day

Served with a toasted cocktail bun.

Please ask your waitron for today's selection.

R 35

### Spicy Chicken Livers

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

R 55

### Buffalo Wings

Three large 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 75

### 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 until crispy

R 42

Add mozzarella

R 25





## 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

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

### Blue Cheese Salad (V)

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

R 95



# Taste of Italy

## PASTA

Your choice of Spaghetti, Tagliatelle, Penne, OR gluten-free pasta

### Bolognaise

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 85

### 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

R110

### 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

R110







## PIZZA PERFETTO

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

### Margherita (V)

Classic fresh tomato, basil pesto & mozzarella

R 79

### Regina

Tasty mix of ham, mushrooms & mozzarella

R 94

### Hawaiian

Tangy pineapple, ham & mozzarella

R 89

### Spicy Chicken

Grilled spicy chicken, mushrooms, green pepper & mozzarella

R 99

### Californian

Modern classic of crispy bacon bits, avo & Danish feta

R105

### Chicken Mayo

Shredded chicken breast tossed in tangy mayo, mushrooms, green pepper, pickles & mozzarella

R 99

### Meat Mania

A carnivore's feast with ground beef, spicy chicken, crispy bacon bits, mushrooms, tomatoes, green pepper & mozzarella

R135

#### Extras:

Mushrooms	R 15
Mozzarella	R 22
Anchovies	R 15
Bacon	R 18
Avo (seasonal)	R 15
Feta	R 18
Green Pepper	R 10
Olives	R 17
Tomato	R 7



# 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 traditional accompaniments.

	Bunnies	Curry
Beef	R 87	R105
Mutton	R120	R125
Chicken	R 80	R 90
Chicken & Prawn	R110	R120







## SIZZLING STEAKS

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

Fillet	250g	R180
Rump	300g	R150
Sirloin	300g	R150
T-Bone	500g	R180

### 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

R115

### Queen Prawns

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

R192

### 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

R165

600g

R195

## Chicken Flattie

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

R150

## Slow-Braised Lamb Shank

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

R235

### Sides:

Salad

R 25

French Fries

R 20

Butternut

R 17

Creamed Spinach

R 27







# Something Sweet

## Cake of the Day

Please ask your waitron

R 60

## 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 62

## Seasonal Fruit Salad

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

R 75

## 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
Caffè Latte	R 24
Caffè 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.



