

pesto



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 30

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 58

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

Eggs Benedict

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

R 72

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

Bacon & Caramelised Banana Waffle

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

R 73

Mince on Toast

Traditional mince on toast of your choice & topped with a fried egg

R 85

Extras:

Bacon	R 17	Baked Beans	R 7
Pork Banger	R 17	French Fries (half)	R 10
Mushrooms	R 17	Toast & Butter	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 roast 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 'til 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 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 dente 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 dente pasta of your choice, finished with Parmesan

R 85

Napolitana (V)

Al dente 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 dente 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 110





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 with 3 scoops of 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

Fred's freaky shake

R 45





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.

