



## Restaurant & Coffee Shop -BREAKFAST-

OPEN MON-SUNDAY  
8AM-3PM

&  
TUESDAY AND THURSDAY  
UNTIL 8:30PM FOR OUR  
MUCH LOVED SPECIALS

### BREAKFAST ON THE GO

2 eggs, 2 rashers of bacon, fried tomato and two slices of your choice of toast. R55

### SURFER DUDE SPECIAL

2 eggs, 2 rashers of bacon, 2 sausages, mushrooms, tomato, chips and your choice of toast. R98

### TWO EGG OMELETTE

Choice of 3 fillings:

-Bacon	-Mushrooms
-Ham	-Tomato
-Cheddar	-Spring Onion
-Mozzarella	-Spinach
-Feta	

R79

### BREAKFAST WRAP

Herb cream cheese, sun-dried tomato pesto, lettuce, bacon, scrambled eggs and spring onion rolled in a tortilla wrap. R74

### TOASTED CROISSANT

With lettuce, tomato and your choice of 2 fillings:

-Bacon	-Mozzarella
-Ham	-Pesto
-Cheddar	-Scrambled Eggs

R78

### HEALTH BREAKFAST

Layers of fruit, nuts, muesli and Greek yoghurt S L  
served with honey on the side. R60 R80

### TOAST BASKET

2 slices of toast with choice of jam, Marmite or peanut butter. R24

Toast options: white, brown, rye, whole wheat

### ADD ON OPTIONS

-Mushrooms	R15	-Small chips	R20
-2x Bacon	R20	-Large chips	R30
-Hash brown	R12	-Cheese	R12
-Tomato	R8	-2 Chipolatas	R22
-Egg	R8	-40g Smoked salmon	R42
-Scrambled Egg	R10		
-Extra toast, butter and jam	R12		

### EGGS BENEDICT

2 crispy hash browns with gypsy ham, 2 poached eggs, roasted tomatoes topped with grilled mozzarella and hollandaise sauce. R78

### EGGS FLORENTINE

2 crispy hash browns with baby spinach, 2 poached eggs, roasted tomatoes topped with grilled mozzarella and hollandaise sauce. R78

### ARNOLD BENEDICT

2 crispy hash browns with smoked salmon, 2 poached eggs, roasted tomatoes topped with grilled mozzarella and hollandaise sauce. R105

### PAUL'S BREKKIE BUN

Lightly toasted bun with tomato, bacon, cheese and 2 eggs. Served with chips. R65

### SMOOTHIES

**Smooth Berry** Mixed berries and yoghurt.

**Tropical** Fruit in season and yoghurt.

**Gringo** Apple, honey, mint, cucumber and yoghurt. R42

**Energize** Banana, black cat peanut butter, raw oats, honey and yoghurt.

### RAW JUICE OF THE DAY

Juiced raw fruits and vegetables. R45



For bookings and inquiries.

TEL: (021) 783 0342



Find us on Facebook

Dog friendly

Kiddies playground

Right of admission reserved

We operate out of a small kitchen and at busy times, perfection may take a little longer.  
Thank you for your patience. \*Indicates availability.  
10% Service charge for tables of six people or more.

Licence No. WCP/032655  
Interlam Investment Holdings cc.  
cc reg. 2009/223649/23



Restaurant & Coffee Shop

-BEVERAGES-



# COFFEES

	R	L
Americano	R20	
Cappuccino	R24	R27
Café Latte	R27	
Café Mocha	R24	
Hot Chocolate	R24	R28
Macchiato	R24	
Espresso	R15	R20
Chai Latte	R26	
Filter Coffee	R17	
Filter Coffee Refill	R14	
Ceylon/Rooibos/Earl Grey	R14	
Babycino	R8	
Iced Coffee	R27	

# COLD DRINKS

<b>Soft Drinks:</b>	R22	<b>BOS Iced Tea:</b>	R30
Coca Cola, Zero		Peach	
Fanta Orange		Lemon	
Cream Soda		Lime & Ginger	
Sprite, Zero		Berry	
Red Grapetiser	R30	<b>Tea of Life</b>	R40
Appletiser	R30	Hemp	
Almond Milk	R7	Berry Boost	
<b>Milkshakes:</b>	<b>S</b> <b>L</b>	Rose Geranium	
Lime	R28	R32	Rooibos & Lemon Grass
Banana		<b>Juices:</b>	<b>S</b> <b>L</b>
Chocolate		Orange	R20
Strawberry		Mango	R25
Vanilla		<b>Water</b>	
Coffee	R35	Still, Sparkling,	R18
		Tonic, Soda	R18

# BEER & CIDERS

Black Label	R27	Naked Mexican Lager	R38
Windhoek Lager	R30		
Windhoek Light	R30	Boston on Tap 375ml	R32
Windhoek Draught	R32	Boston on Tap 500ml	R37
Castle Lager	R28		
Castle Light	R28	Hunters Dry	R30
		Savanna Dry	R30
Becks non-alcoholic	R30	Savanna Light	R30

## White Wines

**Bon Courage Sauvignon Blanc** G B R32 R125

From the grassy notes on the nose to the refreshing palate brimful with tropical fruit and gooseberry. Dry & crisp!

**Durbanville Hills Sauvignon Blanc** R34 R130

A full bodied wine that dazzles with its grassy bouquet while tropical fruit combines with subtle goodeberry on the palate.

**Zonnebloem Blanc de Blanc** R110

A fruity wine with a tropical aftertaste. An un-wooded blend.

## Red Wines

**Durbanville Hills Merlot** R37 R145

A wine with a strong mint nose, full of ripeness and subtle oak aromas. Richly concentrated fruit flavours on the palate, complemented by tastes.

**Nedenburg 56HUNDRED Merlot** R34 R125

Medium bodied with rich strawberry, blackcurrent aromas and a hint of vanilla on the nose. Up-front flavours and a soft, silky texture.

**Leopards Leap Shiraz** R130

Complex and well-rounded with an elegant tannin structure that culminates in a lingering after-taste.

## Rosé Wine

**Nedenburg Rosé** R110

A fruity, delicate wine with a light blush colour and a delicate sweetness. Semi-sweet, smooth and light-bodied.

## Sparkling Wine

**JC Le Roux - Le Domaine** R150

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**-LUNCH-**



## WHOLE WHEAT PUMPKIN SEED or CIABATTA SARMIES

Served with your choice of salad or chips.

### Pulled Pork

Pulled pork in BBQ sauce, cheddar, avo, mayo with lettuce and tomato.

R85

### Roast Veg

Roasted vegetables, hummus, feta, pesto and mayo

R72

## TOASTED SANDWICHES

Choice of white, brown, whole wheat or rye bread.

Served with salad or chips.

### Choice of fillings:

Cheese & Tomato

R40

Cheese, Tomato & Onion

R42

Egg & Bacon

R48

Egg, Bacon & Cheese

R55

Chicken Mayo

R52

Gypsy Ham, Mozzarella & Mustard

R54

Pesto, Mozzarella & Sun-dried tomato

R50

## DELICIOUS WRAPS

### Sweet & Sour Chicken

Cubes of chicken fillet with a sweet & sour sauce, on lettuce with feta, \*avocado, carrot and cucumber rolled in a tortilla wrap.

R75

### Smoked Salmon

Smoked salmon trout, dill cream cheese, on a bed of carrot, cucumber, lettuce and lemon herb mayo rolled in a tortilla wrap.

R120

## DEEP OCEANS

### Grilled Fish

Grilled \*hake with a lime, ginger & coriander butter. Served with vegetables and tomato couscous.

R115

### Batter-fried Fish

Batter-fried \*hake with chips, tomato & cucumber slices and tartar sauce.

R99

## FRESH SALADS

Served with olive oil and balsamic vinegar on the side.

Add on: chicken R27, \*avocado R20, bacon R20 or feta R12

### Garden Salad

Fresh bed of lettuce topped with cucumber, beetroot, carrot and tomato.

R48

### Charmoulla Chicken

Chicken spiced with cumin, paprika, lemon and coriander on top of a garden salad. Topped with marinated apricots.

R78

### Espresso Caesar

Cos lettuce, parmesan shavings, serrano ham, garlic & herb croutons and soft-boiled egg. With a mildly spiced yoghurt & anchovy dressing.

R90

### Feta Salad

Feta on top of marinated fried mushrooms, olives, tomato, onion, cucumber & lettuce. With a honey & mustard dressing.

R75

### Smoked Salmon

\*Avocado, feta, pumpkin seeds and lemon mayo dressing

R90

## PITA POCKETS

### Peri-Peri Chicken

Lemon peri-peri chicken with stir fried vegetables in pita bread halves and tzatziki sauce.

Served with a salad.

R82

### Roasted Veg

Roasted vegetables and hummus with tzatziki.

Served with a salad.

R75

## TORTILLA NACHOS

Tortilla corn chips topped with tomato salsa, jalapeños, cheddar cheese, guacamole and sour cream.

Plain

R75

Chicken

R92

BBQ pork

R95

## CHILLI POPPERS

2 Batter-fried jalapeños stuffed with feta and mozzarella, served with a sweet chilli dip.

R35



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-MAIN MENU-

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## PRIME RUMP

250g mature basted rump grilled to your taste,  
served with chips, side salad or vegetables.

R135

Sauces options: Garlic & Lemon  
Mushroom & White wine  
Pepper & Cheese  
Pepper

R22

## HOMEMADE BURGERS

Your choice of 150g lean beef patty or grilled chicken  
breast on a lightly toasted sesame roll garnished with  
lettuce, tomato and gherkins. Served with chips.

**Plain Burger** R78

**Cheese Burger**  
With cheddar cheese and caramelized onions. R87

**Espresso Burger**  
with bacon, feta, guacamole and  
caramelised onions. R99

**Vegetarian Burger**  
Homemade vegetarian patty with feta and Peppadew. R82

## VEGAN MENU

**Falafel Pita** R67  
Toasted pita bread filled with lettuce, tomato,  
cucumber, fried chickpea patty served with hummus.

**Wrap** R69  
Spinach, roast veg with tikka masala and coconut  
milk in a wrap served with salad.

**Health Bowl** R72  
Spinach, roast veg with tomato couscous,  
toasted seeds, beans and avo.

## DESSERT

**Fruit Salad** R38  
Fresh seasonal fruits.

## SMOOTHIES

**Mixed berries and orange juice** R42

**Banana, raw oats, peanut butter, honey,  
ice and coconut milk.** R42

## CHICKEN SCHNITZEL

Crumbed chicken breast served with chips &  
vegetables or salad.

Choice of sauce: Basil pesto & Cheese R95  
or Mushroom.

## PASTA OF THE DAY

Please ask your waitron for our pasta of the day. SQ

## STIR FRY

Served with stir fried vegetables, noodles  
topped with feta and sunflower seeds.

Choice of sauce: Sweet & Sour  
or Green pesto, soy sauce and pineapple.

Prawn R89  
Chicken R82

## KIDDIES MENU

**Kiddies Pasta** R45  
With bacon and cheese sauce.

**Chicken Strips** R45  
Crumbed chicken strips  
served with coleslaw and chips.

**Calamari** R48  
Fried calamari served with coleslaw and chips

**French Toast** R32  
2 Slices of egg bread served with mayple syrup.

## SWEET TREATS

Delicious cake selection R39

Waffle & ice cream R38

Ice cream & chocolate sauce R30

Please ask your waitron for our delicious,  
freshly baked daily specials.