

# 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.

R58

#### SURFER DUDE SPECIAL

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

R105

### 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.

### **VEGAN WRAP**



**R78** 

Cashew cream, lettuce, avo, mushrooms, beans, sundried tomato, salsa.

R78

#### TOASTED CROISSANT

#### With lettuce, tomato and your choice of 2 fillings:

-Bacon -Mozzarella -Ham -Pesto

-Cheddar -Scrambled Eggs R79

#### **HEALTH BREAKFAST**

Layers of fruit, nuts, muesli and Greek yoghurt **S** L served with honey on the side. R62 R82

### **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	R22	-Large chips	R30
-Ham	R18	-Cheese	R14
-Hash brown	R12	-Cream cheese	R18
-Tomato	R8	-Pork sausage	R24
-Egg	R8	-40g Smoked salmon	R42
-Scrambled Egg	R10	-Pesto	R15
-Hollandaise Sauce R15		-Extra toast, butter and jam R12	
-Avo	R22		-

### EGGS BENEDICT

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

R82

### **EGGS FLORENTINE**

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

R80

### **ARNOLD BENEDICT**

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

R110

### **HASH BROWN**

2 Hash browns, spinach, avo, prego mushrooms.

R78

### **PAUL'S BREKKIE BUN**

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

R68

# **SMOOTHIES**

**Smooth Berry** Mixed berries and yoghurt.

**Tropical** Fruit in season and yoghurt.

**Very Berry**Mixed berries, banana, almond milk, maple syrup.



**Energize** Cocoa powder, banana, peanut butter, raw oats, honey and yoghurt.

**Energizer Bunny** Cocoa powder, banana, peanut butter, raw oats, almond milk, maple syrup.

#### RAW JUICE OF THE DAY

Juiced raw fruits and vegetables.

R45



Restaurant & Coffee Shop
-BEVERAGES-



# COFFEES

	R	L
Americano	R20	
Cappuccino	R24	R27
Café Latte	R27	
Café Mocha	R30	
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	R29	

## COLD DRINKS

<b>Soft Drinks:</b> Coca Cola, Zero Fanta Orange Cream Soda Sprite, Zero	R24	Peach Lemon Lime & Ginger Berry	R32
Red Grapetiser Appletiser Almond Milk	R30 R30 R8	Juices: S Orange R20 Mango	<b>L</b> ) R25
Milkshakes: Lime Banana Chocolate Strawberry Vanilla	<b>S L</b> R30 R35	<b>Water</b> Still, Sparkling, Tonic, Soda	R18 R18
Coffee	R38		

# **WINE LIST**

White Wines
Bon Courage Sauvignon Blanc
From the grassy notes on the nose to the refreshing palate brimful with tropical fruit and gooseberry. Dry & crisp!

**Durbanville Hills Sauvignon Blanc** R36 R130 A full bodied wine that dazzles with its grassy bouquet while tropical fruit combines with subtle goodeberry on the palate.

#### **Red Wines**

**Durbanville Hills Merlot**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.

#### **Rosé Wine**

Nedenburg Rosé
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

## **BEER & CIDERS**

Black Label	R27	Hunters Dry	R30
Windhoek Lager	R30		
Windhoek Light	R30	Savanna Dry	R30
Windhoek Draught	R32	Savanna Light	R30
Castle Lager	R28		
Castle Light	R28	CRAFT BEER	
Becks non-alcoholic	R30	<b>ASK YOUR WAITER</b>	



**Restaurant & Coffee Shop** 

### -LUNCH-



### WHOLE WHEAT PUMPKIN **SEED or CIABATTA SARMIES**

Served with your choice of salad or chips.

Prego **R85** 125g Rump steak, prego sauce, cheddar cheese, fried egg, lettuce. **Pulled Pork R85** Pulled pork in BBQ sauce, cheddar, avo, mayo with lettuce and tomato.

Roast Vea R75 Roasted vegetables, hummus, feta, pesto and mayo

#### TOASTED SANDWICHES

Choice of white, brown, whole wheat or rye bread. Served with salad or chips.

#### **Choice of fillings:**

Cheese R38 Cheese & Tomato R42 Cheese, Tomato & Onion **R44** Egg & Bacon R49 Egg, Bacon & Cheese **R58** Chicken Mayo R52 Gypsy Ham, Mozzarella & Mustard R54 Pesto, Mozzarella & Sun-dried tomato R52

### **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. **R78** 

#### **Smoked Salmon**

Smoked salmon, cream cheese, on a bed of carrot, cucumber, lettuce, rolled in a tortilla wrap with salsa.

R125

### **DEEP OCEANS**

#### **Grilled Fish**

Grilled \*hake with lemon, garlic, parsley butter served with vegetables and tomato couscous. R115

#### **Batter-fried Fish**

Batter-fried \*hake with chips, tomato & R99 cucumber slices and tartar sauce.

#### Calamari

Golden fried calamari strips served with chips, **R99** veg or salad and tar tar sauce

Served with olive oil and balsamic vinegar on the side. Add on: \*avocado R22, bacon R22 or feta R14

#### **Garden Salad**

Fresh bed of lettuce topped with cucumber, beetroot, carrot and tomato, sprouts and R48 sunflower seeds.

#### **Espresso Chicken Salad**

Chicken breast spiced witrh cumin, lemon, paprika, coriander served with lettuce, cucumber, tomato, dried apricots and pumpkin seeds. 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

Lemon peri-peri chicken with stir fried vegetables in pita bread halves and tzatziki sauce. Served with a salad. R85

#### **Roasted Veg**

Roasted vegetables and hummus with cashew cream. Served with a salad. **R75** 

#### **Falafal**

Toasted pita bread filled with lettuce, tomato, cucumber, fried chickpea patty served with hummus.



### TORTILLA NACHOS

Tortilla corn chips topped with tomato salsa, jalapeños, cheddar cheese, mozzarella, quacamole and sour cream. Plain **R78** Chicken R95 BBQ pork R98

### HILLI POPPERS

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

R35



# Restaurant & Coffee Shop -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 R22

Mushroom & White wine

Prego Pepper

#### **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. R89

**Espresso Burger** 

with bacon, feta, avo and caramelised onions. R99

**Vegetarian Burger** 

Homemade vegetarian patty with mushrooms and a chasew cream.

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**R82** 

### **HEALTH BOWL**

Baby spinach, roast veg with tomatp cous cous, R78 beans, avo and pumpkin seeds.

#### CHICKEN SCHNITZEL

Crumbed chicken breast served with chips & vegetables or salad.

Choice of sauce: Cheese or Mushroom and white R95 wine sauce.

### **PASTA**

Pesto, Chicken, Bacon
with penne pasta in a cream sauce.

Bacon, Tomato and Feta
R72
with penne pasta in a cream sauce

## **KIDDIES MENU**

Kiddies Pasta
With bacon and cheese sauce.

Chicken Strips
Crumbed chicken strips
served with coleslaw and chips.

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

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

## **SWEET TREATS**

Delicious Cake SelectionR39PancakeR25in a caramelised orange sauce with ice cream2 Waffle Wedges with fried banana, caramel sauceand ice creamR35Ice cream & chocolate sauceR30Don PedroR45Fruit Salad & ice creamR35

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