

# BREAKFAST

*served until 12*

*served with your choice of fried, scrambled or poached eggs and your choice of breads,  
artisan rye, white, brown or health bread*

## SUNSHINE

1 egg, 2 rashers of bacon, grilled tomato, pesto and toast

26

## ENGLISH

2 eggs, 3 rashers of bacon, pork or beef sausage, baked beans and grilled tomato served with toast

67

## FULL HOUSE

2 eggs, 3 rashers of bacon, pork or beef sausage, savoury mince, grilled creamy mushrooms, grilled tomato and fries, served with toast

79

## SMOKED SALMON & SCRAMBLED EGGS *bf*

scrambled eggs & smoked salmon, with spring onions and sour cream

85

## BREAKFAST BURRITO

a tortilla filled with chilli con carne, topped with cheese, jalapeno's  
2 eggs, tomato salsa and sour cream

75

## GRILLED HALLOUMI & AVO *v*

served with 2 eggs, and a cauliflower rosti

79

## RE FRESH MEUSLI *v*

layered with greek yoghurt and fresh fruit

48

## CHIA PUDDING POT *v*

greek yoghurt, chia seeds, fresh basil and berries

55

## SPINACH WITH CHOURICO AND EGGS

2 eggs, on a bed of spinach and chorizo with toast

59

## THE BENEDICT

### TRADITIONAL

english muffin, topped with smoked ham, 2 poached eggs and hollandaise sauce

68

### BANTING FRIENDLY

cauliflower rosti's topped with bacon, 2 poached eggs and hollandaise sauce, with avocado on the side

75

## OMELETTES

*served with toast*

### RE FRESH

3 eggs, with your choice of 2 fillings.  
(cheese, bacon, ham, savoury mince, onion, mushrooms, chilli's)

66

### SPANISH

served open with chorizo, chopped tomato, peppers, red onion and cheese and garnished with fresh cilantro

75

## RE FRESH BOUNTY BOWLS

### THE GOURMET CORN CAKE

corn cakes, with 2 eggs, chopped bacon, tomato's, grilled black mushrooms and pesto

70

### CHICKEN LIVERS

served in a poppadum, in a creamy peri peri sauce, with tomatoes and onions, with portuguese bread on the side

*add bacon* 18

*add chorizo* 18

65

### HALLOUMI, BEETROOT & ROAST BUTTERNUT *v*

with a honey, ginger soy glaze, avo, sprouts, pumpkin seeds, pecan praline and honey, yoghurt dressing

85

### GRILLED CHICKEN & CHARRED AUBERGINES

on a bed of quinoa, roasted peppers and topped with pomegranate and a ranch dressing

85

### CALAMARI & CHORIZO

mixed with mozambican rice, peppers and a peri peri sauce on the side

85

## WRAPS

### MEXICAN CHICKEN

mexican crumbed chicken strips, tomato salsa, avocado, cheddar cheese and jalapenos

79

### THAI CHICKEN/BEEF

thai crumbed chicken or sirloin strips in a thai marinade, with baby greens, sprouts, fresh herbs and peppers

79

### VEGETARIAN v

with roasted aubergines, crispy onions, peppers, quinoa and tzatziki

70

## TRAMEZZINIS

*mozzarella filled tramezzini, with your choice of filling with vegetable crisps or a side salad*

### CHICKEN MAYO EXTREME

Chicken mayo with bacon, fresh chilli and caramelised onions

79

### SPINACH, FETA, AVOCADO & PESTO v

79

### BACON & EGG

75

### CAJUN CHICKEN, BACON & AVOCADO

84

### THAI CHICKEN

with a sriracha mayo, sprouts, red onion and pineapple

75

*ask about your favourite toasted sandwich & fries*

## SNACK BOARDS

### THE WING BOARD

grilled or fried chicken wings on a bed of fries with a choice of *smoked hickory bbq, peri peri, perinaise or honey ginger soy sauce*

50

### PORK BELLY BOARD

pork belly served with an asian sauce and fries

75

### SLIDER BOARD

2 mini portuguese rolls & 2 mini smoked mozzarella cheesy burgers' served with slaw, a side of fries and a smoked hickory dipping sauce

double 89 single 55

## SALADS

*Salad Greens: crisp salad leaves, julienne carrots and cucumber ribbons*

### **TRADITIONAL GREEK** *no lettuce V*

cucumber, roma tomato halves, red onions, greek feta and olives and greek dressing

65

### **REFRESH**

salad greens with chunky blue cheese, crispy bacon bits, mango, avocado and honey, yoghurt dressing

79

### **SEA SIDE SALAD**

fresh salmon, tuna or prawns, on cucumber ribbons, cottage cheese, fresh avocado, sushi mayo and toasted sesame seeds.

95

### **QUINOA, STRAWBERRY AND AVOCADO V**

With baby spinach, goats cheese, fresh basil and mint, with a honey and ginger soy dressing.

95

### **TUNA NICOISE SALAD**

seared tuna with sesame seeds, fresh asparagus, quinoa, avocado, red onion and a soft poached egg, with baby greens and a dijon mustard vinaigrette

92

## GOURMET SMASH BURGERS

200g beef patty or chicken breast, served on a sesame bun, with lettuce, tomato, onions and fries, garnished with crispy onion rings

### **THE REGULAR**

topped with grated cheddar, and hickory bbq sauce

70

### **BLUE CHEESE**

topped with bacon bits, fresh avocado and a blue cheese sauce

86

### **THE VEGGIE**

a falafel patty topped with herbed battered brinjal and tzatziki

65

### **THE MEXICAN**

grated cheddar cheese, chilli con carne, sour cream and a tomato jalapeno salsa

86

### **THE BANTER**

black mushrooms topped with the patty of your choice, mozzarella cheese, bacon, topped with fresh avocado, and smothered in a cheese sauce.

85

## FOOTLONGS

served on a footlong sesame roll with a frankfurter and fries

### BACONATOR

caramelised onions, crispy bacon bits, grated cheddar cheese and hickory bbq sauce

61

### MEXICO CITY

caramelised onions, tomato, jalapenos, chilli con carne, grated cheddar and topped with a tomato salsa

68

### THE CHORIZO

chorizo, cheese, red slaw and a bbq chili sauce

72

## SCHNITZELS

### FARM BOY

crumbed chicken fillet topped with bacon bits and cheese or mushroom sauce

85

### TIJUANA HERO

mexican crumbed chicken fillet topped with tomato jalapeno salsa, guacamole, and sour cream

85

### ITALIAN STALLION

mustard and sage crumbed chicken fillet, topped with napolitano sauce, parmesan shavings and pitted olives

79

## SPECIALITY MEALS

*all served with your choice of fries, side salad, rice or, roast vegetables*

### **MARGIES**

grilled chicken topped with roasted butternut, rocket and danish feta with a honey yoghurt dressing and toasted sesame seeds.

75

### **BEEF TRINCHADO & CHIPS**

tender beef pieces, in an age - old portuguese garlic and bay leaf sauce with pao bread on the side.

99

### **DELUXE PORTUGUESE STEAK ROLL**

marinated 200g sirloin, pan grilled with chorizo, white wine gravy, peri peri, crispy onions and a fried egg on a portuguese roll with fries on the side roasted aubergine.

95

### **FISH & CHIPS**

herb battered hake, served with tartar sauce, fresh garden minted mushy peas, feta and fries

75

### **PAN SEARED TUNA / SALMON**

on a bed of shoestring zucchini tossed with roasted peppers, served with a wasabi mayo

59

### **CAMEMBERT FILLET**

200g fillet medallions on fresh rocket, with grilled camembert and drizzled with dijon mustard sauce

105

### **PORK BELLY**

slow roasted and drizzled with a honey ginger soy, on a bed of stir fried vegetables and baby potatoes

89

## SUSHI

### Platters

#### PLATTER FOR 1

2 piece prawn sandwiches , 1 piece salmon nigiri, 3 piece avo maki, 4 piece salmon california roll

89

#### DELUXE PLATTER FOR 1

1 salmon hand roll, 2 piece salmon sashimi, 4 piece rainbow roll, 4 piece prawn sandwich, 6 piece avo maki, 2 piece salmon nigiri

195

#### SALMON PLATTER

4 piece salmon california roll, 6 piece salmon maki, 2 piece salmon nigiri, 3 piece salmon sashimi, 3 piece salmon tower, and 4 piece salmon sandwich

285

#### PLATTER FOR 2

crab salad, 2 piece salmon sashimi, 4 piece salmon rainbow roll, 4 piece prawn sandwich, 6 piece avo maki, 2 piece salmon nigiri

305

## SUSHI

### salads

CRAB

50

TUNA

70

SALMON

75

PRAWN

75

## HAND ROLLS

PRAWN

65

TUNA

60

SALMON

65

SASHIMI

TUNA

60

SALMON

70

## SWEET TREATS

### CAKE OF THE DAY

39

### PANNA COTTA

Layered with seasonal fruit and topped with a raspberry coulis

39

### LEMON CHEESECAKE POT

A soft fridge cheesecake delicately infused with lemon and honey, layered with toasted biscuits and finished with a Lemon curd and served in a jam jar

39

### TOASTED ALMOND, VANILLA AFFOGATO

Creamy vanilla ice – cream, with toasted almond flakes and served with a delicious espresso coffee

48

### BAR-ONE CORN DOG

African ground Corn meal, made into a tasty batter, coating a bar one chocolate and served on a stick with a scoop of Creamy Vanilla Ice Cream.

55

### DUO OF MOUSSE

Double Belgian Chocolate mousse and vanilla mousse, delicately Layered and topped with seasonal berries.

39

## BEVERAGES – COLD

	350ml	500ml
<b>COFFEE FREEZO</b> freezochino / mochachino / hazelnut	32	36
<b>CRUSHES WITH ICE</b> apple / apple mint / berry mint / berry, mango & banana / melon mint / tropical / berry & mango / pineapple / melon & ginger / lemon orange, mint & honey / beetroot & apple carrot & pineapple.	30	34
<b>MILKSHAKES</b> chocolate / banana / strawberry / vanilla / coffee / fruit shake / milo	35	39
<b>SMOOTHIES</b> <b>berry</b> blitz / tropical / muesli, banana & melon / banana & granola / coconut, mango & banana / mango & banana / milo & banana / peanut butter, banana & honey / chai, banana & honey	35	39
<b>FRESHLY SQUEEZED</b> apple / apple & ginger / carrot & pineapple / carrot & beetroot / carrot, celery, apple, mint & cucumber.	35	39
<b>FRUIT JUICES</b> orange, mango & strawberry	35	39
<b>COLD DRINKS</b> assorted 300ml cans		19
assorted 200ml cans		17
appetizer / grapetizer		28
still / sparkling water		17
iced tea – lemon / peach		22
cordials – passion fruit / lime / cola tonic		8

## BEVERAGES - HOT

	<i>grande</i>	<i>regular</i>
CAPPUCCINO	24	19
FLAT WHITE	25	20
AMERICANO	19	17
DOUBLE ESPRESSO		20
CORTADO		19
LATTE		21
SINGLE ESPRESSO		15
<b>GOURMET LATTES</b> hazelnut / white hot chocolate / red / chai		25
<b>FLU FIGHTERS</b> honey lemon & ginger / apple lemon ginger		15

## DECADENT HOT DRINKS

RED CAPPUCCINO		26
WHITE HOT CHOCOLATE		25
MILO		25
HOT CHOCOLATE		25
MOCHACHINO		27
HAZELNUT		27
ALMOND MILK		8

## ALCOHOLIC DRINKS

WINE BY THE GLASS		29
ASSORTED BEERS		29
ASSORTED CIDERS		29