

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

25

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

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

85

HUEVOS RANCHEROS

a tortilla filled with spiced salsa, beans, topped with bacon, 2 eggs, melted cheese & Avo

68

HALLOUMI & AVO v

2 eggs, 3 rashers of bacon, halloumi cheese, avo, rosa tomatoes and pesto

75

RE FRESH MEUSLI v

Layered with greek yoghurt and fresh fruit

48

FRUIT SALAD & YOGHURT v

Layered with greek yoghurt and fresh fruit

35

TRADITIONAL - BENEDICT

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

68

BANTING FRIENDLY - BENEDICT

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 chourico, chopped tomato, peppers, red onion and cheese and garnished with fresh cilantro

75

BREAKFAST SNACK STACKS

CORN CAKES HAM & EGGS

corn cakes, scrambled eggs, grilled ham, and cheese sauce

68

CORN CAKES BACON & EGGS

corn cakes, scrambled eggs, grilled bacon, and cheese sauce

68

ANCHOVY TOAST

With fresh sliced tomato & cucumber

20

AVO ON TOAST

with fresh sliced tomato & cucumber

33

PERI PERI CHICKEN LIVER

served on toast with grilled onion and topped with a fried egg

55

MINCE

savoury or bombay curry mince topped with a duo of melted cheeses, a fried egg and chutney served on the side.

58

BREAKFAST & LUNCH ADD ONS

baked beans / corn cake / egg / grilled onions / toast / tomatoes

8

avo /cheddar cheese / chips / jalapenos / peppadews

15

bacon / boerewors / chourico / chicken livers / frankfurter / grilled chicken

18

creamed spinach / roast butternut / roast mix veg / small side salad

20

WRAPS / OPEN SANDWICHES

Choice of bread or a wholewheat / plain wrap.
Filled with crisp salad leaves, julienne carrots and cucumber

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

HALOUMI WITH ROASTVEG *v*

HALLOUMI WITH CHICKEN

Grilled halloumi, roast veg or spiced chicken, hummus and tzatziki

70

75

CHICKEN & MAYO EXTREME

Chicken and mayo with bacon, brie and caramelized onion

75

VEGETERIAN

avo, crispy onions, peppadew, hummus & tzatziki

70

TRAMEZZINIS

mozzarella filled tramezzini, with your choice of filling with chips or a side salad

	Half	Full
CHICKEN MAYO EXTREME chicken mayo with bacon, fresh chilli and caramelised onions	55	79
SPINACH, FETA, AVOCADO & PESTO <i>v</i>	55	79
BACON & EGG	51	75
CAJUN CHICKEN, BACON & AVOCADO	60	84
THAI CHICKEN with a Sriracha mayo, sprouts, red onion and pineapple	48	75

TOASTED TREATS

CHEESE & TOMATO

32

SMOKED HAM, CHEDDAR & TOMATO

45

SALAMI, MOZZERELA & TOMATO

49

CHICKEN MAYO

45

CHICKEN MAYO & BACON

55

BACON & EGG

43

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 prego 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

Half

Full

41

65

REFRESH

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

55

79

SEA SIDE SALAD

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

95

ZESTY LEMON CHICKEN & BUTTERNUT

succulent pieces of chicken, butternut, pumpkin seeds, feta, peppadew, rocket and avo with a creamy yoghurt and basil dressing

55

79

CRISPY SIRACHA SESAME CHICKEN

panko crumbed chicken strips flash-fried and served on a bed of salad greens, sprouts, cabbage, spring onion and pineapple, drizzled with a mango-siracha, soy-infused dressing

55

79

GRILLED HALLOUMI, BEETROOT AND ROAST BUTTERNUT

grilled halloumi with roast butternut, beetroot with balsamic glaze, avo sprouts, pumpkin seeds with pecan praline and a yoghurt, citrus and honey dressing

55

79

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 CHOURICO

chourico, cheese, red slaw and a bbq chili sauce

72

CHEESY JALEPENO

frankfurter, tomato salsa, grilled onions, cheese sauce and bacon

65

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 portuguese bread on the side.

99

DELUXE PORTUGUESE STEAK ROLL

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

95

FISH & CHIPS

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

75

STEAK, EGG & CHIPS

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

78

ASIAN STYLED PORK BELLY

Slow roasted and drizzled with honey ginger soy, on a bed of stir fried vegetables.

89

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 chourico 18

65

GOURMET - SCHNITZELS

FARM BOY

crumbed chicken fillet topped with bacon bits and cheese or mushroom sauce, with a side salad

85

ITALIAN STALLION

mustard and sage crumbed chicken fillet, topped with napolitana sauce, parmesan shavings and pitted olives, with an Italian salad

79

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

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

SUSHI

Platters

PLATTER FOR 1

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

50

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 ngiri

105

SALMON PLATTER

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

155

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 ngiri

165

SUSHI

salads

CRAB

30

TUNA

40

SALMON

45

PRAWN

45

HAND ROLLS

PRAWN

40

TUNA

30

SALMON

40

SASHIMI

TUNA

35

SALMON

45

BEVERAGES – COLD

	350ml	500ml
COFFEE FREEZO freezochino / mochachino / hazelnut	32	36
CRUSHES WITH ICE 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
MILKSHAKES chocolate / banana / strawberry / vanilla / coffee / fruit shake / milo	35	39
SMOOTHIES berry blitz / tropical / muesli, banana & melon / banana & granola / coconut, mango & banana / mango & banana / milo & banana /peanut butter, banana & honey / chai, banana & honey	35	39
FRESHLY SQUEEZED apple / apple & ginger / carrot & pineapple / carrot & beetroot / carrot, celery, apple, mint & cucumber.	35	39
FRUIT JUICES orange, mango& strawberry	35	39
COLD DRINKS assorted 330ml 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
GOURMET LATTES hazelnut / white hot chocolate / red / chai		25
FLU FIGHTERS honey lemon & ginger / apple lemon ginger		15

TEAS

FIVE ROSES	14
ROOIBOS	14
EARL GREY	16
GREEN TEA	16

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