

BREAKFAST

SERVED ALL DAY

CLASSIC | 69

Eggs, back bacon, grilled cherry tomatoes & toast
Add Chips | 30 Add Bockwurst | 25
Add Hashbrown | 20

EARLY FARMERS | 125

Eggs, back bacon, boerewors, grilled cherry tomatoes, mushrooms, chips & toast
Add Bockwurst | 25 Add Hashbrown | 20

EGGS BENEDICT | 99

Toasted English muffin topped with creamy spinach, ham or bacon, poached eggs, rocket & Hollandaise sauce
Replace ham Add Smoked Norwegian Salmon | 59

EGGS BLACKSTONE | 99

Two hashbrowns topped with back bacon, grilled cherry tomatoes, poached eggs & Hollandaise sauce

SPANISH EGGS | 115

Chorizo sausage with scrambled eggs, grilled onions, peppers, tomato & romesco sauce served with toast

LOW CARB | 99

Grilled halloumi, poached eggs, mushrooms, avocado & grilled tomato

DELUXE BURGER | 99

Freshly baked sesame seed burger bun with boerewors, back bacon, hashbrown, scrambled eggs, grilled tomato, grilled onions & cheese sauce
Add Chips | 30

MINCE PRINCE | 105

Flatbread folded with Bolognese mince, sweet corn, avocado, chilli, fried egg & Hollandaise sauce

KING SHAKA | 89

Mango chutney mild curry chicken livers served with toast, fried egg & grilled cherry tomatoes

SALMON BAGEL | 139

Toasted bagel with smoked Norwegian salmon, avocado, salsa, capers, cream cheese & chives

SALMON HASH | 139

Two hashbrowns topped with cream cheese, chives, avocado & smoked Norwegian salmon drizzled with basil pesto yogurt mayo

OMELETTE

With back bacon, mushrooms, cheddar & toast | 99

With creamy spinach, Danish feta, peppadews & toast | 85

With Bolognese mince, chopped chilli, cheddar & toast | 95

BACON CROISSANT | 99

Croissant with back bacon, scrambled eggs & Hollandaise sauce

WAFFLE BENEDICT | 105

Cheese & chive waffle with back bacon, creamy spinach, rocket, poached egg & Hollandaise sauce

ALABAMA SLAMMER | 129

Cheese & chive waffle with Southern fried chicken breast, fried egg, baby spinach, avocado, Hollandaise sauce & sriracha crema

FRENCH TOAST | 90

Cinnamon & sugar French toast with mascarpone cheese, berries, banana, toasted flaked almonds & honey
Add Bacon | 25

NUTELLA CROISSANT | 99

French toast croissant with Nutella, walnuts, berries & mascarpone cheese

MELROSE | 85

Seeded Low GI toast topped with avocado, baby spinach, mushrooms, fried egg, roasted sunflower seeds, basil pesto yogurt mayo & chilli flakes

CLEOPATRA | 85

Honey lemon soya hummus, rocket, avocado, grilled cherry tomatoes, Danish feta & a poached egg on toast
Add Bacon | 25

SMASHED AVO | 69

Cream cheese, smashed avocado & chopped peppadews served on seeded Low GI or a Bagel
Add Egg | 10 Add Bacon | 25
Add Smoked Norwegian Salmon | 75

PAW PAW BOWL | 105

Freshly chopped paw paw & grapefruit with toasted almond flakes, honey & yogurt

SMOOTHIE BOWL | 85

Granola, double thick yogurt & freshly chopped fruit

WAFFLES

BELGIAN WAFFLE SERVED WITH MAPLE SYRUP | 45

Vanilla Ice Cream	25	Oreos	20
Bar One Sauce	25	Grilled Banana & Strawberries	20
Nutella	25	Whipped Cream	20



QUESADILLAS

TORTILLA TOASTED WITH YOUR CHOICE OF FILLING

SRIRACHA | 115

With chicken, mozzarella, back bacon & spicy sriracha crema
Add Avocado | 20

BACON AVO FETA | 105

Back bacon, avocado, sundried tomato, Danish feta & mozzarella

DANTE | 109

With avocado, Danish feta, pistachios, mozzarella, baby spinach & basil pesto yogurt mayo

MEXI-CAN | 125

Bolognese, black beans, sundried tomato, chili, mozzarella, cheddar, quacamole & sour cream

SALADS

JENNIFER ANISTON | 110

Quinoa, brown rice, cucumber, red onion, mint, parsley, pistachios, snap beans, Danish feta & lemon dressing
Add Chicken | 45

SESAME | 125

Sesame seed coated grilled chicken, avocado, tomatoes, cucumber, snap beans, apple, green pepper, mixed lettuce, honey mustard & ranch dressing

HALLOUMI | 135

Fried halloumi, crispy bacon bits, avocado, mixed lettuce, rocket, grated carrot, tomatoes, walnuts & ranch dressing

CAJUN | 115

Cajun spiced grilled chicken, Danish feta, peppadews, rocket, tomatoes, cucumber, sweet corn, olives, mixed lettuce & lemon dressing

WRAPS

ADD CHIPS OR SALAD | 30

CHICKEN & BACON | 115

Grilled chicken, back bacon, cheddar, tomatoes, gem lettuce & honey mayo

FOWL PLAY | 109

Grilled chicken, avocado, Danish feta, baby spinach, rocket & basil pesto yogurt mayo

BURRITO | 105

Quinoa, brown rice, black beans, corn, avocado, sundried tomato, gem lettuce & lemon dressing

PITA

ADD CHIPS OR SALAD | 30

Your choice of filling in a freshly baked pita bread with honey lemon soya hummus, baby spinach, tomatoes, red onion, cucumber & creamy feta

FALAFEL | 105

CHICKEN | 115

RUMP | 129

TOASTED SANDWICHES

SERVED ON SOURDOUGH WHITE, 100% RYE, SEEDED LOW GI OR BAGEL
ADD CHIPS OR SALAD | 30

BACON, EGG & CHEESE | 79

Back bacon, fried egg & cheddar

CHICKEN MAYO | 79

Tangy chicken mayonnaise & chives
Add Bacon | 25
Add Avocado | 20

HAM, CHEESE & TOMATO | 79

Ham, cheddar, tomatoes & BBQ mayo

AVOCADO & BACON | 85

Avocado, mozzarella, back bacon & Hollandaise sauce

BURGERS

ADD CHIPS OR SALAD | 30
Swop for plant-based patty add 10

SLIDERS | 95

Three mini beef burgers with BBQ cheese sauce, pepper sauce, grilled onions, lettuce, tomato & pickles

CHEESE | 95

100% beef patty chargrilled with cheddar, lettuce, tomato, pickles, grilled onion & burger dressing

NOTORIOUS | 110

100% beef patty chargrilled with quacamole, back bacon, spicy jalapeño mayo, cheddar, lettuce, tomato, pickles & grilled onion

DR PEPPER | 110

100% beef patty chargrilled with pepper sauce, cheddar, lettuce, tomato, pickles, crispy onion & burger dressing

SNIT | 90

Southern fried chicken breast, cheddar, sriracha crema, lettuce & tomato

STEAK SANDWICH | 119

150g chargrilled rump with cheddar, lettuce, tomato, pickles, grilled onion, jalapeño mayo & burger dressing

EASY EATING

CHICKEN STRIPS | 90

Panko crumbed chicken strips served with cheese sauce or jalapeño mayo
Add Chips or Salad | 30

CORN DOGS | 85

Battered & fried Bockwurst sausages on sticks served with sweet mustard dipping sauce
Add Chips or Salad | 30

NACHOS | 110

Gluten free spicy tomato tortilla chips topped with cheddar, sweet mustard, mozzarella, jalapeño & salsa served with quacamole & sour cream
Add Mince | 45
Add Bacon Bits | 25

FRESHLY BAKED PIE | 110

Pie of the day served with salad

GRILLED CHICKEN | 119

Grilled chicken breast with coarse salt, oregano & lemon served with avocado, basil pesto yogurt mayo & salad

FISH & CHIPS | 119

Deep fried crispy battered Hake fillet served with tartar sauce & chips

HAKE | 129

Grilled hake served on brown rice & quinoa with salsa & lemon dressing

RUMP | 169

250g Beef rump flame grilled served with crispy onion & chips
Add Pepper Sauce | 30

TOMAHAWK | 265

600g Tomahawk steak flame grilled served with chips

FALAFEL BOWL | 129

Deep-fried chickpea & sesame seed balls served in a Harissa napolitana sauce with a honey lemon soya hummus, creamy feta, brown rice & quinoa

PESTO PENNE | 125

Penne tossed in a creamy basil pesto sauce with grilled chicken & peppadews

BOLOGNESE BAKE | 125

Mince Bolognese, cheese sauce, mozzarella & penne

NOODLES | 105

Fried egg noodles with teriyaki sauce, sesame seeds, cashew nuts, roasted peppers, sweet corn, Danish feta, baby spinach & grilled onions
Add Chicken | 45
Add Rump | 69



ANY VARIATIONS TO MENU ITEMS WILL BE CHARGED ACCORDINGLY & MAY RESULT IN TIME DELAYS

DRINKS

HOT DRINKS

ADD ALMOND MILK | 10
ADD OAT MILK | 10

Cappuccino	33
Double Shot Flat White	36
Latte	35
Caramel Latte	48
Hazelnut Latte	48
Vanilla Latte	48
Americano	30
Cortado	35
Double Espresso	28
Chocolate Mocha	45
White Chocolate Mocha	45
Rooibos Cappuccino	38
Chai Latte	45
Rooibos Latte	45
Ceylon	25
Rooibos Tea	25
Earl Grey Tea	25
Green Tea	25
Hot Chocolate	40
White Hot Chocolate	40



FRESHLY PRESSED

ADD GINGER SHOT | 12



ORANGE | 40
Freshly pressed orange

GREEN | 45
Apple, spinach, lettuce, celery & cucumber

AMBER | 45
Orange, pineapple & carrot

REFRESH | 49
Apple, cucumber, celery, pineapple, mint & lemon

FLU SHOT | 35
Served warm or cold Ginger, Lemon, Orange, honey & turmeric

ICED TEAS



TONI GLASS | 45

- Berry Baobab
- Kiwi Cucumber & Mint
- Litchi & Lime (sugar free)

REAL T ICED TEA 45 (SUGAR FREE)

- Lemon
- Peach
- Apple

SMOOTHIES

BERRY | 65
Strawberries, raspberries, blackberries, banana, frozen yogurt

PEANUT BUTTER BOMB | 65
Peanut butter, banana, frozen yogurt

TROPICAL TANG | 59
Papaya, pineapple & mango

KOMBUCHA

100% NATURAL, LOW IN SUGAR,
SPARKLING BEVERAGE

BLUEBERRY & POMEGRANATE | 45

GINGER & LEMON | 45

PEACH & GRANADILLA | 45

MILKSHAKES

Oreo	49
Bar One	49
Turkish Delight	49
Salted Caramel	49
Coffee	49

COCKTAILS

SPARKLING

MIMOSA | 69
Sparkling wine | orange juice

APEROL SPRITZ | 75
Aperol | prosecco | soda water | orange

BELLINI | 69
Sparkling wine | peach puree | grenadine

KIR ROYALE | 69
Sparkling wine | blackcurrant | cherry

CLASSIC

MOJITO | 85
White Rum | mint | cane sugar | soda water

DAIQUIRI | 85
White rum | mixed berries | lime | strawberry

MARGARITA | 85
Tequila | triple sec | lime

LONG ISLAND | 89
Gin | vodka | tequila | white rum | coke



SPARKLING WINES

DURBANVILLE HILLS SPARKLING SAUVIGNON BLANC | 230
Tropical fruit • gooseberry

DURBANVILLE HILLS HONEYSUCKLE DEMI SEC | 230
Tropical fruit • gooseberry

MARTINI PROSECCO | 390
Lemon • citrus • green apple • pear

PONGRACZ BRUT MCC | 390
Delicate yeasty tones • black fruit flavours • lingering aftertaste

MOËT & CHANDON NON VINTAGE | 1800
Grapefruit • candy floss

WINES

DURBANVILLE HILLS SAUVIGNON BLANC | 195
Tropical fruit • gooseberry

KLEINE ZALZE CHENIN BLANC | 195
Tropical stonefruit • citrus

PIERRE JOURDAN TRANQUILLE | 195
Tropical fruit • red berries • lime

NEDERBURG GRENACHE CARIGNAN ROSÉ | 195
Melon • cherry • pomegranate

DURBANVILLE HILLS MERLOT | 195
Medium-bodied • fruity • ripe berry • dark chocolate

NEDERBURG DOUBLE BARREL RESERVE | 265
BORDEAUX-STYLE BLEND
Full-bodied • smooth taste • pleasant finish



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