

ALL DAY BREAKFAST

health bowl

seasonal fruit | gluten-free granola
full-cream yoghurt | honey **R70**

smoothie bowl

mixed berry | banana | chia seeds
full-cream yogurt | walnuts | coconut flakes **R80**

lightly-toasted banana bread

two slices | butter | jam **R35**

smashed avo on toast **R40**

add egg **R6** **add** bacon **R18**

hummus on toast

avo | tomato | red onion | sunflower seeds **R50**

add egg **R6** **add** bacon **R18**

free-range egg & bacon bun

plain **R45**

fresh rocket | chipotle chilli **R50**

Low-carb breakfast

avo | spinach | haloumi

balsamic cherry tomatoes | poached eggs **R80**

basic breakfast

eggs | bacon | balsamic cherry tomatoes

brown **or** white toast **R70**

add pork sausage **R20**

the Full Monty

eggs | bacon | balsamic cherry tomatoes

mushrooms | pork sausages

brown **or** white toast **R95**

breakfast burger

pure beef patty | fried egg | bacon | rocket | cheddar **R95**

eggs benedict

courgette & potato rosti | poached eggs

hollandaise sauce | chives

bacon **R90** smoked trout **R120**

carb-free eggs benedict

free-range poached eggs | bacon

black mushroom | hollandaise sauce **R85**

Earl's legendary "all-day" breakfast

free-range eggs | bacon | pork sausage | rocket

toasted ciabatta | mildly-spiced Asian sauce **R100**

bread options *wholewheat | rye | sourdough | gluten-free*

café Roux

EST. 2006

WOODFIRED PIZZA

gluten-free bases (add R22) - vegan cheese (add R30)

garlic pizza bread **R65**

feta | onion

margherita

homemade tomato base | mozzarella | Italian herbs **R75**

hawaiian

ham | pineapple **R95**

the FAB

feta | avo | bacon **R115**

the hangover

bacon | chorizo | mushrooms | rosa tomato

rocket | egg (optional) **R125**

the vegetarian quattro

artichokes | mushrooms | olives | red peppers **R125**

piccante

salami | chilli | garlic | green pepper | onion **R110**

inverno

smoked mozzarella | peppadews | caramelised onion **R110**

funghi

black mushroom | garlic | feta | thyme **R105**

lite version - less pizza | centre salad **R110**

la zucca

butternut | gorgonzola | roasted pumpkin seeds

rocket | balsamic glaze **R115**

SIDES

skinny fries / sweet potato fries

with chipotle mayo **or** lemon & garlic mayo **R30**

side salad

baby spinach | rocket | tomato | toasted seeds | feta **R40**

green **vegetables** **R40**

BURGERS

all burgers served with a side of your choice - low carb/vegan roll (add R20)

cheddar burger

pure beef patty | lettuce | tomato | gherkin **R115**

vegetarian 'shroom burger

crumbed field mushroom | brie | garlic mayo

gherkin | tomato | lettuce **R115**

locally-made plant-based vegan burger

plant-based patty | vegan cheese | green tahini sauce

gherkin | lettuce | tomato

butternut patty **R105**

B-Leaf patty **R115**

chicken burger

free-range chicken | chipotle mayo | avo | cheddar

feta | lettuce | tomato | gherkin **R120**

MAINS

calamari

tender deep-fried calamari strips | fries **or** side salad **R120**

battered hake

crispy battered hake | tartare sauce | fries **or** side salad **R120**

Amatriciana Penne

tomato & basil sauce | bacon | chilli | parmesan **R115**

Beef Tagliata

seared beef slices | rocket | cherry tomatoes

chilli & ginger dressing | parmesan shavings **R125**

SALADS

power salad

quinoa | spinach | sprouts | broccoli | rocket | toasted seeds

avo | mint dressing | feta **or** vegan almond cheese **R90**

crispy butternut & goat's cheese salad

sun-dried tomatoes | parmesan cheese

rocket seeds | honey-soy dressing **R75**

haloumi & chorizo salad

mixed lettuce | cucumber | cherry tomatoes

radish | red onion | sunflower seeds **R105**

caprese salad

buffalo mozzarella | fresh tomatoes | basil

avo | olive oil | balsamic glaze **R80**

add olives **R18**

greek salad

lettuce | cucumber | cherry tomatoes | feta | olives | onion **R75**

add chicken **R22** **add** avo **R18**

café Roux

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COFFEE

americano **R25**
cappuccino **R28**
flat white **R28**
latte **R28**

add almond *or* oat milk **R5**

TEA

ceylon | rooibos | mint **R15**
camomile | green | English breakfast | earl grey **R18**
fresh ginger | mint | honey **R20**
rooibos latte **R29**
red cappuccino **R28**

HOT BEVERAGES

hot chocolate **R35**
chai latte **R35**

HEALTH DRINKS

orange juice **R28**
mango juice **R28**
bottled green juice *300ml* **R39**

organic rooibos kombucha **R40**

triple berry smoothie
mixed berries | banana
greek yoghurt | honey **R40**

SOFT DRINKS

still | sparkling water 440ml **R24**
still | sparkling water 750ml **R38**

sodas 200ml **R18**

sodas 300ml **R22**

grapetiser | appletiser **R26**

bos iced tea (*lemon | peach | berry*) **R29**

kiddies apple juice **R20**

rock shandy **R40**

PURA kiddies low-sugar preservative-free juice
peach | mixed-berry | apple | lemonade **R20**

MILKSHAKES

vanilla | chocolate | strawberry | caramel

kiddies **R35**

adults **R40**

frappuccino **R42**

VINOLOGIST WINES

wines with origin

R30 per glass / **R125** per bottle / corkage **R50**

swartland **syrah**

stellenbosch **cabernet sauvignon**

franschhoek **merlot**

swartland **red blend**

swartland **chenin blanc**

cape town **sauvignon blanc**

walker bay **chardonnay** (*lightly wooded*)

swartland **rosé**

SUMMER COCKTAILS

Caperitif

local **aperitif wine** made by **Adi Badenhorst**
served with soda, fresh orange, rosemary & bitters **R60**

Rosé Spritzer

mixed berry **Southfields Seltzer**

& Vinologist rosé **R60**

Lemon Fresh Cocktail

lemon **Southfields Seltzer**

with gin & freshly-squeezed lemon juice **R55**

Strongbow Cider Berry Cocktail

vodka, lime, sugar syrup & fresh mint **R65**

BUBBLES

miss molly **brut** **R258**

miss molly **rosé** **R278**

Simonsig Kaapse Vonkel **brut** **R360**

BEERS & CIDERS

on tap *500ml/300ml*

jack black brewer's lager **R45/R30**

jack black cape pale ale **R45/R30**

jack black atlantic weiss **R49/R35**

stellenbrau craft lager **R45/R30**

windhoek **R40/R28**

castle lite **R40/R28**

heineken **R49/R35**

Loxtonia draught organic crispy apple cider **R45/R30**

a jug of *any draught beer or cider* **R130**

bottled

heineken / heineken free (*non-alc*) **R30**

castle **R30**

windhoek **R28**

castle lite **R28**

castle free (*non-alc*) **R27**

savanna / savanna free **R33**

hunters **R33**

SPIRITS & LIQUEURS

smirnoff vodka | klipdrift brandy | richlieu brandy
jamesons | j&b | johnny walker red | jack daniels
glenfiddich 12 yr | spiced gold | amarula | kahlua
old brown sherry

SOUTHFIELDS SELTZER

vodka-spiked sparkling water
with a hint of natural flavour

4,5% alcohol | 100 calories | 2.0g sugar | gluten-free
lemon zest *or* mixed berry **R35**

G'nTs

classic

R38 single | **R58** double | **R145** jug

clemengold orange & mint
R55 single | **R80** double | **R210** jug

musgrave pink

R55 single | **R80** double | **R210** jug

ADULT SMOOTHIES

dom pedro

(kahlua *or* amarula) **R46**

Irish coffee **R44**