BREAKFAST
8am-4pm

Health Bowl — 110
Creamy Greek yoghurt topped with fresh seasonal fruit,
chia seeds, homemade granola & a drizzle of honey

Smashed Avo on Toast — 90
Smashed avo on toasted sourdough, topped with rocket & feta
Add egg / bacon — 14 / 37

Pesto Scramble — 105
Scrambled eggs with rocket, pesto, pumpkin seeds &
shaved parmesan - served on sourdough

Sweetcorn Scramble — 130
Scrambled eggs, sweetcorn, crispy bacon, spring onion, avo, balsamic
cherry tomatoes & shaved parmesan - served with toasted ciabatta

Eggs Benedict — 140
Poached eggs served on a courgette & potato rosti, streaky bacon,
hollandaise sauce & fresh chives. *Replace bacon with smoked salmon — 25*

The Café Breakfast — 130
A classic breakfast of eggs, bacon, balsamic cherry tomatoes, mushrooms
& pork sausages - served with your choice of brown ***or*** white toast

Low-Carb Breakfast — 115
Grilled halloumi, baby spinach, avo, poached eggs,
balsamic cherry tomatoes

Brekkie Bun — 65
Free-range egg & bacon on a freshly-baked bun
Add rocket & chipotle — 7 Add a slice of cheddar & tomato — 15

Salmon Breakfast — 130
Smoked salmon trout with cream cheese, capers, dill & smashed avo on
wholewheat toast with a drizzle of Banhoek™ chilli oil
Add a poached egg — 14

Spicy Chicken Livers — 110
Tender spicy chicken livers in a creamy sauce, served with
a poached egg & toasted ciabatta

PASTAS
*Add bacon/chicken **37***

Gamberi Linguine — 175
Succulent prawns tossed through creamy pomodoro linguine,
cherry tomatoes & parmesan

Shredded Beef Ragu Penne — 185
Slow-cooked beef short-rib in a rich, hearty ragu sauce & parmesan

Home-Made Lasagne — 160
Layers of rich beef bolognaise, pasta, parmesan & Béchamel sauce

Spaghetti al Pomodoro — 125
Baby marrow, baby spinach, mushroom & garlic in a pomodoro sauce

Scan here for more info on allergens

Menu Allergens Guide

LIGHT MEALS & SALADS
*Add seasoned chicken **37***

Roasted Veg & Halloumi Buddha Bowl — 140
A wholesome bowl of quinoa, halloumi, butternut, red onion, avo,
baby spinach, chickpeas, sun-dried tomatoes & toasted seeds

Crispy Butternut Salad — 130
Butternut chips, goat's ***or*** feta cheese, avo, rocket, spinach,
sun-dried tomatoes & toasted seeds - with a honey-soy dressing

Power Salad — 125
A nourishing mix of quinoa, baby spinach, broccoli, rocket, toasted seeds,
avo, a mint dressing & choice of feta ***or*** vegan almond cheese

Cobb Salad — 140
Cos lettuce with chicken, bacon, cherry tomatoes, avo, egg,
crispy onions & a ranch-style dressing

Loaded Hummus — 115
Creamy hummus with black sesame seeds, cucumber, cherry tomatoes,
olives, red onion - drizzled with olive oil & served with warm pita bread

Beef Carpaccio — 150
Thinly-sliced beef with fresh rocket, cherry tomatoes,
parmesan shavings & sea salt - drizzled with a classic vinaigrette

Beef Tagliata — 200
Seared sirloin with fresh rocket, sun-dried tomatoes & roasted walnuts,
dressed with a spicy Asian dressing, rosemary & parmesan shavings

Club Sandwich — 115
Toasted sourdough layered with tender chicken, crispy bacon, fresh lettuce,
tomato & smoky chipotle mayo - served with home-made potato crisps

Toasted Chicken *or* **Tuna Mayo Sandwich — 125**
Generously-filled with creamy chicken ***or*** tuna mayo
served with salad ***or*** fries

Crispy Chicken Wrap — 125
Crispy chicken, bacon, peppers, cucumber, lettuce, pickled red onion, carrot,
parmesan & smoky chipotle mayo - served with salad ***or*** fries

MAINS
Served with a choice of salad or fries

Calamari — 165
Tender, deep-fried calamari with a crisp golden coating

Fish & Chips — 165
Crispy battered hake & tartare sauce

Calamari & Hake Combo — 235
Battered hake with tender, deep-fried calamari,
served with a squeeze of lemon

300g Rump Steak — 245
A generous 300g rump cooked your way with a choice of
rich pepper ***or*** creamy béarnaise sauce

Chicken Schnitzel — 150
Crispy free-range chicken schnitzel with cheese ***or*** mushroom sauce

250g Fillet Steak — 295
A tender, juicy 250g fillet cooked to your liking and served with
a choice of creamy pepper ***or*** mushroom sauce

WOODFIRED PIZZA
*Gluten-free base **35** Vegan cheese **35***

Pizza Bread — 90
garlic, onion & feta

Hawaiian — 130
Gypsy ham, pineapple

The FAB — 160
Feta, avo, bacon

Margherita — 110
Tomato base, mozzarella & herbs

Tropicale — 135
Bacon, banana

Siciliana — 155
Anchovies, olives

Mediterranean — 160
Roasted peppers, baby marrow, balsamic cherry tomatoes,
red onion & fresh basil

Piccante — 160
Salami, chilli, garlic, green pepper, onion

The Roux — 170
Chicken, bacon, feta, red peppers, avo

Parma Ham — 180
Parma ham, rocket, cherry tomatoes, parmesan shavings

Brie & Fig — 180
Preserved fig, brie, rocket, caramelised onion,
toasted walnuts & balsamic glaze

BURGERS
Served with lettuce, tomato, red onion, gherkin & side of your choice
*Low-carb roll **25***

Cheddar Burger — 155
Juicy, pure-beef burger topped with melted cheddar,
tomato relish & green tahini sauce

Chicken Burger — 160
Flame-grilled free-range chicken fillet topped with avo,
melted cheddar, feta, chipotle mayo & green tahini sauce

Go BIG or Go Home Burger — 175
Juicy, pure-beef burger topped with bacon,
melted brie & caramelised onions

The Big Daddy Burger — 175
A double pure-beef burger topped with melted cheddar

BBQ Pulled Pork Burger — 165
Slow-cooked pulled pork burger served with homemade coleslaw

Halloumi Burger — 155
Grilled halloumi topped with tomato & red onion relish,
smashed avo & fresh baby spinach

Vegetarian Burger — 155
Mushroom & lentil patty topped with green tahini sauce
& garlic mayo

SIDES

Skinny or Sweet Potato Fries — 50
Crisp, golden & served with our smoky chipotle ***or*** garlic mayo

Side Salad — 50
Baby spinach, rocket, tomato, toasted seeds & feta

COFFEE, TEA & HOT BEVERAGES

Americano — **34**
Cappuccino — **44**
Flat White — **44**
Latte — **46**

Ceylon | Rooibos | Mint — **32**
Chamomile | Green | English Breakfast
Earl Grey — **34**
Fresh Ginger, Mint & Honey — **34**
Red Cappuccino — **42**
Red Latte — **44**
Hot Chocolate — **47**
Chai Latte — **49**
Dirty Chai — **53**

Japanese Ceremonial-Grade Matcha
Cappuccino — **53**
Latte — **56**
Iced Strawberry Matcha Latte — **69**

Swap dairy for almond or oat milk - 10

HEALTH DRINKS

Orange Juice — **40**
Mango Juice — **40**
Bottled Raw Cold-Pressed Juices 250ml — **70**
***Yellow**: Fights Inflammation*
***Orange**: Vitamin C Booster*
***Green**: Body Cleanse*
***Red**: Liver Support*

Brew Kombucha Lemon Ginger — **65**
Brew Kombucha Rooibos — **65**
Triple Berry Smoothie — **65**

SOFT DRINKS

Still | Sparkling Water 500ml — **32**
Still | Sparkling Water 1L — **48**
Sodas 200ml — **34**
Sodas 300ml — **39**
Tomato Cocktail — **55**
Grapetiser|Appletiser — **53**
Kiddies Bos Ice Tea|Lemon|Peach|Berry — **43**
Kiddies Juice Box Apple | Orange — **35**
Rock Shandy — **65**
Steelworks — **65**
Red Bull — **50**

Kiddies|Adult

MILKSHAKES

Vanilla | Chocolate | Strawberry | Mango — **51** | **62**
Bubblegum | Banana | Coffee — **51** | **62**
Cheesecake | Oreo | Salted Caramel — **59** | **68**

WINES

Glass|Bottle

AA Badenhorst Papegaai **White Blend 95** | **330**
Diemersdal **Sauv Blanc** — **80** | **275**
Catherine Marshall **Sauv Blanc** — **100** | **345**
SeaSalter **Sauv Blanc** — **110** | **380**
AA Badenhorst Secateurs **Chenin** — **75** | **260**
Brookdale **Chenin** — **80** | **275**
Cederberg **Chenin** — **90** | **315**
Anura **Chardonnay** — **80** | **275**
La Brune **Chardonnay** — **110** | **380**
Pinch of Salt **Chardonnay** — **120** | **415**
Rickety Bridge **Rosé** — **75** | **260**
Diemersdal **Rosé** — **80** | **275**
Vrede & Lust Jess **Rosé** — **85** | **295**

Corkage R75

Arpeggio **Red Blend** — **75** | **260**
Kanonkop Kadette Cape **Red Blend** — **100** | **350**
Kara Tara **Pinot Noir** — **130** | **445**
Doolhof **Pinotage** — **80** | **275**
Springfield Whole Berry **Cabernet** — **110** | **380**
Diemersdal **Merlot** — **80** | **275**
Groot Phesantekraal **Shiraz** — **105** | **370**
Lomond **Syrah** — **110** | **380**

BUBBLES

Miss Molly Brut/Brut Rosé — **100** | **425**
Rickety Bridge Brut/Brut Rosé — **110** | **475**
Mimosa — **85**

SPIRITS & LIQUEURS

WHISKY
Jameson — **54**
Bains — **54**
Jack Daniels — **55**
Bells — **49**
Glenfiddich 12yr — **84**
Johnnie Walker Black — **69**

RUM
Captain Morgan Dark — **39**
Spiced Gold — **39**
Bacardi White — **39**

LIQUEUR
Amarula — **49**
Kahlua — **49**
Peppermint — **39**
Shanky's Whip — **45**

GIN
Gordons — **36**
Clemengold — **53**
Bombay Sapphire — **40**

VODKA
Smirnoff — **40**
Absolut Blue — **50**

BRANDY
Klipdrift — **39**
Klipdrift Premium — **45**
Richelieu — **39**

TEQUILA
Jose Cuervo — **39**
Don Pacho Reposado — **45**
Don Julio Blanco — **75**

SHOOTERS

Apple Sours | Springbok — **35**
Caramel Vodka | Jägermeister — **49**

Or a tray of 6 or 10!

BEERS & CIDERS - ON TAP

300ml|500ml

café Roux Brew — **48**|**66**
South Locally-Brewed **Pale Ale** — **48** | **66**
South Locally-Brewed **True Lager** — **48** | **66**
South Locally-Brewed **Brown Ale** — **48** | **66**
South Locally-Brewed **Lite Lager** — **48** | **66**
South Locally-Brewed **Red Ale** — **48** | **66**
South Beer Tasting Tray — **69**

Jack Black **Lager** — **50** | **69**
Jack Black Cape **Pale Ale** — **50** | **69**
Windhoek Premium **Lager** — **50** | **69**
Loxtonia Crispy Apple **Cider** — **50** | **69**

Alcohol served from 10am

BOTTLES & CANS

Heineken Lager — **55**
Black Label Lager — **45**
Castle Lager — **45**
Castle Lite Lager 330ml bottle — **45**
Castle Lite Lager 500ml can — **58**
Corona Lager — **62**
Windhoek Draught 440ml — **55**
Hunters Dry Cider — **55**
Savanna Premium Cider — **58**
Savanna Lite Premium Cider — **58**
Loxtonia Stonefruit Cider — **69**

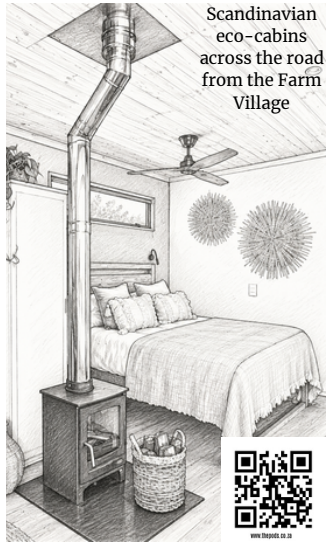
COCKTAILS

Aperol Spritz — **115**
Hugo Spritz — **115**
Pomegranate Spritz — **115**
Classic Margarita — **110**
Mango & Passionfruit Mojito — **100**
Clemengold Orange & Mint G&T — **100**
Skinny Bitch Tequila/Vodka — **85**
Bloody Mary — **85**
Espresso Martini — **85**
Dom Pedro — **68**
Irish Coffee — **68**

NON - ALCOHOLIC

Heineken 0.0 Beer — **55**
Devil's Peak Hero Beer — **48**
Corona Cero Beer — **58**
Savanna Free Cider — **58**
Everson's Pomegranate Sparkling Apple Cider — **69**
Virgin Mojito — **69**

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