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HOT BEVERAGES

ADD - CREAM OR CONDENSED MILK - R5
FLAVOURING - HAZELNUT | VANILLA | CARAMEL - R13

COFFEE - ESPRESSO BASED

DECAFFEINATED AVAILABLE

Cappuccino regular - R26 / mega - R39

Café latté - R29

Espresso short OR long - R20

Americano - R25

COFFEE - FILTER

Filter coffee regular - R24 / mega - R32

Refill (only once) - FREE

COFFEE - PLUNGER

House blend OR Decaffeinated - R39

TEA

ADDITIONAL R6 FOR SHARED POT

Five roses OR Rooibos - R24

Earl grey OR Green - R25

Add honey - R8

ROOIBOS ESPRESSO BASED

SERVED WITH HARTLAND HONEY

Red cappuccino regular - R29 / mega - R41

Red latté - R32

Red americano - R28

MILKY HOT DRINKS

Choccocino (espresso and hot chocolate) - R34

Chai latté (warming spices topped with cinnamon) - R37

Milo - R31

Hot chocolate (brown) - R32

Hot chocolate (white) - R35

Red hot white (red espresso and white hot chocolate) - R39

COLD BEVERAGES



MILKSHAKES

MADE WITH GOOD QUALITY ICE CREAM

GOURMET – NO DECORATION

Milo | Coffee | Vanilla | Hazelnut | Caramel

regular - R39 | double thick - R41

TRADITIONAL – DECORATED

Chocolate | Strawberry | Lime | Bubblegum

regular - R39 | double thick - R41

FRUIT SHAKES

100% FRUIT JUICE BLENDED WITH ICE CREAM

Fruit cocktail | Mango | Orange | Cranberry-apple

Red grape | Apple - R39

SMOOTHIES

ICE CREAM, YOGHURT AND FRUIT PULP

Tropical | Peach | Strawberry - R40

FRUIT FLOAT

Fruit cocktail | Mango | Orange | Cranberry-apple

Red grape | Apple - R39

SODA FLOAT

Coke | Coke zero | Sprite | Sprite zero | Tab
Dry lemon | Cream soda | Fanta orange - R32

FROSTIES

MADE WITH CRUSHED ICE

Lemonade mint crush | Coffee freezo
Strawberry chiller | Mango frappé - R38

GINGER BEER

THE OLD FASHION WAY
BREWED IN-HOUSE. NON ALCOHOLIC

400ml - R27

FRUIT JUICE

Fruit cocktail | Mango | Orange | Cranberry-apple

Red grape | Apple - R28

SODAS

Coke | Coke zero | Sprite | Sprite zero

Dry lemon | Tab | Cream soda | Fanta orange

300ml - R23

Lemonade | Soda water | Tonic water | Ginger ale

200ml - R19

TIZERS

Red grapetizer | Appletizer - R27

MINERAL WATER

Still | Sparkling - R19

ICE TEA

Fresh red (red espresso with apple juice) - R34

- no added sugar, no preservatives -

Lipton ice tea (lemon or peach) - R28

CORDIALS

MIXED WITH SODA WATER OR LEMONADE

Lime | Cola tonic | Passion fruit - R29

ROCK SHANDY

SODA WATER, LEMONADE AND BITTERS

R34

BREAKFAST

BASIC - R32

1 egg, 2 bacon, fried tomato, toast, butter and jam

EGGS BENEDICT - R70

poached eggs on an english muffin, bacon, topped with hollandaise sauce

CARB CONSCIOUS - R68

2 eggs, 3 bacon, half avocado, feta, garnish. NO TOAST

COMPLETE - R87

2 eggs, 3 bacon, boerewors, pap and chakalaka OR chips, toast, butter, jam

CHICKEN LIVER - R78

2 eggs, spicy chicken livers, caramelized onion, pap OR two slices ciabatta bread

EXECUTIVE - R83

2 eggs, 3 bacon, cheese griller, chips, fried tomato, toast butter and jam

TRADITIONAL - R65 ✓

2 eggs, 3 bacon, fried tomato, chips, toast butter and jam

HEALTH NUTRI START - R60 ✓

plain yoghurt, muesli, seasonal fruit and Hartland honey

NUT DELIGHT - R60

layers of plain yoghurt, nuts and Hartland honey

OMELETTES

Build your own - R39

made with 3 eggs served with toast butter and jam

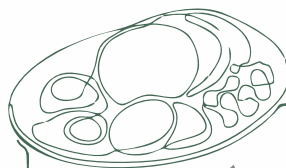
FILLINGS

Onion, tomato (each) - R8

Mushroom | Mozzarella -, cheddar-, feta cheese
Chicken mayo | Spinach and feta (each) - R18

Bacon | Cheese griller | Spicy chicken livers
Italian mince | Avocado (each) - R20

30g Biltong (each) - R30



CAFÉ MEALS

SIRLOIN STEAK 300g - R135

served with your choice of mashed potato, pap OR chips and greek salad OR vegetables of the day
ADD: mushroom, pepper or monkey gland sauce - R21

CHICKEN SCHNITZEL - R101

served with sweet potato mash, Waldorf salad, mustard sauce and bacon bits

PIE AND GRAVY - R84

served with coleslaw and your choice of chips or mash potato

KEBABS - R110

CHICKEN

served with pita bread, hummus, tzatziki and red apple salad

BEEF

served with your choice of mashed potato, pap OR chips and greek salad OR vegetables of the day

GRILLED CHICKEN FILLET - R79

served with your choice of chips or greek salad or half portion of each

SALAD

SERVED WITH DRESSING AND A SLICE OF CIABATTA BREAD

GREEK - R56 ✓

greens, tomato, feta cheese, olives and croutons

CHEF'S CHICKEN SALAD - R95

greens, grilled chicken breast, bacon, pineapple and cottage cheese

BILTONG SALAD - R106

greens, biltong, avocado, feta and peppadew

GOURMET BREAD

CHOOSE BETWEEN BAGUETTE,
TWO SLICES FRESHLY BAKED
CIABATTA BREAD OR LOW GI BREAD

HEALTH - R53

cottage cheese, boiled egg, lettuce, tomato,
cucumber, gherkins

BRIE - R74

with rocket and onion marmalade

CHICKEN - R73

with avocado and special sauce

BILTONG - R83

with cream cheese and basil pesto mayonnaise

HOT PRESS SANDWICHES

SERVED WITH HALF PORTION CHIPS. CHOOSE
BETWEEN WHITE, BROWN, CIABATTA OR RYE BREAD

Spinach and feta - R45

Cheese and tomato - R48

Bacon, cheese and 2 eggs - R67

Italian mince and mozzarella - R60

Chicken mayonnaise - R58

Club sandwich - R90

3 slices bread, bacon, avocado, mozzarella
and chicken mayonnaise

TRAMEZZINI

SERVED WITH CHIPS, SALAD OR HALF PORTION OF EACH

Bacon, avocado and tomato | Chicken mayonnaise |
Sweet chilli chicken and pineapple - R89

Biltong, avocado and feta cheese - R101

Spinach and feta cheese - R83

Italian mince | Breakfast (bacon, egg and tomato) - R85



BURGERS

SERVED WITH CHIPS

Traditional - single R72 | double R94

Monkey gland - single R77 | double R99

Chicken - single R85 | double R107

Vegetarian (meat free) - single R70 | double R91

ADD: egg (each) - R9

mushroom | pineapple | cheese (each) - R18

bacon | avocado (each) - 20

FRESHLY BAKED

SCONES

- 2 SMALL SCONES -

Butter, jam and cheese OR cream - R43

CROISSANTS

Butter, jam and cheese - R42

Chicken mayonnaise - R50

Scrambled egg and cheese - R50

Bacon and avocado - 58

QUICHE

SPINACH AND FETA OR BACON AND MUSHROOM

Quiche only - R51

Chips OR Greek salad - R65

GOURMET CAKE

SELECTION DISPLAYED IN FRIDGE

Per slice - R44

FLAPJACKS

SAVOURY (3 FLAPJACKS)

Decadent brie (brie cheese, bacon and green figs) - R65

Bacon and caramelized banana - R49

SWEET (3 FLAPJACKS)

Berry compote and cream cheese - R52

Golden delight (golden syrup OR honey) - R40

Nutella and strawberry - R54

PANCAKES

SAVOURY (2 PANCAKES)

Creamy chicken and mushroom - R57

Spicy chicken livers - R57

Italian mince - R57

Spinach and feta - R57

SWEET (2 PANCAKES)

Cinnamon sugar with slice of lemon - R26

Banana, caramel and roasted nuts

(with cream or ice cream) - R48

Berry compote and cream cheese

(with cream or ice cream) - R52

DESSERT

ICE CREAM

Mixed berries - R46

Caramel crunch OR chocolate cap

(with roasted nuts) - R43

WAFFLES

SERVED WITH CREAM OR ICE CREAM

Syrup - R40

Caramel crunch OR chocolate cap - R43

Caramel, banana, and roasted nuts - R51

Nutella with strawberries (seasonal)

(substitute - berry compote) - R51

WINTER WARMERS

MELKKOS - R45

served with cinnamon sugar

SOUP OF THE DAY - R55

served with ciabatta bread



FAMILY MEALS

- TO TAKE HOME -

**DEFROST, HEAT AND EAT
HEATING IN THE OVEN IS THE BEST WAY**

Chicken pie - 500 g R80 | 1 Kg R155

Beef lasagne - 500 g R75 | 1 Kg R145

Cape malay bobotie - 500 g R100 | 1 Kg R190

served with yellow rice and raisins

Curry beef stew - 500 g R100 | 1 Kg R190

served with basmati rice OR mashed potato

Meatballs in napoletana - 500 g R100 | 1 Kg R190

served with basmati rice OR mashed potato

Macaroni and cheese - 500 g R70 | 1 Kg R135

with cheese griller

**BULK PORTIONS
HEAT AND EAT AT HOME**

Soup of the day - 1 Kg R90

no bread

Melkkos - 1 Kg R80

served with cinnamon sugar



KIDDIES MENU

FOR CHILDREN UNDER THE AGE OF 12 ONLY

FOOD

JUNIOR BREAKFAST - R23

1 scrambled egg, 1 slice of toast with butter and jam

CHEESE GRILLER AND CHIPS - R34

1 cheese griller, served with a small portion of chips

SMILEY MEAL - R39

chicken strips OR fish fingers, potato smileys and dip

MINI BURGER AND CHIPS - R37

1 mini beef burger, served with a small portion of chips

TOASTIE ON A STICK

chicken mayonnaise - R36
cheese - R34

MELKKOS - R26

served with cinnamon sugar

SUGAR AND CINNAMON PANCAKE - R17

1 pancake, served with ice cream

FLAPJACK BUNNY - R25

1 flapjack bunny served with ice cream, syrup and Astros

ICE CREAM

KIDDIES ICE CREAM - R24

plain OR with chocolate sauce
OR caramel sauce and Astros

DRINKS

SMALL JUICE - R19

fruit cocktail | mango | orange | cranberry-apple
red grape | apple

SMALL MILKSHAKE (no decoration) - R21

chocolate | strawberry | lime | bubblegum
ADD DECORATION - R10

SMALL SMOOTHIE - R24

tropical | peach | strawberry

SODA DRINK - R22

coke | coke zero | sprite | sprite zero
dry lemon | tab | cream soda | fanta orange

BABY CHINO - R5

frothed milk with hot chocolate sprinkle

SMALL GLASS OF MILK - R13

full cream OR low fat