

- BREAKFAST -

EARLY BIRD	43
<i>1 Egg, Bacon, Oven Roasted Tomatoes & Toast (Extra Chips+ R16)</i>	
TRADITIONAL BREAKFAST	65
<i>2 Eggs, Bacon, Oven Roasted Tomatoes & 2 Slices of Toast (Add Fried Banana +R12)</i>	
SOUTH AFRICAN FARM BREAKFAST	106
<i>2 Fried Eggs, Bacon, Thin Boerewors, Chips, Oven Roasted Tomatoes & 2 Slices of Toast</i>	
CLASSIC ENGLISH BREAKFAST	106
<i>2 Eggs, Bacon, Baked Beans, Pork Sausage, Oven Roasted Tomatoes & 2 Slices of Toast (Add Mushrooms +R20)</i>	
ROYAL TREAT	99
<i>Crispy French Bread topped with Sautéed Mushrooms, Grilled Cheddar & Mozzarella Cheese, 2 Fried Eggs, Streaky Bacon & Oven Roasted Tomatoes</i>	
CLASSIC SALMON BREAKFAST	123
<i>Scrambled Eggs, Smoked Salmon with Smooth Cottage Cheese & Spring Onion on Crispy Potato Rostis</i>	
BRIE, BANANA & BACON CROISSANT	86
<i>Butter Croissant filled with Back Bacon, pan fried Banana, topped with Brie & warmed until slightly melted</i>	
V BREAKFAST WRAP	92
<i>White or Wholewheat Egg Omelette with Feta Cheese, Avocado, Caramelised Onion, Sundried Tomato and Rocket, wrapped in a Tortilla</i>	
OUR EARLY MORNING SIGNATURE WRAP	92
<i>White or Wholewheat Poached or Scrambled Eggs, Roasted Cherry Tomatoes, Honey glazed Bacon, baby Spinach and Cheddar Cheese</i>	
SWEETCORN FRITTERS	92
<i>Poached Egg, Streaky Bacon, Avocado, Baby Spinach and Tomato Chilli Jam</i>	
V DALLA	80
<i>Scrambled Eggs with Danish Feta Cheese, Roasted mixed Peppers & Spring Onion, topped with Avocado served with Health Bread</i>	
BLUEBERRY FRENCH TOAST	92
<i>English Muffin dipped in Egg & fried, with Blueberry Sauce & Mascarpone Cheese, served with Bacon</i>	
BACON ROSTI	99
<i>Rosti topped with Streaky Bacon, Oven Roasted Cherry Tomatoes, Rocket, Scrambled Eggs served with a Forestiere Sauce</i>	
BOEREWORS BURRITO	92
<i>A Flour Wrap with Scrambled Eggs, Spring Onion, Jalapeño, Crème Fraiche, Mozzarella Cheese, Tomato Salsa, Guacamole, Fresh Coriander and Boerewors</i>	
HALOUMI BURRITO	92
<i>A Flour Wrap with Scrambled Eggs, Spring Onion, Jalapeño, Crème Fraiche, Mozzarella Cheese, Tomato Salsa, Guacamole, Fresh Coriander and grilled Haloumi</i>	

- BENEDICTS -

*Poached Eggs on an English Muffin with one of the following ingredients
topped with Hollandaise Sauce & served
with Oven Roasted Tomatoes*

THE CLASSIC	86
<i>The Classic with Ham</i>	
V THE BROOKLYN	86
<i>The Brooklyn with Spinach & Feta</i>	
THE SALMON	123
<i>The Salmon with Smoked Salmon</i>	

- OMELETTE -

*All Omelettes are served with Sautéed Potatoes &
a side order of Toast & Preserves*

DESIGNER	92
<i>A choice of two fillings Ham / Bacon / Savoury Mince / Grilled Vegetables / Creamed Mushrooms / Grilled Mushrooms / Caramelized Onion / Cheddar / Mozzarella</i>	

- FRITTATA -

An open Omelette served with Toast & Preserves

MEXICAN FRITTATA	92
<i>Chourizo Sausage, Sautéed Potatoes, Cheddar & Mozzarella Cheese</i>	
V MEDITERRANEAN FRITTATA	92
<i>Sundried Tomatoes, Avocado, Feta, Olives & Rocket</i>	

- HEALTHY APPETITE -

V HEALTH BREAKFAST	79
<i>Fresh Fruit Salad served with thick Yoghurt, Muesli & Honey</i>	

- PRESS TOASTED DELIGHTS -

*A Choice of White, Brown or Rye Bread, Ciabatta or Croissant
Press Toasted & served with Chips or a Side Salad*

CHEESE	54/60
CHICKEN MAYONNAISE & GHERKINS	70/75
CHICKEN MAYO, GHERKINS & BACON	75/79
FRIED EGG, HAM & CHEESE	75/79
SAVOURY MINCE & MOZZARELLA	75/79
CHICKEN LIVER & ONION	75/79

TOAST & PRESERVES 30*(Hanepoot, Fig, Strawberry, Apricot & Marmalade)*

Anchovy Toast, Marmite or Peanut Butter (one Slice) 27

Anchovy Toast, Marmite or Peanut Butter (two Slices) 40

SMASHED AVO 49/69*Smashed Avocado on a Toasted Ciabatta with Cream Cheese*

One Slice 49 Two Slices 69

SMASHED AVO AND FETA 55/75*Smashed Avocado, Crumbled Feta and Dukkah* on Toasted Ciabatta***Made using Nuts*

One Slice 55 Two Slices 75

SMASHED AVO AND MUSHROOM 60/80*Smashed Avocado, Crumbled Feta, Fried Mushroom and Dukkah* on Toasted Ciabatta***Made using Nuts*

One Slice 60 Two Slices 80

- TRAMEZZINI -*Toasted Pita bread with Mozzarella Cheese & your choice of filling served with a Side Salad***CHICKEN MAYO** 96*Chicken Mayonnaise & Gherkins***PREGO TRAMI** 115*Fillet, Grilled Onions & Prego Sauce***CAJUN CHICKEN** 96*Cajun Chicken, Peppadews with Sweet Chilli Mayo***- QUESADILLAS -***A Toasted Tortilla with your choice of filling***BRAZILIAN** 95*Strips of Grilled Chicken with Peppers, Jalapeño, Mozzarella & Cheddar.**Served with Guacamole & Crème Fraiche on the side.***THE SOUTH AFRICAN** 95*Chicken Mayo, Mozzarella & Gherkins***SPANISH** 99*Chorizo Sausage, Fresh Chillies, Cream Cheese, Rocket, Avocado & Mascarpone Cheese***- CHEEZY-TREATS -***Served Hot on Malt Bread with Coleslaw & French Salad**Extra filling +R15***CHEEZY TREATS** 75*Avocado, Feta & Sweet Chilli**Ham & Tomato**Salami**Mushroom**Crispy Bacon**Spring Onion**Asparagus**Chicken Strips***-DESIGNER ROLLS -
& OPEN SANDWICHES***On Ciabatta, Baguette, Croissant or an open Sandwich on Health Bread***THE GREAT COMBO** 95*Bacon, Feta & Avocado***CHICKEN TREAT** 98*Warm Grilled Chicken Breast with Back Bacon, Tomato, Mozzarella Cheese & Honey Mustard Dressing***SMOKEY JOE** 98*Layers of Smoked Chicken Breast, Avocado, Smooth Cottage Cheese, Cucumber & Rocket drizzled with Sweet Chilli Sauce***SCOTSMAN** 115*Shavings of Smoked Salmon, Smooth Cottage Cheese, Avocado with Lettuce & Tomato, garnished with Capers***CHA CHA** 98*Back Bacon, Brie, Caramelised Onions & Rocket***SCHNITZEL SARMIE** 98*Crumbed Chicken Breast topped with Tomato, Avo, Onion & Mustard Mayo***MEDITERRANEAN SALAD SANDWICH** . . 98*Caponata, Cucumber, Cherry Tomatoes, Avocado, Olives, Artichokes, Kalamata Tapenade, Feta Cheese and Cream Cheese drizzled with Olive Oil on Health Bread***-FOOD'S FAMOUS BURGERS-****NAKED BURGER** 105*180g grilled Beef Patty with Rocket, Hummus, Roasted Cherry Tomatoes, Emmentaler Cheese served on a Brown Mushroom***GOURMET BURGER** 110*180g grilled Beef Patty with Fried Onions, Roasted Cherry Tomatoes, Emmentaler Cheese & Rocket. Served with Chips***THE ULTIMATE MEX-TEX BURGER** 110*180g grilled Beef Patty topped with Cheddar Cheese, Jalapeño & Guacamole. Served with Nachos, Salsa & Crème Fraiche. Served with Chips***TRADITIONAL BEEF BURGER** 89*180g grilled Beef Patty. Served with Chips***CHEESE BURGER** 105*180g grilled Beef Patty with Cheese. Served with Chips***BACON & CHEESE SAUCE BURGER** 115*180g grilled Beef Patty with Bacon & Cheese Sauce. Served with Chips***CHICKEN BURGER** 90*Juicy Chicken Fillet with Roasted Cherry Tomatoes & Onion, a generous dollop of Mustard Mayo. Served with Chips***- SPRING ROLLS-****BOBOTIE** 70*Served with Mango Chutney & Banana Yoghurt***V VEGETABLE SPRING ROLLS** 65*Served with Sweet Chilli Sauce*

- CAFÉ COOKING -

PREGO STEAK ROLL 110
Fillet (150g) with Fried Onion Rings, topped with a Rich Prego Sauce piled into a Portuguese Roll. Served with Chips

PREGO CHICKEN ROLL 99
Grilled Chicken Breast, topped with a Rich Prego Sauce piled into a Portuguese Roll. Served with Chips

CHICKEN SCHNITZEL 115
Served Plain with Oven Roasted Vegetables & Chips
Add Mushroom OR Cheese Sauce +R25

STEAK 155/175
250g (Rump/Fillet) Steak served with Oven Roasted Vegetable & Chips
Add Cheese, Mushroom or Pepper Sauce+R25

CRUMBED CHICKEN STRIPS 89
Served with Chips & a Side Salad

LAMB CURRY & RICE 135

FISH & CHIPS 95
Traditional Fish & Chips Served with a Homemade Tartare Sauce

NACHOS 90
Topped with melted Cheddar, Mozzarella & Jalapeños, served with a dollop of Crème Fraiche, Salsa & Guacamole

WITH SAVOURY MINCE.....105

WITH GRILLED CHICKEN STRIPS.....105

CHICKEN GRILL 95
Pan fried Chicken strips with grilled Mushrooms & Peppers on French Bread, served with Crème Fraiche, Guacamole & Tomato Chilli Salsa

TRADITIONAL CAPE MALAY BOBOTIE 80
Served with yellow Rice

Take home a bottle of our famous Prego Sauce . . 75

- WRAPS -

White or Wholewheat

BEEF FILLET 110
Beef Fillet Strips, Hummus, Crème Fraiche, Caramelized Onion & Rocket

SWEET CHILLI
Fillet or Chicken Strips, Stir Fried with Vegetables & Cashew Nuts, Drizzled with Sweet Chilli Sauce

BEEF FILLET 105

CHICKEN 95

SMOKED CHICKEN WRAP 95
Layers of Smoked Chicken, Guacamole, Smooth Cottage Cheese, Cucumber & Rocket, drizzled with Sweet Chilli Sauce

CAJUN CHICKEN 95
Strips of Cajun Chicken Breast, Crème Fraiche, Peppadews, Rocket & Basil Pesto

V SLOW ROASTED VEGETABLE WRAP 95
Roasted Vegetables, Sundried Tomatoes, Feta, Hummus & Basil Pesto

- ZIVAS -

A Yemen layered Dough folded & toasted, served with Chips or a Side Salad. Choose from any of these fillings

FILLINGS 125

Grilled BBQ Chicken, Mushroom, Peppers & Mozzarella
Cajun-Spiced Chicken, Sundried Tomatoes & Mozzarella

V Spinach, Feta, Olives & Mozzarella
Savoury Mince & Mozzarella

- QUICHE -

Made fresh daily. Please enquire about availability

V SPINACH QUICHE 80
Spinach, Feta and Sundried Tomato. Served with a side Salad

BACON, SPINACH & FETA QUICHE 85
Bacon, Spinach, Feta and Sundried Tomato.
Served with a side Salad

- SALADS -

Half portions will be charged at 75% of the full meal

V GREEK 80
Served with Feta, Olives & Origanum

CHICKEN, BACON & AVOCADO 130
Mixed Greens, Tomato with Grilled Chicken Strips, Bacon, Feta & Avocado

CAJUN CHICKEN 105
Mixed Greens, Sundried Tomatoes, Feta, Peppers & Cajun Spiced Chicken Strips

V FRIED HALOUMI 105
Mixed Greens with Fried Haloumi, Olives, Peppadews & Avocado

SMOKED SALMON & AVOCADO 130
Shavings of Smoked Salmon served on a bed of Mixed Greens, Cream Cheese, Capers & Avocado

V BUTTERNUT SALAD 105
Roasted Butternut served on a bed of Greens with Oven Roasted Cherry Tomatoes, Caramelised Onions, Pine Nuts, Avocado & Feta

Take home a liter of our salad dressing 75

ITALIAN PIZZA & PASTA

- PASTA -

Served with your choice of Spaghetti, Fettuccini or Penne

SPAGHETTI BOLOGNAISE	95
<i>Homemade Tomato Garlic & Herb Sauce with Ground Beef</i>	
ALFREDO	105
<i>Cream Sauce with Ham and Mushrooms</i>	
CHICKEN	115
<i>Strips of Chicken Breast, with Sundried Tomatoes & Basil Pesto in a Cream Sauce</i>	
V NAPOLETANA	95
<i>Traditional Tomato Sauce Base</i>	
V ARRABIATA	95
<i>Tomato and Chilli</i>	
<i>(Half portion will be charged at 75% of the full meal)</i>	
LASAGNE	105
<i>Beef (allow 20 min)</i>	

- PIZZA -

(Standard/ Large)

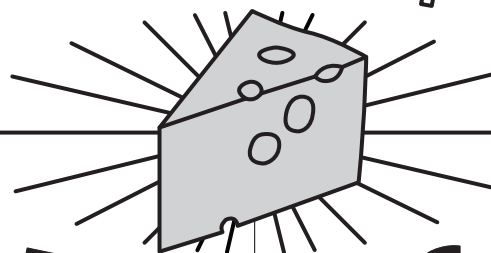
V MARGHERITA	65/80
<i>Tomato & Herb blend with Mozzarella</i>	
REGINA	80/90
<i>Ham & Mushrooms</i>	
HAWAIIAN	80/90
<i>Ham & Pineapple</i>	
MEXICANA	100/125
<i>Mince, Tomatoes, Peppers, Onions, Garlic & Chillies</i>	
CHICKEN MAESTRO	100/125
<i>Seasoned Chicken, Bacon, Avo, Danish Feta and Roasted Red Pepper</i>	
MOZAMBIQUEN CHICKEN	100/125
<i>Grilled Chicken with a Rich Prego Sauce</i>	
MEDITERRANEAN	100/125
<i>Salami, Danish Feta, Caramelized Onion & Sundried Tomatoes</i>	
V VEGETARIAN	100/125
<i>Roasted Butternut, Mushrooms, Rocket, Avo, Parmesan, Seeds & Balsamic Glaze</i>	
EXTRA FILLINGS	
<i>Green Peppers, Onion, Garlic, Pineapple, Tomatoes or Jalapeno Chillies</i>	
	12/14
<i>Avocado, Peppadews, Olives or Mushrooms</i>	
	20/25
<i>Salami, Ham, Bacon, Chicken or Mince</i>	
	25/30

KIDDIES MENU

Children under 10 years only

Toasted Chicken Mayo & Chips	48
Romi's Chicken Fingers & Chips	55
Toasted Cheese & Chips	50
Mini Burger & Chips	60
<i>Beef or Chicken</i>	
Vienna & Chips	50
Hot Dog & Chips	55
Kiddies Spaghetti Bolognese	65
Mac 'n Cheese	45
<i>Penne in a Cheese Sauce</i>	
Babychino	10
<i>Frothed Milk dusted with Hot Chocolate served in Espresso Cup</i>	
Kiddies Juice	25
Kiddies Milkshake	29

★ ★ ★
CHEESY



TREATS

• YUM YUM •

- DESSERTS -

Add extra Cream / Ice Cream +R10

PANCAKES	
with Cinnamon & Sugar	38
with Maple Syrup & Nuts	40
CAKES	49
See daily selection of fresh Cakes	
MUFFINS	40
SCONES	
Served with Butter, Jam & Cream	40
Served with Butter, Jam & Cheese	40
CROISSANT	
Plain	39
Nutella (Plain served with Nutella chocolate spread)	44
SEASONAL FRUIT SALAD	
Plain	60
CHOCOLATE BROWNIES	50
Topped with Nutella Sauce served with Cream or Ice Cream	
BOWL OF ICE CREAM	45
Topped with Chocolate Sauce or Mixed Berry Sauce	
BELGIUM WAFFLES	50
Served with Cream or Ice Cream	

DELICIOUS



ESPRESSO SMELL THE COFFEE

-COFFEES-

Add extra Cream +R5, Almond or Oat Milk +R8

FILTER COFFEE	28
DECAFFEINATED COFFEE	29
CAPPUCCINO	30
GRANDE CAPPUCCINO (Double shot Espresso)	37
CAPPUCCINO CON PANNA (with Cream)	34
RED CAPPUCCINO™	31
DECAFFEINATED CAPPUCCINO	31
GRANDE DECAFFEINATED CAPPUCCINO	38

All our Coffees are made between 65 - 70 °C to optimize taste.
Extra hot must be by special request.

-ESPRESSO-

SINGLE ESPRESSO	24
DOUBLE ESPRESSO	26
AMERICANO	28
(Espresso diluted with hot Water)	
MACCHIATO	25
(Espresso with hot Milk Foam)	
RED ESPRESSO™	25

- TEA -

TEA	23
Earl Grey, English Breakfast, Rooibos & Ceylon Tea	
HERBAL TEA	28

- LATTES -

CLASSIC	32
RED LATTE™	33
FLAVOURED LATTES	38
Vanilla, Caramel, Hazelnut	

- HOT CHOCOLATES -

CLASSIC		
With Froth	29	With Cream
		33
GOURMET		
Decadent White Chocolate, Swiss Chocolate Chai Tea, French Mokka, Brazilian Hazelnut		
With Froth	35	With Cream
		42
MILO/HORLICKS		
With Froth	29	With Cream
		34

- REFRESHMENTS -

HOMEMADE LEMONADE 500ml	39
HOMEMADE PINEAPPLE & GINGER PUNCH 500ml	59

FRESHLY SQUEEZED FRUIT JUICE 39/49
Made with Seasonal Fresh Fruit squeezed on order (Medium / Large)

THE REGULARS (STRAIGHT UP OR MIXED)

Carrot, Apple, Orange, Pineapple, Spanspek, Sweetmelon, Watermelon,
Papaja, Pear, Ginger (Subject to availability)

OUR RECOMMENDED BLENDS

GINGER NINJA

Pineapple, Apple, Ginger & Mint

GREEN JUICE (THE IMMUNE BOOSTER)

Apple, Pear, Spinach, Cucumber, Celery & Lemon

RED JUICE

Apple, Cucumber, Pineapple, Orange and Beetroot

VEGGIES-A-PLENTY (ANTIOXIDANTS)

Spinach, Celery, Carrot & Apple

ORANGE COUNTY (VITAMIN C BOOST)

Orange, Carrot & Basil

FRUIT JUICES	30/40
(Regular / Large)	

- SHAKES & SMOOTHIES -

MILK SHAKES	38/45
<i>(Regular / Large)</i>	
FRULATA	45/54
<i>(Regular / Large)</i>	
FRUITSHAKE	43/50
<i>(Regular / Large)</i>	
GOURMET MILKSHAKES <i>(Regular / Large)</i>	50/55
<i>Oreo, Nutella, Peanut Butter & Banana, Peppermint Crisp, Ferrero Rocher</i>	
FRUIT SMOOTHIES	43
<i>Mixed Berries, Mango, Strawberry, Pina Colada, Passion Fruit, Lemon</i>	
FREEZOS	43
<i>Coffee, Toffee Caramel, Hazelnut & Chocolate</i>	

SUPER SMOOTHIES

LOW FAT PROTEIN SHAKE	56
<i>Vanilla Whey Protein with Almond Mylk</i>	
BANANA PROTEIN	73
<i>Banana, Almond Mylk, Honey & Whey Protein</i>	
OATMEAL SHAKE	73
<i>Oatmeal, Vanilla Protein, Cinnamon, Maple Syrup with Almond Mylk</i>	
SNICKERS SMOOTHIE	79
<i>Banana, Oatmeal, Dates, Nut Butter, Cacao with Low fat Milk</i>	
BERRY SMOOTHIE	73
<i>Mixed Berries, Apple, Banana and Almond Mylk</i>	
GREEN SMOOTHIE	79
<i>Leafy Greens (Spinach), Dates, Bananas, Pineapple with Almond Mylk</i>	

- COLD BEVERAGES -

SOFT DRINKS	25
<i>Coke, Tab, Creme Soda, etc.</i>	
'TISERS	29
<i>Apple, Red or White Grape</i>	
LIPTON ICED TEA	28
<i>Lemon, Peach, Green Tea</i>	
BOS ICED TEA	29
<i>Lemon, Apple, Peach, Berry, Lime & Ginger</i>	
NATURAL ROOIBOS ICED TEAS	
<i>Iced Red™ Lemon</i>	34
<i>Iced Red™ Mixed Berries</i>	34
ICED COFFEE	42
<i>Single Espresso & Ice Cream Blend</i>	
CORDIAL MIX & A SODA	30
<i>Lime, Cola Tonic or Passion Fruit</i>	
MINERAL WATER	24
<i>Natural or Sparkling</i>	

- HEALTH SHOTS -

100 % Raw Health Shots - Cold Pressed

DAILY GREEN	26
SPICY TURMERIC	26
FIERY GINGER	26
SHOT OF GINGER	20
WHEATGRASS 25ml	26
WHEATGRASS & PURE APPLE JUICE 100ml	39

The benefits of Health Shots

- Natural source of protein
- Stabilizes blood glucose
- Improves liver function
- Regulates blood circulation
- Aids in Stamina & Endurance
- Assists in weight loss
- Anti-inflammatory
- Stabilizes blood pressure
- Increases energy levels dramatically

Please enquire about availability



- FROM THE BAR -

BEER

<i>Castle, Castle Light, Black Label, Hansa</i>	28
<i>Heineken, Windhoek Lager, Windhoek Light</i>	30
<i>Windhoek Draught</i>	34

CRAFT BEER

<i>Jack Black Lager, CBC Pilsner (Cape Brewing Co)</i>	40
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CIDERS

<i>Smirnoff Spin, Hunters Dry, Savanna Dry</i>	30
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ROCK SHANDY

	38
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STEELWORKS

	38
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SPIRITS

<i>Per Tot</i>	24
<i>Jameson Irish Whiskey</i>	32
<i>Jack Daniels</i>	32
<i>Gin - Bombay Sapphire</i>	32
<i>Malfy Italian Gin</i>	32

- WHITE WINES -

<i>Leopard's Leap Sauvignon Blanc</i>	40/145
<i>Leopard's Leap Lookout Chenin Blanc - Semi Sweet</i>	40/145
<i>Sophie Te'blanche Sauvignon Blanc</i>	45/165
<i>Beyerskloof Pinotage Rosé</i>	45/165

- RED WINES -

<i>Beyerskloof Pinotage</i>	45/165
<i>Leopard's Leap Merlot</i>	45/165
<i>Ken Forrester Pefit Pinotage</i>	45/165

FULLY LICENCED

NOT FOR SALE TO PERSONS UNDER THE AGE OF 18.
ENJOY RESPONSIBLY.