



-BREAKFAST-

BREAKFAST ON THE GO

2 eggs, 2 rashers of bacon, fried tomato and a slice of your choice of toast. R62

SURFER DUDE SPECIAL

2 eggs, 2 rashers of bacon, 2 sausages, mushrooms, tomato, chips and your choice of toast. R115

TWO EGG OMELETTE

Choice of 3 fillings:

-Bacon	-Mushrooms	
-Ham	-Tomato	
-Cheddar	-Spring Onion	
-Mozzarella	-Spinach	
-Feta		R85

BREAKFAST WRAP

Herb cream cheese, sun-dried tomato pesto, lettuce, bacon, scrambled eggs and spring onion rolled in a tortilla wrap. R87

VEGAN WRAP

Baby spinach, barbecue beans and turmeric hummus. R85

TOASTED CROISSANT

BLT and cream cheese R85
Caprese (Pesto, mozz & tomato) with mushrooms R85

HEALTH BREAKFAST

Layers of fruit, nuts, muesli and Greek yoghurt served with honey on the side. **S** R65 **L** R85

TOAST BASKET

2 slices of toast with choice of jam, Marmite or peanut butter. R25

Toast options: white, brown, rye, whole wheat

ADD ON OPTIONS

-Mushrooms	R18	-Small chips	R35
-2x Bacon	R27	-Large chips	R45
-Ham	R24	-Cheese	R18
-Hash brown	R16	-Cream cheese	R20
-Tomato	R8	-Pork sausage	R28
-Egg	R8	-40g Smoked salmon	R45
-Scrambled Egg	R10	-Pesto	R20
-Hollandaise Sauce	R20	-Extra toast, butter and jam	R15
-Avo	R24		

EGGS BENEDICT

2 crispy hash browns with gypsy ham, 2 poached eggs, roasted tomatoes topped with grilled mozzarella and hollandaise sauce. R95

EGGS FLORENTINE

2 crispy hash browns with baby spinach, 2 poached eggs, roasted tomatoes topped with grilled mozzarella and hollandaise sauce. R89

ARNOLD BENEDICT

2 crispy hash browns with smoked salmon, 2 poached eggs, roasted tomatoes topped with grilled mozzarella and hollandaise sauce. R185

HASH BROWN

2 Hash browns, spinach, avo, prego mushrooms. R89


PAUL'S BREKKIE BUN

Lightly toasted bun with tomato, bacon, cheese and an egg. Served with chips. R75


SMOOTHIES

Smooth Berry Mixed berries, banana and yoghurt.

Tropical Fruit in season and yoghurt.

Very Berry Mixed berries, banana, almond milk, maple syrup.  R50

Energize Cocoa powder, banana, peanut butter, raw oats, honey and yoghurt.

Energizer Bunny Cocoa powder, banana, peanut butter, raw oats, almond milk, maple syrup. 

RAW JUICE OF THE DAY

Juiced raw fruits and vegetables. R48



-BEVERAGES-

COFFEES

	R	L
Americano	R22	
Cappuccino	R26	R30
Café Latte	R30	
Café Mocha	R32	
Hot Chocolate	R26	R30
Macchiato	R28	
Espresso	R16	R20
Chai Latte	R28	
Filter Coffee	R17	
Filter Coffee Refill	R14	
Ceylon/Rooibos/Earl Grey	R14	
Babycino	R12	
Iced Coffee	R32	
ALMOND, OAT OR SOY MILK	R8	

COLD DRINKS

Soft Drinks:	R25	BOS Iced Tea:	R34
Coca Cola, Zero		Peach	
Fanta Orange		Lemon	
Cream Soda		Lime & Ginger	
Sprite, Zero		Berry	
Red Grapetiser	R32	Juices:	S L
Appletiser	R32	Orange	R22 R26
Milkshakes:	S L	Mango	
Lime	R32 R38	Water	
Banana		Still, Sparkling,	R20
Chocolate		Tonic, Soda	R18
Strawberry			
Vanilla			
Coffee	R40		

BEER & CIDERS

Black Label	R30	Hunters Dry	R32
Windhoek Lager	R32		
Windhoek Light	R32	Savanna Dry	R32
Windhoek Draught	R35	Savanna Light	R32
Castle Lager	R30		
Castle Light	R30	CRAFT BEER	
Becks non-alcoholic	R30	ASK YOUR WAITER	

WINE LIST

White Wines

Bon Courage Sauvignon Blanc R36 R130
G B
From the grassy notes on the nose to the refreshing palate brimful with tropical fruit and gooseberry. Dry & crisp!

Durbanville Hills Sauvignon Blanc R38 R135
A full bodied wine that dazzles with its grassy bouquet while tropical fruit combines with subtle goodeberry on the palate.

Red Wines

Durbanville Hills Merlot R40 R148
A wine with a strong mint nose, full of ripeness and subtle oak aromas. Richly concentrated fruit flavours on the palate, complemented by tastes.

Nedenburg 56HUNDRED Merlot R34 R125
Medium bodied with rich strawberry, blackcurrent aromas and a hint of vanilla on the nose. Up-front flavours and a soft, silky texture.

Rosé Wine

Nedenburg Rosé R110
A fruity, delicate wine with a light blush colour and a delicate sweetness. Semi-sweet, smooth and light-bodied.

AVAILABLE FOR FUNCTIONS & CATERING



-LUNCH-

WHOLE WHEAT PUMPKIN SEED or CIABATTA SARMIES

Served with your choice of salad or chips.

Prego R120

150g Sirloin steak, prego sauce, cheddar cheese, fried egg, lettuce.

Pulled Pork R95

Pulled pork in BBQ sauce, cheddar, avo, mayo with lettuce and tomato.

Roast Veg R82

Roasted vegetables, hummus, feta, pesto and mayo

TOASTED SANDWICHES

Choice of white, brown, whole wheat or rye bread.

Served with salad or chips.

Choice of fillings:

Cheese R42

Cheese & Tomato R45

Cheese, Tomato & Onion R48

Egg & Bacon R60

Egg, Bacon & Cheese R69

Chicken Mayo R65

Gypsy Ham, Mozzarella & Mustard R65

Pesto, Mozzarella & Sun-dried tomato R60

DELICIOUS WRAPS

Tangy Chicken

Cubes of chicken fillet with a tangy sauce, on lettuce with feta, *avocado, carrot and cucumber rolled in a tortilla wrap.

R85

Falafel Wrap

Turmeric hummus, chick pea bites, lettuce, tomato, cucumber & avo.

R85



DEEP OCEANS

Pan fried hake

Hake with lemon, garlic, parsley butter served with roast vegetables..

R120

Crispy batter fried hake

Batter-fried *hake with chips, tomato & cucumber slices and tartar sauce.

R110

Calamari

Golden fried calamari strips served with chips, veg or salad and tar tar sauce

R110

Calamari bakset and chips

R60

FRESH SALADS

Served with olive oil and balsamic vinegar on the side.

Falafel and Butternut Salad

Falafel, roast butternut salad with Tahini dressing. R75

Espresso Chicken Salad

Harissa chicken and feta salad R92

Feta Salad

Feta, olives, tomato, onion, cucumber & lettuce. R75

CHILLI POPPERS

Batter-fried jalapeños stuffed with cream cheese and cheddar, served with a sweet chilli dip.

R20ea



-MAIN MENU-

PRIME RUMP

250g mature basted rump grilled to your taste, served with chips, side salad or vegetables.

R145

Sauces options: Garlic

R25

Mushroom & White wine

Prego

Pepper

HOMEMADE BURGERS

Your choice of 150g lean beef patty or grilled chicken breast on a lightly toasted sesame roll garnished with lettuce, tomato and gherkins. Served with chips.

Plain Burger

R80

Cheese Burger

With cheddar cheese and caramelized onions.

R92

Espresso Burger

with bacon, feta, avo and caramelised onions.

R110

Vegetarian Burger

Homemade vegetarian patty with turmeric hummus, garlic mushrooms and caramelized onions.

R85

HEALTH BOWL



Baby spinach, roast veg with tomato, cous cous, beans, avo and pumpkin seeds.

R78

Please ask your waitron for our delicious, freshly baked daily specials.

CHICKEN SCHNITZEL

Crumbed chicken breast served with chips & vegetables or salad.

Choice of sauce: Cheese or Mushroom and white wine sauce. R98

PASTA

Pesto, Chicken, Bacon

R75

with penne pasta in a cream sauce.

Bacon, Tomato and Feta

R72

with penne pasta in a cream sauce

Prawn Stir Fry

R82

noodles, soy sauce, garlic and ginger.

KIDDIES MENU

Kiddies Pasta

R48

With bacon and cheese sauce.

Chicken Strips

R50

Crumbed chicken strips

served with coleslaw and chips.

Calamari

R50

Fried calamari served with coleslaw and chips.

French Toast

R35

2 Slices of egg bread served with maple syrup.

SWEET TREATS

Delicious Cake Selection

R42

Pancake

R35

in an orange brandy sauce with ice cream

2 Waffle Wedges with fried banana, caramel sauce

and ice cream

R35

Ice cream & chocolate sauce

R30

Don Pedro

R50

Fruit Salad in meringue basket & ice cream

R40

or cream

DELICIOUS CAKES

MADE TO ORDER