

SMOOTHIES

BREAKIE Yoghurt, muesli, banana & strawberry	R70
PROTEIN Yogurt, peanut butter, banana & protein powder	R60
MACA BOOST Banana, cashew nuts, dates & maca	R80
CACAO ENERGISER Banana, cashew nuts, dates & cacao	R75

BREAKFAST

Served from 07H00 - 11H15

HEALTH OMELETTE Egg white omelette filled with spring onion, avocado, spinach & parmesan	R85
STROLLA OMELETTE Omelette filled with cheddar cheese, cherry tomatoes & ham ADD ON: Avo R40 Bacon R30 Mushrooms R30 Spinach R15	R75
STROLLA BENEDICT Toasted mini croissant topped with bacon/salmon, wilted spinach, poached egg & hollandaise sauce Bacon R95 Salmon R120	
EGG AND TOAST Poached, scrambled, boiled or fried eggs with a choice of brown, white or rye bread	R50
ENGLISH BREAKFAST English breakfast with a choice of scrambled, poached or fried eggs, sautéed mushrooms, grilled tomatoes, crispy bacon, baked beans, pork or beef sausage & potato rosti	R105
BREAKFAST CIABATTINI Sourdough bread filled with bacon, two fried eggs, lettuce, tomato & spicy chips	R90
HOME-MADE MUESLI Home-made muesli with fresh fruit, Bulgarian yogurt & honey	R85

PIZZA

Gluten-free bases & dairy-free cheese are available at a R30 surcharge

CAPRESE Crispy base topped with buffalo mozzarella & fresh vine tomatoes	R115
CHICKEN & MUSHROOM Topped with peppadew & spring onion	R120
BACON & BRIE With fresh cherry tomatoes & a mozzarella crust	R115
GREEK STYLED Sundried tomatoes, olives, spinach & feta	R125
BBQ BEEF Strips with caramelised onions	R130
MUSHROOM & GOATS CHEESE Fresh spring onions & caramelised onions	R140
PARMA HAM Fresh figs, parmesan & rocket	R135
CHICKEN & BACON Chicken and bacon topped with mozzarella	R130
SALMON FLAT BREAD Peppered cream cheese, ricotta, caper berries & fresh dill	R155

SALADS

CHICKEN, BACON & AVO SALAD Chicken salad with bacon, poached egg & salad greens	R125
PRAWN CEASAR SALAD With cos lettuce, garlic croutons & caesar dressing	R150
QUINOA & FETA SALAD Quinoa, broccoli, butternut, chickpea, beetroot, avocado, quail eggs & feta Add chicken R40	R120
ROOIBOS SMOKED SALMON ORZO SALAD With cherry tomatoes, avo & feta	R180

FILL THE GAP

MUSSEL POT Served with sourdough toasties	R150
DEEP FRIED TENTACLES Served with lime chilli coriander dressing	R110
SMOKED BBQ PORK SHORT RIBS Basted ribs with BBQ sauce 300g R90 600g R165	
CHILLI POPPERS Deep-fried jalapeño croquettes with homemade guacamole	R99
CHICKEN SATAY Sesame crusted satay with spicy peanut sauce	R98
BEEF QUESADILLA 4 Pockets of beef quesadilla served with guacamole & crème fraiche	R135
CLUB SANDWICH Ciabatta topped with bacon, egg & chicken served with deep fried onion rings & homemade crisps	R125
SPICY NACHOS & GUACAMOLE Nachos topped with Danish feta served with peppered cream cheese, tomato chutney & guacamole ADD ON: Pulled pork R65 Chicken R55	R110
BUFFALO CHICKEN WINGS Chargrilled with a spicy Japanese marinade - option for hot or not	R100
QUINOA & SPINACH BURGER Quinoa & spinach burger topped with aubergine paste, wild rocket, tomato & a side of homemade crisps	R98
RARE ROAST BEEF SANDWICH On toasted ciabatta, rocket, caramelised onions, English mustard, horseradish mayo & sweet potato chips	R120
CAMEMBERT CHEESE BURGER 200g Homemade beef burger topped with camembert & straw chips ADD ON: Bacon R30 Caramelised onions R35 Avocado (seasonal) R28 Fried egg R10 Jalapeño R15	R110
STROLLA PLATTER (V) Spinach, rainbow carrots, artichoke hearts, charred corn, beetroot, tempura broccoli & cauliflower, chilli poppers & herb flat bread served with beetroot hummus & green lentil & hemp dip	R250
KURO & RED VELVET PRAWNS Served with a tomato chili chutney & rocket salad	R195

10% Gratuity added to tables of six or more

SOUL SATISFYING

VEGAN VEGETABLE STIR- FRY NOODLES With sesame tofu, roasted cashew nuts & crispy carrot chips ADD ON: Beef R55 Prawns R70	R125
SEAFOOD LINGUINE Choice of tomato or creamed based pasta served with mussels, clams, tempura prawns & calamari with a hint of fresh chillies	R180
BUTTER CHICKEN CURRY With jasmine rice & sambals	R150
PORTUGUESE STEAK Chargrilled fillet with poached egg, chorizo & mushroom sauce	R230
ROTISSERIE CHICKEN Barbequed ½ chicken with buttered corn, spicy potato wedges with lemon-herb or peri-peri sauce	R150
LINE FISH OF THE DAY Warm chickpea & fregola salad	R180
STROLLA TUNA NICOISE A twist on a classic Nicoise salad	R195

DESSERT

FLOURLESS CHOCOLATE BROWNIE Valrhona flourless cake with an espresso milk mousse & chocolate truffle	R75
LEMON MERINGUE CHEESECAKE Baked to perfection & sprinkled with fresh lemon zest	R75
MANGO MOUSSE DELIGHT With a mango pureé	R75
VANILLA & PASSION FRUIT PANACOTTA Served with roasted coconut	R75
TRIO OF SUMMER SORBET (VEGAN) Passion fruit, strawberry & kiwi	R65

KIDDIES

THE DOGFATHER Hotdog with chips & ketchup	R45
CHICKEN STRIPS & CHIPS Strips of chicken breast, crumbed & fried	R45
FISH MONGER Deep-fried calamari rings with chips & tar-tar sauce	R55
BURGER KING Beef burger with cheddar cheese on a sesame bun with fries	R50
PAPA'S PIZZA 2 Cheese margarita pizza	R48
MAC & CHEESE Macaroni & cheese with a cheddar crust	R40
CHARLIE'S CHOC SUNDAE Chocolate ice-cream topped with chocolate sauce & marshmallows	R40
MINI SHAKES Bubblegum, chocolate, strawberry, lime, banana or vanilla	R30
MAKE YOUR OWN PIZZA Roll out your own base & add toppings	R45