

## SMOOTHIES

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

## BREAKFAST

Served from 07:00 - 11:15

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

## PIZZA

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

<b>CAPRESE</b> Crispy base topped with buffalo mozzarella & fresh vine tomatoes	<b>R120</b>
<b>CHICKEN &amp; MUSHROOM</b> Topped with peppadew & spring onion	<b>R125</b>
<b>BACON &amp; BRIE</b> With fresh cherry tomatoes & a mozzarella crust	<b>R120</b>
<b>GREEK STYLED</b> Sundried tomatoes, olives, spinach & feta	<b>R125</b>
<b>BBQ BEEF</b> Strips with caramelised onions	<b>R130</b>
<b>MUSHROOM &amp; GOATS CHEESE</b> Fresh spring onions & caramelised onions	<b>R140</b>
<b>PARMA HAM</b> Fresh figs, parmesan & rocket	<b>R138</b>
<b>CHICKEN &amp; BACON</b> Chicken and bacon topped with mozzarella	<b>R130</b>

## SALADS

<b>CHICKEN, BACON &amp; AVO SALAD</b> Chicken salad with bacon, poached egg & salad greens	<b>R125</b>
<b>PRAWN CAESAR SALAD</b> With cos lettuce, garlic croutons & caesar dressing	<b>R155</b>
<b>QUINOA &amp; FETA SALAD</b> Quinoa, broccoli, butternut, chickpea, beetroot, avocado, quail eggs & feta Add chicken	<b>R120</b> <b>R40</b>

## FILL THE GAP

<b>MUSSEL POT</b> Served with sourdough toasties	<b>R155</b>
<b>DEEP FRIED TENTACLES</b> Served with lime chilli coriander dressing	<b>R115</b>
<b>SMOKED BBQ PORK SHORT RIBS</b> Basted ribs with BBQ sauce 300g <b>R110</b> 600g <b>R170</b>	
<b>CHILLI POPPERS</b> Deep-fried jalapeño croquettes with homemade guacamole	<b>R105</b>
<b>CHICKEN SATAY</b> Sesame crusted satay with spicy peanut sauce	<b>R98</b>
<b>BEEF QUESADILLA</b> 4 Pockets of beef quesadilla served with guacamole & crème fraiche	<b>R140</b>
<b>CLUB SANDWICH</b> Ciabatta topped with bacon, egg & chicken served with deep fried onion rings & homemade crisps	<b>R125</b>
<b>SPICY NACHOS &amp; GUACAMOLE</b> Nachos topped with Danish feta served with peppered cream cheese, tomato chutney & guacamole <b>ADD ON:</b> Pulled pork <b>R45</b> Chicken <b>R55</b>	<b>R125</b>
<b>BUFFALO CHICKEN WINGS</b> Chargrilled with a spicy Japanese marinade - option for hot or not	<b>R105</b>
<b>QUINOA &amp; SPINACH BURGER</b> Quinoa & spinach burger topped with aubergine paste, wild rocket, tomato & a side of homemade crisps	<b>R110</b>
<b>RARE ROAST BEEF SANDWICH</b> On toasted ciabatta, rocket, caramelised onions, English mustard, horseradish mayo & sweet potato chips	<b>R125</b>
<b>CHEESE BURGER</b> 200g Homemade beef burger topped with Camembert or Cheddar & straw chips <b>ADD ON:</b> Bacon <b>R30</b> Caramelised onions <b>R35</b> Avocado (seasonal) <b>R28</b> Fried egg <b>R10</b> Jalapeño <b>R15</b>	

10% Gratuity added to tables of six or more

## SOUL SATISFYING

<b>VEGAN VEGETABLE STIR-FRY NOODLES</b> With sesame tofu, roasted cashew nuts & crispy carrot chips <b>ADD ON:</b> Beef <b>R55</b> Prawns <b>R70</b>	<b>R125</b>
<b>SEAFOOD LINGUINE</b> Choice of tomato or creamed based pasta served with mussels, clams, tempura prawns & calamari with a hint of fresh chillies	<b>R185</b>
<b>BUTTER CHICKEN CURRY</b> With jasmine rice & sambals	<b>R155</b>
<b>PORTUGUESE STEAK</b> Chargrilled fillet with poached egg, chorizo & mushroom sauce	<b>R230</b>
<b>ROTISSERIE CHICKEN</b> Barbequed ½ chicken with buttered corn, spicy potato wedges with lemon-herb or peri-peri sauce	<b>R170</b>
<b>LINE FISH OF THE DAY</b> Warm chickpea & fregola salad	<b>R180</b>

## DESSERT

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

## KIDDIES

<b>THE DOGFATHER</b> Hotdog with chips & ketchup	<b>R50</b>
<b>CHICKEN STRIPS &amp; CHIPS</b> Strips of chicken breast, crumbed & fried	<b>R65</b>
<b>FISH MONGER</b> Deep-fried calamari rings with chips & tar-tar sauce	<b>R65</b>
<b>BURGER KING</b> Beef burger with cheddar cheese on a sesame bun with fries	<b>R50</b>
<b>PAPA'S PIZZA</b> 2 Cheese margarita pizza	<b>R48</b>
<b>MAC &amp; CHEESE</b> Macaroni & cheese with a cheddar crust	<b>R45</b>
<b>CHARLIE'S CHOC SUNDAE</b> Chocolate ice-cream topped with chocolate sauce & marshmallows	<b>R40</b>
<b>MINI SHAKES</b> Bubblegum, chocolate, strawberry, lime, banana or vanilla	<b>R30</b>
<b>MAKE YOUR OWN PIZZA</b> Roll out your own base & add toppings	<b>R50</b>