

BREAKFAST

The health kick medley (V)

Create your own health combo for the day

Yoghurt	R 26
Muesli	R 22
Fresh fruit	R 25

The early riser

2 eggs served with 2 rashers of crispy bacon, grilled tomato & 2 slices of toast

R62

French omelette

Ham & cheese	R 85
Mushroom & cheese	R 68

Full english

2 eggs served with 1 pork banger, 2 rashers of bacon, grilled tomato, sautéed mushrooms, baked beans, French fries & 2 slices of toast

R88

Mince on toast

Traditional mince on 2 slices of toast, topped with a fried egg

R79

Extras:

Bacon	R 19
Pork banger	R 17
Mushrooms	R 17
Egg	R 10
Baked beans	R 7
French fries	R 10
Toast & butter	R 9

TOASTIES

Served with French fries OR side salad, on your choice of white OR brown bread

Cheese R48

Cheese & tomato R50

Ham, cheese & tomato R68

Chicken & mayo R60

ISALADI

Calamari salad R65

Calamari rings, crisp lettuce, tomato, onion & cucumber

Chicken & bacon R60

Cajun chicken, bacon bits, lettuce, tomato, onion & cucumber

IVUMBA

Chicken livers R55

Portuguese style, finished with cream

Crumbed mushrooms R47

With French fries & tartare sauce

Crumbed chicken strips R50

With French fries & a sweet chilli or BBQ sauce

Garlic snails R68

Served with toasted bread fingers

Nachos R87

Tortilla chips, mince, chilli, Mexican style tomatoes and cheddar cheese

Calamari tubes R105

With salsa & tartare sauce

SMASH ìHAMBHEGA

Served with french fries OR side salad

Chicken burger R95

Tender chicken fillet, lettuce, tomato, onion & cheddar cheese

Transkei beef burger R95

150g beef patty, lettuce, tomato, onion & cheddar cheese

Bacon & egg burger R108

150g beef patty, bacon egg, cheese, lettuce, tomato & onion

ZABA

Served with a sweet chili or tartar dipping sauce

Seafood platter R220

Calamari tubes, hake, mussels, 4 prince prawns & French fries

Hole in the wall shisa nyama platter R215

200g rump strips, 4 sticky ribs, meatballs, boerewors bites & french fries

Build your own basket

French fries	R 20
Chicken strips (2)	R 24
Crumbed mushrooms	R 25
Sticky ribs (2)	R 24
Boerewors bites	R 28
Rump strips 200g	R 68
Calamari rings (4)	R 21
Prince prawns (2)	R 55
Dipping sauce	R 16

PIZZA

Focaccia R54

Margherita R79

Tomato, oregano & mozzarella

Spicy chicken R115

Spicy chicken, mushroom, green pepper & mozzarella

Four seasons R146

Pepperoni, onion, green pepper, olives mushrooms & feta

Regina R128

Ham & mushrooms

Hawaiian R124

Ham, pineapple & mozzarella

Esikhaleni Pizza R115

Deboned sparerib, mushrooms, onion & mozzarella

Build your own pizza

R30 for base, pizza sauce & traditional accompaniments

ADD:

Spare rib R 32

Mozzarella R 35

Mushrooms R 17

Peppers R 15

Onions R 4

Pepperoni R 39

Chicken R 23

Pineapple R 12

Ham R 22

Bacon R 24

PASTA

Your choice of spaghetti, penne or tagliatelle pasta served with traditional accompaniments

Alfredo R105

Ham, mushrooms & cream

Macaroni & cheese R65

Bolognese R95

Tossed in our traditional meat sauce topped with cheese

SWEETISH

Malva pudding & custard R 60

MILKSHAKES

Lime, banana, strawberry, chocolate, bubblegum R 35

MBANE

Mains served with french fries, rice, samp OR baked potato AND seasonal vegetables OR salad

Hake R115

Grilled or deep-fried and served with tartar sauce.

Mthatha inkukhu R95

Crispy quarter chicken in barbeque or Mozambican peri-peri sauce

Spare ribs R145

Pork ribs marinated & flame grilled - 400g

Rump

A prime cut, basted (or not)

200g R120

300g R145

Surf & turf

Calamari tubes & 200g rump R150

T-bone 500g

Flamed grilled (barbecue basted or not) R175

Eisbein

Smoked pork shank with sauerkraut & mustard R175

From 800g

Sauces

Mushroom R 27

Cheese R 27

Garlic butter R 27

Peri-peri R 27

Fred's Freaky Shake R50

BARISTA BAR

Filter R 22

Cappuccino R 26

Latte R 26

Espresso R 21

HOT DRINKS

Hot chocolate R 35

Milo R 26

Five roses R 25

Rooibos R 21

FRESH JUICE

Orange / guava / fruit cocktail R 22

FRED KIDDIES

KIDDIES BURGER

100g beef OR crumbed chicken patty served on a seeded bun & French fries

R54

CHICKEN STRIPS

Crumbed chicken strips & French fries

R48

FRANK ROLL

Pork Frankfurter & French fries

R42

CHEESE TOASTIE

Served on your choice of white OR brown bread & French fries

R32

CHICKEN MAYO TOASTIE

Served on your choice of white OR brown bread & French fries

R35

ICE CREAM & CHOCOLATE SAUCE

(2 scoops)

R20

FRED'S FREAKY SHAKE

Bubble-gum flavoured shake, loaded with an assortment of sweets

R50

