

BREAKFAST

The health kick medley (V)

Create your own health combo for the day

Yoghurt	R 25
Muesli	R 22
Fresh fruit	R 24

The early riser

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

R58

Breakfast for champions

Traditional mince & an egg, layered with pan-roasted Rosa tomatoes, creamy garlic mushrooms, mature cheddar, bacon bits & fresh rocket

R120

Extras:

Bacon	R 18
Pork banger	R 17
Mushrooms	R 16
Egg	R 10
Baked beans	R 7
French fries (half portion)	R 10
Toast & butter	R 9

TOASTIES

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

Cheese & tomato (V)

R54

Chicken & mayo

R65

Bacon & egg

R70

add a side salad R25

Extras:

Cheddar	R 15
Ham	R 12
Egg	R 10

BUILD A BASKET

Served with a dipping sauce of your choice (BBQ, sweet chilli, peri peri OR tartar sauce)

French fries

R30

ADD:

Jalapeño poppers	R 60
Tender pork ribs (300g)	R 75
Crumbed chicken strips	R 60
Crumbed mushrooms	R 45
Tempura hake goujons	R 72
Breaded calamari rings	R 75
Vienna sausages	R 25
Frank roll & chips	
Prepared hotdog style, topped with onion rings, tomato sauce & mustard	R 60
Extra dipping sauce	R 12

BURGERS

Served with French Fries

Beef burger

R92

House-made ground beef patty (200g) layered with cheddar, pickles, caramelised onions, tomatoes & crisp lettuce

Chicken burger

R90

Grilled chicken fillet layered with cheddar, pickles, caramelised onions, tomato & crisp lettuce

Vegetarian burger (V)

R90

House-made veggie patty layered with cheddar, pickles, caramelised onions, creamy mushrooms tomato & crisp lettuce

Hunger buster burger

R140

Two 200g house-made ground beef patties topped with cheddar, pickles, crispy bacon, a fried egg, tomato & crisp lettuce

add a side salad R25

Extras:

Bacon	R 18
Avocado	R 24
Cheddar	R 14
Pineapple	R 7
Egg	R 10

TASTE OF ITALY

Southern Italian-styled thin base pizza accompanied by garlic, chilli & parmesan

Margherita (V)

R88

Classic fresh tomato, basil pesto & mozzarella

Regina

R89

Tasty mix of ham, mushroom & mozzarella

Hawaiian

R85

Tangy pineapple, ham & mozzarella

Spicy chicken

R95

Grilled Spicy chicken, mushroom, green peppers & mozzarella

Chicken mayo

R95

Shredded Chicken breast tossed in tangy mayo, mushroom, green pepper, pickles & mozzarella

Extras:

Mushroom	R 16
Mozzarella	R 20
Anchovies	R 15
Bacon	R 18
Feta	R 15
Avocado	R 24
Green pepper	R 9
Olives	R 12
Tomato	R 7
Chilli	R 5

SALADS

Cajun chicken R70

Grilled Cajun chicken strips on a bed of fresh salad greens with cucumber, onions, tomato & Danish feta

Greek-style salad (V) R65

Fresh salad greens topped with Rosa tomatoes, red onions, cucumber, black olives & Danish feta

Caesar salad (V) R65

Anchovy fillets & a boiled egg on a bed of fresh salad greens with garlic croutons, parmesan

ADD grilled chicken R 25

ADD prawns R 45

FROM THE BARISTA BAR

Espresso R18

Americano R20

Cappuccino R24

Caffè latte R24

Caffè macchiato R22

Mochaccino R23

Filter coffee R20

HOT DRINKS

Hot chocolate R26

White hot chocolate R28

Milo R26

MILKSHAKES

chocolate, vanilla, strawberry R35
Large

bubblegum, lime, banana R20
Kiddies

Fred's freaky shake R50

SOMETHING SWEET

Cake of the day R50

Please ask your waitron

Ice cream & chocolate sauce R46

Dreamy ice cream cone R20

2 scoops of vanilla OR chocolate ice cream served in a crunchy sugar cone

House-made waffle R50

Topped with vanilla ice cream OR fresh cream & a choice of chocolate sauce, Bar-One sauce, maple syrup OR peppermint crisp

TEA

Chai R20

Ceylon R20

Peach R20

Lemon R20

Peppermint R17

Five Roses R20

Rooibos R21

FRESH JUICE

Orange R22

Guava R22

Fruit cocktail R22

Opening Hours:

Tue – Thur: 8am – 4pm

Friday: 8am – 10am; 2pm – 8pm

Saturday: 8am – 8pm

