

## 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

R60

### 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 17
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 65
Tender pork ribs (300g)	R 85
Crumbed chicken strips	R 85
Crumbed mushrooms	R 45
Tempura hake goujons	R 80
Breaded calamari rings	R 75
Vienna sausages	R 27
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

R90

Tasty mix of ham, mushroom & mozzarella

### Hawaiian

R90

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

<b>Cajun chicken</b>	R70
Grilled Cajun chicken strips on a bed of fresh salad greens with cucumber, onions, tomato & Danish feta	
<b>Greek-style salad (V)</b>	R65
Fresh salad greens topped with Rosa tomatoes, red onions, cucumber, black olives & Danish feta	
<b>Caesar salad (V)</b>	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

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## FROM THE BARISTA BAR

Espresso	R18
Americano	R20
Cappuccino	R24
Caffè latte	R24
Caffè macchiato	R22
Mochaccino	R23
Filter coffee	R20

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## HOT DRINKS

Hot chocolate	R26
White hot chocolate	R28
Milo	R26

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## MILKSHAKES

chocolate, vanilla, strawberry Large	R35
bubblegum, lime, banana Kiddies	R20
Fred's freaky shake	R50

## SOMETHING SWEET

<b>Cake of the day</b>	R60
Please ask your waitron	
<b>Ice cream &amp; chocolate sauce</b>	R46
<b>Dreamy ice cream cone</b>	R20
2 scoops of vanilla OR chocolate ice cream served in a crunchy sugar cone	
<b>House-made waffle</b>	R50
Topped with vanilla ice cream OR fresh cream & a choice of chocolate sauce, Bar-One sauce, maple syrup OR peppermint crisp	

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## TEA

Chai	R20
Ceylon	R20
Peach	R20
Lemon	R20
Peppermint	R17
Five Roses	R20
Rooibos	R21

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## FRESH JUICE

Orange	R22
Guava	R22
Fruit cocktail	R22

### Opening Hours:

Tue – Thur: 8am – 4pm  
Friday: 8am – 10am; 2pm – 8pm  
Saturday: 8am – 8pm

