



-BREAKFAST-

BREAKFAST ON THE GO

2 eggs, 2 rashers of bacon, fried tomato and a slice of your choice of toast. R85

SURFER DUDE SPECIAL

2 eggs, 2 rashers of bacon, 2 sausages, mushrooms, tomato, chips and your choice of toast. R145

TWO EGG OMELETTE

Choice of 3 fillings:

- Bacon
 - Ham
 - Cheddar
 - Mozzarella
 - Feta
 - Mushrooms
 - Tomato
 - Spring Onion
 - Spinach
- R130

BREAKFAST WRAP

Herb cream cheese, sun-dried tomato pesto, lettuce, bacon, scrambled eggs and spring onion rolled in a tortilla wrap. R105

VEGAN WRAP

Baby spinach, barbecue beans, mushrooms and turmeric hummus. R105

TOASTED CROISSANT

- BLT and cream cheese R115
- Caprese (Pesto, mozz & tomato) with mushrooms R110

HEALTH BREAKFAST

Layers of fruit, nuts, muesli and Greek yoghurt served with honey on the side. S L R80 R100

TOAST BASKET

2 slices of toast with choice of jam, Marmite or peanut butter. R35
Toast options: white, brown, rye, whole wheat

ADD ON OPTIONS

- | | | | |
|--------------------|-----|------------------------------|-----|
| -Mushrooms | R25 | -Small chips | R45 |
| -2x Bacon | R35 | -Large chips | R55 |
| -Ham | R30 | -Cheese | R25 |
| -Hash brown | R25 | -Cream cheese | R25 |
| -Tomato | R10 | -Pork sausage | R40 |
| -Egg | R15 | -40g Smoked salmon | R45 |
| -Scrambled Egg | R15 | -Pesto | R25 |
| -Hollandaise Sauce | R25 | -Extra toast, butter and jam | R25 |
| -Avo | R25 | | |

EGGS BENEDICT

2 crispy hash browns with gypsy ham, 2 poached eggs, roasted tomatoes topped with grilled mozzarella and hollandaise sauce. R120

EGGS FLORENTINE

2 crispy hash browns with baby spinach, 2 poached eggs, roasted tomatoes topped with grilled mozzarella and hollandaise sauce. R115

ARNOLD BENEDICT

2 crispy hash browns with smoked salmon, 2 poached eggs, roasted tomatoes topped with grilled mozzarella and hollandaise sauce. R150

HASH BROWN

2 Hash browns, spinach, avo, prego mushrooms. R115

PAUL'S BREKKIE BUN

Lightly toasted bun with tomato, bacon, cheese and an egg. Served with chips. R115

SMOOTHIES

Smooth Berry Mixed berries, banana and yoghurt.

Tropical Fruit in season and yoghurt.

Very Berry Mixed berries, banana, almond milk, maple syrup. R60

Energize Cocoa powder, banana, peanut butter, raw oats, honey and yoghurt.

Energizer Bunny Cocoa powder, banana, peanut butter, raw oats, almond milk, maple syrup.

RAW JUICE OF THE DAY

Juiced raw fruits and vegetables. R60



COFFEES

	R	L
Americano	R27	
Cappuccino	R30	R35
Flat White	R30	R35
Café Latte	R35	
Café Mocha	R35	
Hot Chocolate	R30	R35
Macchiato	R35	
Espresso	R20	R30
Chai Latte	R40	
Filter Coffee	R25	
Filter Coffee Refill	R20	
Ceylon/Rooibos/Earl Grey	R25	
Babycino	R15	
Iced Coffee	R45	
ALMOND, OAT OR SOYA MILK	R12	

COLD DRINKS

Soft Drinks:	R25	BOS Iced Tea:	R34
Coca Cola, Zero		Peach	
Fanta Orange		Lemon	
Cream Soda		Berry	
Sprite, Zero			
Red Grapetiser	R35		
Appletiser	R35		
Milkshakes:	S	L	
Lime	R35	R50	
Banana			
Chocolate			
Strawberry			
Vanilla			
Coffee		R55	

BEER & CIDERS

Black Label	R35	Hunters Dry	R40
Windhoek Lager	R40	Savanna Dry	R40
Windhoek Draught	R45	Savanna Light	R40
Castle Lager	R40		
Castle Light	R40	CRAFT BEER	
		White Rabbit	R60

WINE LIST

White Wines

Bon Courage Sauvignon Blanc R45 R150
 From the grassy notes on the nose to the refreshing palate brimful with tropical fruit and gooseberry. Dry & crisp!

Durbanville Hills Sauvignon Blanc R48 R155
 A full bodied wine that dazzles with its grassy bouquet while tropical fruit combines with subtle gooseberry on the palate.

Red Wines

Durbanville Hills Merlot R45 R155
 A wine with a strong mint nose, full of ripeness and subtle oak aromas. Richly concentrated fruit flavours on the palate, complemented by tastes.

Nederburg 56 HUNDRED Merlot R40 R140
 Medium bodied with rich strawberry, blackcurrent aromas and a hint of vanilla on the nose. Up-front flavours and a soft, silky texture.

AVAILABLE FOR FUNCTIONS & CATERING



CIABATTA SARMIES

Served with your choice of salad or chips.

Prego R145

150g Sirloin steak, prego sauce, cheddar cheese, fried egg, lettuce.

Pulled Pork R145

Pulled pork in BBQ sauce, cheddar, avo, mayo with lettuce and tomato.

Roast Veg R120

Roasted vegetables, hummus, feta, pesto and mayo

TOASTED SANDWICHES

Choice of white, brown, whole wheat or rye bread.

Served with salad or chips.

Choice of fillings:

Cheese R55

Cheese & Tomato R60

Cheese, Tomato & Onion R65

Cheese & Ham R70

Egg & Bacon R85

Egg, Bacon & Cheese R95

Chicken Mayo R85

Gypsy Ham, Mozzarella & Mustard R85

Pesto, Mozzarella & Sun-dried tomato R75

DELICIOUS WRAPS

Tangy Chicken

Cubes of chicken fillet with a tangy sweet & sour sauce, on lettuce with feta, *avocado, carrot and cucumber rolled in a tortilla wrap. R120

Falafel Wrap

Turmeric hummus, chickpea bites, lettuce, tomato, cucumber & avo. R120



DEEP OCEANS

Pan fried hake

Hake with lemon, garlic, parsley butter served with roast vegetables.. R135

Crispy batter fried hake

Batter-fried *hake with chips, salad and tartar sauce. R135

Calamari

Golden fried calamari strips served with chips, salad and tarTar sauce R140

Calamari basket and chips R80

FRESH SALADS

Served with olive oil and balsamic vinegar on the side.

Falafel and Butternut Salad

Falafel, roast butternut salad with Tahini dressing. R90

Espresso Chicken Salad

Harissa chicken and feta salad R120

Feta Salad

Feta, olives, tomato, onion, cucumber & lettuce. R100

HEALTH BOWL



Baby spinach, roast veg with tomato couscous, beans, avo and pumpkin seeds. R110



HOMEMADE BURGERS

Your choice of 150g lean beef patty or grilled chicken breast on a lightly toasted sesame roll garnished with lettuce, tomato and gherkins. Served with chips.

Plain Burger R120

Cheese Burger R140
With cheddar cheese.

Espresso Burger R155
With bacon, feta, avo.

Vegetarian Burger R140
Homemade vegetarian patty with turmeric hummus, garlic mushrooms and feta.

Mediterranean Burger R140
With pesto, Tzatziki and olives.

Chicken Crunch R140
With cheese, pineapple and pesto mayo.

Mucho Gusto R140
With jalapeño, cheddar and bacon.

Sauces options: Garlic R35
Mushroom & White wine
Cheese
Pepper

BOWL OF ONION RINGS R35

CHILLI POPPERS

Batter-fried jalapeños stuffed with cream cheese and cheddar, served with a sweet chilli dip. R30ea

CHICKEN SCHNITZEL

Crumbed chicken breast served with chips & vegetables or salad.

Choice of sauce: Cheese or Mushroom and white wine sauce. R150

KIDDIES MENU

Kiddies Pasta R70
With bacon and cheese sauce.

Chicken Strips R75
Crumbed chicken strips served with chips.

SWEET TREATS

Delicious Cake Selection R60
2 Waffle Wedges with fried banana, caramel sauce and ice cream R45
Ice cream & chocolate sauce R40
Brandy and Walnut Pudding with ice cream R60

DELICIOUS CAKES MADE TO ORDER

Please ask your waitron for our delicious,
freshly baked daily specials.