

BREAKFAST

Served with a choice of ciabatta, sourdough, rye or health bread. You can replace these breads with a serving of Banting bread (2 slices) at an extra cost of R15

Baby Bear **R19**

2 Scrambled eggs on 2 slices of toast

Mommy Bear **R27**

1 egg, bacon and tomato, toast and jam

Daddy Bear **R45**

2 eggs, bacon, sausage and tomato with toast and jam

Big Daddy **R55**

2 eggs, bacon, sausage, tomato, mushrooms and baked beans with toast and jam

Something different

Creamed spinach, bacon, and poached eggs on home-made ciabatta **R55**

2 poached eggs, smoked salmon, cream cheese and capers on rye bread **R75**

3 egg omelette with cheese, served with toast **R35**

Add onion, tomato, or chillies (each) **R5**

Add caramelised onion, peppadew, rocket, roast peppers, capers (each) **R8**

Avocado **R10**

Add ham, salami, bacon, anchovies or extra cheese (each) **R15**

Add chicken **R20**

Add smoked salmon **R39**

Something sweet

Good morning muffin , or croissant with cheese and jam **R19**

Chocolate croissant **R16**

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WIFI Password? Its "password". Enjoy.

PLEASE NOTE WE DO NOT DO "FAST FOOD". WE DO GOOD FOOD AS FAST AS WE CAN.

SANDWICHES

Available on home-made ciabatta, sourdough, rye or health bread (4 slices), and served with a side salad. You can replace any bread with Banting bread (2 slices) for an extra R15

Mozzarella and tomato with basil pesto	R49
Ham or salami, wholegrain mustard, mozzarella, salad leaves and tomato	R55
Hummus, grilled halloumi, roast peppers and rocket	R59
Roast chicken, paprika mayo, rocket and fresh tomato	R59
Chilli tuna mayo, gherkins, caramelised onion and salad leaves	R55
Rare beef & mustard open sandwich on Banting bread (2 slices)	R84

SALADS

Side salad	R19
(Side salad can be upgraded to a small Greek salad for an extra R10)	
Roast chicken salad	R65
Roast chicken, seeds, roast peppers, lettuce, onion, tomato and cucumber	
Halloumi salad	R65
Char grilled eggplant, grilled halloumi, couscous, onion and mixed leaves	
Roast beetroot salad	R59
Roast beetroot, feta, roasted seeds, mixed leaves and mint	
Greek salad	R49
Feta, olives, lettuce, tomato, onion and cucumber	

PIES (subject to availability)

Sometimes you just want a pie.... our delicious home made pies, served with gravy and a choice of potato wedges or a side salad **R55**

Beef, lamb, chicken, pepper steak, kudu, springbok or spinach and feta

Our salad leaves and herbs are fresh from our garden, or from an organic supplier, and our mayo, hummus and salad dressings are home made.

BURGERS

Home-made patty or chicken fillet, served on a home-made ciabatta roll with lettuce, tomato, gherkin and potato wedges or chips on the side.

Beef burger **R59**

160g beef burger

Cheese burger **R69**

160g beef burger with cheese

Bacon and Cheese burger **R79**

160g beef burger with bacon and cheese

Chicken burger **R59**

Grilled chicken fillet

Chicken Brie Burger with sweet Chilli sauce **R69**

Chicken Bacon and cheese burger **R79**

Grilled chicken burger with bacon and mozzarella

PIZZA

Herb and Olive focaccia or garlic focaccia	R35
Margherita – tomato sauce and mozzarella	R49
Basil pesto and fresh tomato	R65
Bacon and banana	R69
Ham, mozzarella and pineapple	R69
Roasted brinjal, peppers and courgettes with feta cheese	R75
Salami, mushroom and olives	R75
Anchovies, capers and olives	R75
Ham, mushroom and salami	R79
Chicken, pineapple and feta	R79
Slow roasted lamb, rocket and peppadew	R85
Smoked chicken, basil pesto and feta	R85
Bacon, caramelised onion and goat's cheese	R85
Roast chicken, peppadew, Brie and roasted seeds	R85
Bacon, chicken and halloumi	R85
Ostrich carpaccio, rocket, avocado (seasonal) and pecorino	R89
Parma ham, avocado (seasonal) and rocket	R99
Extras (per item):	
Garlic, onion, fresh tomato, chillies, banana, pineapple	R5
Caramelised onion, peppadew, rocket, olives, roasted seeds	R8
Roasted aubergine, peppers or courgettes, mushrooms, capers	R8
Avocado	R10
Ham, salami, bacon, feta, mozzarella, halloumi, goat cheese, artichokes	R15
Chicken	R20
Ostrich carpaccio, parma ham	R25
Smoked salmon	R39

COLD BEVERAGES

Still/sparkling mineral water (500ml)	R12
Coke, Sprite, Fanta etc	R15
100% Juice/Iced tea	R15
Appletiser or Grapetiser	R19
Soda float	R22
Chocolate, strawberry or vanilla milk shake	R22
Vitamin Water	R25
Red Bull	R25
Iced coffee	R29
<u>Imported cooldrinks (subject to availability)</u>	
Ben Shaw's Cream Soda, Cloudy Lemonade, Dandelion & Burdock	R20
Vanilla or Cherry Coke, Dr Pepper, Irn Bru, Imported Fanta, Old Jamaica	R25
Orangina	R27

HOT BEVERAGES

Ceylon or Rooibos Tea		R12		
Earl Grey Tea/Green tea/Camomile/English Breakfast		R14		
Filter Coffee	regular	R13	large	R19
Espresso	regular	R15	large	R21
Americano	regular	R17		
Cappuccino/Rooibos cappuccino	regular	R19	large	R25
Extra cream	regular	R6	large	R9
Café latte/Rooibos latte			large	R22
Milo/Hot chocolate			large	R22
Choccocino	regular	R21	large	R27
Chai Latte			large	R25