

Breakfast

*Served with Ciabatta, Sourdough, Rye or Health Bread, or
Banting Bread (2 slices) at additional R10*

Mommy Bear

1 Egg, Bacon & Tomato,
Toast & Jam R35

Daddy Bear

2 Eggs, Bacon & Sausage, Tomato,
Toast & Jam R65

Big Daddy

2 Eggs, Bacon & Sausage, Tomato & Mushrooms,
Baked Beans, Toast & Jam R85

Something Different

Roll On Breakfast

Ciabatta Roll topped with Bacon, Egg, Lettuce & Tomato R39

Creamed Spinach, Bacon & Poached Eggs

Served on Homemade Ciabatta Roll R69

Eggs Benedict

Poached Eggs, Ham & Hollandaise Sauce R69

Poached Eggs (2) & Smoked Salmon

Served with Cream Cheese & Hollandaise Sauce R85

Omelette (3 Eggs) with Cheese

Served with Toast R39

Extras (Per Item):

Onion, Tomato, Egg or Chilli R9

Caramelised Onion, Peppadew, Rocket, Roast Peppers, Capers, Sausage, Spinach
R12

Avocado, Mayonnaise R19

Gourmet Sandwiches

*Homemade Ciabatta, Sourdough, Rye or Health Bread.
Served with a Side Salad or Chips.*

	2 Slices	4 Slices
Mozzarella & Tomato with Basil Pesto	R50	R85
Ham or Salami, Wholegrain Mustard, Mozzarella, Salad Leaves & Tomato	R60	R95
Hummus, Grilled Halloumi, Roast Peppers & Rocket	R60	R95
Roast Chicken, Paprika Mayo, Roast Peppers, Rocket & Fresh Tomato	R60	R95
BLT (Bacon, Lettuce, Tomato & Homemade Mayo)	R55	R90
Replace Any Bread with Banting Bread	R10	R20

Gourmet Flatbreads

*A Mini Herb Focaccia with Fresh Rocket, Cherry
Tomatoes & Roast Peppers, Topped with:*

Chicken, Beef or Roast Vegetables R85

Salads

*Our salad leaves & herbs are fresh from our garden, or from an organic supplier, & our
mayo, hummus & salad dressings are homemade.*

Small Greek Salad R49

Roast Beetroot Salad

Roast Beetroot, Feta, Roasted Seeds,
Mixed Leaves & Mint R69

Roast Chicken Salad

Roast Chicken, Seeds, Roast Peppers, Lettuce,
Onion, Tomato & Cucumber R89

Halloumi Salad

Grilled Halloumi, Roast Peppers, Couscous,
Onion & Mixed Leaves R89

Calamari Salad

Fried Calamari Tubes, Roast Peppers & Avocado
(Seasonal) & Mixed Leaves R109

Beef Fillet Salad

Mixed Leaves, Caramelised Onion & Feta, Topped with
200g Sliced Fillet Steak R119

Burgers

Homemade 180g beef patty or chicken fillet, served on a freshly baked ciabatta roll with lettuce, tomato, gherkin & potato wedges or chips on the side.

Cheesy Mac Burger (SPECIAL)

Two 120g Beef Patties on a Ciabatta Bun with Cheese R79

The Wrangler

180g Beef Burger R89

Chicken Run R89

Grilled Chicken Fillet

Pulled Pork Burger

Served on a Ciabatta Bun with Kimchi R89

French Connection

Chicken Burger with Brie Cheese & Sweet Chilli Sauce R99

Miss Piggy

180g Beef Burger with Bacon & Cheese R109

Foghorn Leghorn

Grilled Chicken Burger with Bacon & Mozzarella R109

The Big Blue

Beef Burger with Bacon & Blue Cheese R109

Pies

Subject To Availability

Homemade Pies, Served with Wedges, Chips or Side Salad & Gravy

Lamb, Chicken or Pepper Steak R69

Pizza

Herb & Olive Focaccia or Garlic Focaccia R45

Margherita – Tomato Sauce & Mozzarella R79

Ham, Mozzarella & Pineapple (SPECIAL) R89
Basil Pesto & Fresh Tomato R95
Salami, Mushroom & Olives R105
Anchovies, Capers & Olives R105
Spinach, Peppadew & Feta R105
Pumpkin, Feta & Roasted Seeds R105
Chicken, Pineapple & Mayonnaise R109
Bacon, Caramelised Onion & Goat's Cheese R109
Ham, Mushroom & Salami R119
Roast Chicken, Peppadew, Brie & Roasted Seeds R119
Bacon, Chicken & Halloumi 129
Ostrich Carpaccio, Rocket, Avocado (Seasonal) & Pecorino R129
Parma Ham, Avocado (Seasonal) & Rocket R149
Smoked Salmon, Cream Cheese, Avocado & Rocket (All Fresh) R149

Extras (Per Item):

Garlic, Onion, Fresh Tomato, Chillies, Pineapple R10
Banana, Caramelised Onion, Peppadew, Olives,
Roasted Seeds, Pumpkin R12
Roast Peppers, Courgettes, Mushrooms, Capers,
Rocket, Spinach R12
Avocado, Mayonnaise R19
Ham, Salami, Bacon, Feta, Anchovies, Goat's Cheese,
Cream Cheese R21
Mozzarella, Cheddar, Halloumi, Blue Rock, Brie,
Pecorino, Creamed Spinach R21
Chicken R29
Ostrich Carpaccio R49
Parma Ham, Smoked Salmon R59

A Sweet Ending

Ice Cream & Chocolate Sauce R39

Bar One Spring Roll & Ice Cream R49

Malva Pudding & Custard R49

Lemon Meringue Pie R55

Amarula Cheesecake R59

Cold Beverages

Still/Sparkling Mineral Water (500ml) R18

Sugar Free Beverages R18

100% Juice, Coke, Sprite, Fanta, Etc. R22
Iced Tea R22
Appetizer / Grapetizer R27
Mineral Water 1lt R29
Red Bull R30
Soda Float R32
Milkshakes: Chocolate, Strawberry, Lime, Banana,
Bubblegum, Caramel, Vanilla R35
Milkshake: Peanut Butter & Banana R39
100% Pomegranate Juice R35
Iced Coffee R39

Imported Cooldrinks (subject to availability)

Ben Shaw's Cream Soda, Cloudy Lemonade R27
Vanilla or Cherry Coke, Dr Pepper, Irn Bru, R30
Old Jamaica, Imported Fanta's R30

Hot Beverages

Ceylon or Rooibos Tea R15
Earl Grey Tea/Green tea/Camomile/English Breakfast R17
Filter Coffee Single R17
Filter Coffee Double R25
Espresso Single R17
Espresso Double R25
Americano Regular R22
Cappuccino/Rooibos Cappuccino Regular R27
Cappuccino/Rooibos Cappuccino Large R34
Almond Milk/Extra Cream Regular R8
Almond Milk/Extra Cream Large R12
Café Latte/Rooibos Latte Large R34
Milo/Hot Chocolate Regular R25
Milo/Hot Chocolate Large R33
Chai Latte Large R33
Choccocino Regular R29
Choccocino Large R38

Just For Kids

*(Strictly under 12 and over 95)
Kids size but just as delicious!*

Baby Bear Breakfast R25
2 eggs on 2 slices of toast

Mozzarella Pizza R39
Tomato base and mozzarella

Toasted sandwich and chips R49
Cheese, or cheese and ham

Crumbed chicken strips and chips R49

Ham and mozzarella pizza R49

Chicken and mozzarella pizza R49

Junior ribs and chips R59

Ice cream and chocolate sauce R19
1 scoop of vanilla with chocolate sauce

Milk shake R19
Chocolate, strawberry or vanilla
(just milk and ice cream)

Soda float R35
Coke, Sprite, Cream soda ect

Tapas Menu

Have a Choice of Three(3) Delicious tapas.

Butternut and Ricotta Ravioli with Sage Butter

Or

Crumbed Prawn Tails with Sweet Chilli Sauce

Or

Lamb Tails with Ciabatta Bread

Or

Calamari Strips with Tarta Sauce

Or

Cheesy Sticks with Sweet Chilli Sauce

