



MENU

HOT BEVERAGES

Americano	R28
Flat White	R35
Single Espresso	R26
Double Espresso	R35
Cappuccino	R35
Cappuccino Refill	R25
Latte	R40
Chai Latte	R40
Mocha	R45
Dirty Chai	R45
Cortado	R40
Tea (Ceylon, Rooibos, Green or Earl Grey)	R25
Red Cappuccino	R38
Hot Chocolate	R40

*Milk Alternatives (Almond or Oat) and decaf are at no extra cost.

BREAKFAST (UNTIL 12:00)

Sunshine Breakfast

R110

2 eggs, 2 pieces of bacon, baked beans with mixed peppers, served with toast and your choice of a cheese griller or pork banger.

Hearty Breakfast

R125

2 eggs, 2 pieces of bacon, mini wors, fried cherry tomatoes, fried mushrooms, cheddar, served with toast.

Irene Benedict

our twist on the classic: ciabatta, cream cheese and our secret hollandaise sauce.

Ham or Bacon

R115

Smoked Trout

R125

Standard Cheese Omelette

R60

a classic cheddar cheese omelette

French Toast

ciabatta french toast stack served 2 ways:

Honey & Bacon

R85

Chocolate Hazelnut Delight

R75

Chicken Livers

R85

served in a delightfully flavourful authentic curry sauce (mild) with ciabatta.

Mushroom Griller

R85

large black mushrooms grilled to perfection and topped with melted mozzarella.

BREAKFAST ADD ONS

Basil Pesto / Feta / Avo

R15

Garlic / Mushrooms

R15

Ham / Bacon

R25

Biltong / Bolognaise

R25

Cheese

R15

Smoked Trout

R30

Cheese Griller / Pork Banger

R25

Chopped Chili

R5

Tomato

R5

Wors

R15

TREATS

Scones

R70

served with preserves and cream.

Cake Slice

R75

ask your waiter about today's selection.

Chocolate Lava Cake

R70

Peppermint Crisp Tart

R70

WRAPS OR TOASTIES

Classic BLT

R115

bacon, lettuce, tomato with basil pesto and smokey mayo

Steakout

R130

juicy bbq beef strips, caramelised onions, cheddar, rocket, roasted bell pepper sauce.

Grilled Chicken

R115

grilled chicken strips, rocket and jalapeno or bbq sauce

BURGERS

Classic Burger	R115
beef or chicken, served with chips or salad.	
Café Burger	R130
classic beef, cheddar and a special sauce, served with chips or salad.	
Bacon & Cheese Burger	R145
café burger with bacon, served with chips or salad.	

PIZZA

Heartbeat	R190
salami, beef strips, bolognaise, bacon	
Chicken & Avo	R150
grilled chicken, feta, avo, peppadew	
Veggie	R130
roasted tomato & bell beppers, olives, rocket	
Hawaiian	R100
ham & pineapple	
Margherita	R95
tomato base & mozzarella	

COMBOS

Ribs & Wings	R300
250 gram pork ribs served with wings and your choice of sides from the Mains section.	
Hake & Calamari	R200
grilled calamari tubes & heads with a hake fillet, served with your choice of sides from the Mains section.	

MAINS

Served with rice or chips or mash and a side salad or creamed spinach - unless otherwise specified.

Rump Steak	
200 gram	R160
300 gram	R200
T-Bone	
350 gram	R190
500 gram	R260
Lamb Chops	R250
Calamari	R155
grilled tubes and heads served with lemon butter or garlic butter sauce.	
Hake	R100
180 gram hake fillet served with your choice of lemon butter, garlic butter or tartare sauce.	
Chicken Wings	R115
8 full wings basted in your choice of peri peri, bbq or lemon & herb sauce.	
Spatchcock Chicken	
basted in your choice of peri peri, bbq or lemon & herb sauce.	
Half	R95
Full	R170
Chicken Schnitzel	R160
crumbed chicken with cheese sauce	
Pork Ribs (500 gram)	R235
smoked pork ribs, basted in bbq sauce and grilled to perfection.	
Meaty Feast Platter	R430
a selection of grilled meats served with a selection of sauces and chips & onion rings.	

FRESH SALADS

Café Salad	R80
greens, red onion, peppers, tomato, feta, olives, crouton and seed sprinkle.	
Biltong & Avo Salad	R110
biltong, avo, sundried tomato, greens, balsamic reduction.	
Mediterranean	R110
roast veg, couscous, basil pesto, feta, roast bell pepper sauce, served warm.	
Chicken & Egg	R120
café salad, boiled eggs, grilled chicken.	

NON ALCOHOLIC DRINKS

Soft Drinks	R28
Red Bull	R40
Still / Sparkling Water 500ml	R25
Quenchers (Lemonade, Ice Tea, Ginger Beer)	R32
Fresh Juice	R38
Go Green (fresh ginger, mint, lemon and honey blend)	R45
Standard Milkshakes	R55
(bubblegum, strawberry, banana, lime, chocolate)	
Gourmet Milkshakes (belgian chocolate, toffee peanut, caramel coffee, blueberry cheesecake, berries & cream)	R80