



## BREAKFAST

<b>ACTIVATED GRANOLA</b>	<b>44</b>
Bulgarian yoghurt & fresh seasonal fruit	
<b>FRENCH TOAST</b>	
Plain	<b>35</b>
or Bacon, banana and brie	<b>68</b>
<b>EGGS BENEDICT</b>	
Vegetarian or Bacon	<b>68</b>
or Salmon	<b>82</b>
<b>3 EGG OMELETTE</b>	<b>62</b>
Bacon, cheese & tomato Spinach, peas & goats cheese	
<b>SMALL FRYUP</b>	<b>35</b>
Two eggs, bacon & tomato	
<b>BIG FRYUP</b>	
Two eggs, bacon, tomato, chips, mushrooms & sausage	<b>65</b>

## SALADS

<b>GOATS CHEESE &amp; BEET</b>	<b>72</b>
Homegrown sprouts, beetroot & a balsamic dressing	
<b>CHICKEN &amp; HALOUMI</b>	<b>82</b>
Free-range chicken, rosa tomatoes, spinach & penne	
<b>SPICY CHICKEN QUINOA</b>	<b>82</b>
Red beans, corn, red cabbage, red pepper & feta	

## SANDWICH/WRAPPS

<b>CHICKEN BACON CLUB</b>	<b>85</b>
Whole grain mustard, tomato, rocket & emmental	
<b>SALMON TROUT</b>	<b>85</b>
Cream-cheese, capers & spring onion	
<b>3 CHEESE &amp; TOMATO</b>	<b>65</b>
Cream cheese, brie & mature cheddar	
<b>GRILLED ZUCHINI</b>	<b>65</b>
Sun-dried tomato & humus	
<b>SIRLOIN BERNAISE</b>	<b>65</b>
Onion marmalade and wedges	

## MAINS

<b>FREE RANGE PIES</b>	<b>65</b>
Homemade, served with chips or salad	
<b>FARM QUICHE</b>	<b>55</b>
Baked fresh daily, with chips or salad	
<b>CHEESE BURGER</b>	<b>72</b>
Free-range, served with chips Add bacon & avocado	
<b>AUBERGINE BAKE</b>	<b>68</b>
Brown lentils and tomato	
<b>CHICKEN BURGER</b>	<b>68</b>
Free range-coleslaw & wedges	

## KIDDIES

<b>BURGER &amp; CHIPS</b>	<b>45</b>
<b>MAC &amp; CHEESE</b>	<b>45</b>
<b>CHICKEN MAYO</b>	<b>35</b>
<b>CHICKEN &amp; CHIPS</b>	<b>45</b>

## FRESH JUICES

**ABC** 25

Apple, beetroot & carrot

**GREEN JUICE** 25

Apple, celery,  
cucumber, spinach & lemon

**RED JUICE** 25

Carrot, beetroot, pineapple &  
orange (when in season)

**CREATE YOUR OWN** 25

Apple/beetroot/carrot/celery/  
cucumber/orange/pineapple

**FRESH RED** 25

Apple juice, rooibos & ice

**ADD** 5

Ginger or Turmeric

**HAVE A LARGE 500ML** +10

### BEER

Windhoek Lager, Light &  
Draft, Savanna, Savanna  
Lite, & Hunters Gold

### RED AND WHITE WINE

### SOFT DRINKS

### TEA SELECTION

## MILKSHAKES

**REGULAR FLAVOUR** 35

**ICED COFFEE** 40

**PEANUT CARAMEL** 40

**REAL BERRIES SWIRL** 40

## SMOOTHIES

**BERRIES** 40

Mixed berries, banana, frozen  
yoghurt & milk

**NUTS** 45

Toasted almond flakes, nut  
butter, banana, cacao, frozen  
yoghurt & milk

**GREEN** 45

Avo, banana, baby spinach,  
cucumber, celery, apple, chia  
seeds, yoghurt, raw honey

**JUST FRUIT** 45

Banana, berries, apple,  
orange, coconut water, ice

**PEACHY** 40

Banana, peaches, pineapple,  
frozen yoghurt, coconut milk

**MANGO** 40

Mango, orange, raw honey,  
frozen mango yoghurt,  
coconut water

### ADD

Vanilla Sky superfood protein  
powder 8

## COFFEE

**HOT CHOCOLATE** 24

**AMERICANO** 20

**ESPRESSO/DBL** 18/22

**FLAT WHITE** 22

**LATTE** 24

**ROOIBOS LATTE** 24

**CHAI LATTE** 24

**ALMOND MILK** +8