



Served until 12:00



## Breakfast

### EGGS BENEDICT

On Toasted English Muffin With Rocket & Hollandaise Sauce

### SMOKED SALMON

129

### BACON

99

### AVOCADO SOURDOUGH

65

With Cherry Tomatoes and Beetroot Hummus

### ADD POACHED EGG

10

### ADD BACON

20

### THE PARKRUN

55

Two Eggs, 2 Rashers Bacon & One slice of Toast Served With Butter & Jam

### OMELETTE

149

Three Egg Omelette Filled With Cheddar, Mozzarella & Fresh Basil, Topped With Cherry Tomatoes, Bacon, Feta & Freshly Sliced Seasonal Avocado Served with Toast, Butter & Jam

### FRENCH TOAST

75

With Bacon, Cinnamon Sugar & Maple Syrup

### BREAKFAST BUN

80

Toasted Burger Bun, Bacon, Scrambled Egg, Grated Cheddar Cheese & Chips

### THE COMPLETE

129

Two Eggs, Two Rashers Bacon, Sauteed Mushrooms, Tomatoes, Boerewors, Toast, Butter & Jam

### CROISSANT

60

Served Butter, Jam, Grated Cheddar Cheese

## Breakfast Beverages

### ESPRESSO

25/29

### CAPPUCCINO

38

### AMERICANO

32

### DECAF @ R4 EXTRA

### CAFÉ LATTE

39

ADD HAZELNUT OR VANILLA SYRUP FOR R12

### OVER ICED LATTE

52

Choose Between Hazelnut and Vanilla Syrup

### CAFÉ MOCHA

45

### CHAI TEA / LATTE

39

### HOT CHOCOLATE

45

### TWO CUP SERVING

Ceylon / Rooibos / Green

28

### FRUIT JUICE

29

ORANGE / CRANBERRY / PINEAPPLE / MANGO /

FRUIT COCKTAIL / APPLE

### ORANGE MIMOSA

60

Meerendal Sparkling Sauvignon Blanc With Orange Juice

### BERRY MIMOSA

65

Meerendal Sparkling Sauvignon Blanc With Fresh Berries And Cranberry Juice



## Starters

<b>WEST COAST MUSSELS</b>	<b>105</b>
Creamy Garlic & White Wine Mussels With House-Made Focaccia Bread	
<b>CHICKEN LIVERS</b>	<b>89</b>
In A Spicy Chorizo & White Wine Cream Sauce With House-Made Focaccia Bread	
<b>CALAMARI</b>	<b>110</b>
Fried OR Grilled Patagonian Calamari Tubes & Tentacles With Sauce of Tartare	
<b>PIZZA BOMBS (V)</b>	<b>80</b>
Deep Fried Tomato sauce & Mozzarella Filled Pizza Balls, Served With Basil Pesto, Crème Fraîche & Parmesan Shavings	
<b>STICKY RIBS</b>	<b>100</b>
Pork Ribs Flame Grilled With A Sweet & Sticky BBQ Sauce	
<b>FOCACCIA &amp; DIPS (V)</b>	<b>85</b>
Sliced Focaccia Pizza served with Tzatziki and Hummus	
<b>GARLIC SNAILS</b>	<b>95</b>
Oven Grilled In Roasted Garlic & Herb Butter. Served With House -Made Focaccia bread	
<b>ADD MOZZARELLA</b>	<b>15</b>
<b>“PLANKIE” STEAK</b>	<b>115</b>
Sliced Sirloin Served With A Chimichurri Sauce	
<b>COASTAL OYSTERS</b>	<b>EACH / 25</b>
Served With Fresh Lemon	<b>DOZEN / 240</b>

## Sharing Platters

<b>LOADED HUMMUS FOR TWO SERVED WITH FOCACCIA:</b>	
<b>GREEK STYLE</b>	<b>150</b>
Cherry Tomatoes, Cucumber, Olives, Feta	
<b>MEZZE PLATTER FOR TWO</b>	<b>230</b>
Pizza Bombs, Zucchini Fritters, Tzatziki, Hummus, Moroccan Beef Koftas, Grilled Chicken Kebab, Baba Ghanoush, House-Made Flat Bread	
<b>CHARCUTERIE &amp; CHEESE PLATTER FOR TWO</b>	<b>260</b>
Selection Of Cold Meats & Cheese With House-Made Flat Bread, Preserves, Pickles & Seasonal Fruit	



# Poultry

SERVED WITH ONE ACCOMPANIMENT OF CHOICE

**CHICKEN SCHNITZEL**

Panko Crumbed Chicken Breasts Baked With Mozzarella & Parmesan With A Choice Of:  
 Napolitana Sauce **189**  
 Cheese Sauce / Mushroom Sauce / Pepper Sauce **169**

**GRILLED CHICKEN BREAST**

With Mozzarella, Sun-dried Tomato & Creamed Spinach **155**

# Seafood

**HAKE**

Craft Beer-Battered Hake Fillet, Sauce of Tartare & Choice Between Chips, Sweet Potato Fries Or Side Salad **149**

**CALAMARI**

Fried OR Grilled Patagonian Calamari Tubes & Tentacles With Savoury Rice OR Chips & Sauce Of Tartare **205**

**WEST COAST MUSSELS**

Creamy Garlic & White Wine Mussels With House-Made Focaccia Bread **199**

**NORWEGIAN SALMON**

Salmon, Pan Fried with Salt And Pepper And Fresh Lemon juice, Served With Mash, Peas & Roasted Butternut cubes **255**

**SEAFOOD PLATTER FOR ONE**

Hake, Fried Calamari, Grilled Prawns, Garlic & White Wine Creamy Mussels With One Accompaniment Of Your Choice & A Lemon OR Garlic Butter Sauce **265**

# Salad Bowls

**GREEK (V)**

Lettuce, Cucumber, Tomato, Marinated Red Onion & Feta **100**

**CAESAR**

Cos Lettuce, Toasted Croutons, Parmesan Shavings & Anchovette Ceaser Dressing **110**  
 ADD BACON 15  
 ADD CHICKEN 25

**SESAME SEARED NORWEGIAN SALMON**

With Butter Lettuce, Cucumber, Avocado, Edamame, Spring Onion, Pickled Ginger & Sweet Soy Dressing **160**

**STEAK, TZATZIKI & HUMMUS**

With Roasted Tomatoes, Cucumber, Red Onion, Roasted Garlic & Greens **135**



## Pizza

<b>MARGHERITA (V)</b> Napolitana, Mozzarella, Fresh Basil	<b>110</b>
<b>HAWAIIAN</b> Ham & Pineapple	<b>120</b>
<b>REGINA</b> Ham & Mushroom	<b>120</b>
<b>LA FAVORITA</b> Feta, Avocado, Bacon	<b>150</b>
<b>CHILL CHICK</b> Chicken, Feta, Pineapple, Peppadews & Chilli Mayo Sauce	<b>160</b>
<b>MORITURI</b> Feta, Avocado, Bacon, Chicken & Roasted Red Peppers	<b>175</b>
<b>UNCLE VINNI</b> Salami, Olives, Mushrooms & Feta	<b>150</b>
<b>TANTE CARNE</b> Salami, Bacon, Ham & Chorizo	<b>170</b>
<b>MOTHER EARTH</b> Roasted Aubergine, Grilled Zucchini, Peppers, Mushrooms, Artichokes, Olives & Feta	<b>140</b>

<b>EXTRA TOPPINGS:</b>	
FRESH TOMATO / GARLIC / ROCKET / OLIVES	12
PARMESAN / ARTICHOSES / MUSHROOMS	18
SPINACH / FETA / BACON / SALAMI / ANCHOVIES / CHICKEN	25
AVOCADO / BOLOGNESE / HAM / CHORIZO	29

Gluten free base @ R30 extra  
Vegan cheese @ R30 extra

## Pasta

**CHOOSE BETWEEN LINGUINE OR PENNE**

<b>ALFREDO</b> Mushrooms, Onions, Cream & White Wine ADD CHICKEN	<b>125</b> <b>25</b>
<b>BEEF RAGU</b> 8-Hours Slow Roasted Red Wine Braised Beef Ragù	<b>140</b>
<b>BOLOGNESE</b> Beef Mince In A Rich Tomato Sauce With A Dash Of Cream	<b>120</b>
<b>BASIL PESTO (V)</b> Tossed In Basil Pesto With A Dash Of Cream ADD MUSHROOM ADD CHICKEN	<b>160</b> <b>15</b> <b>25</b>
<b>THE VEGAN (VG)</b> Grilled Zucchini, Aubergine, Roasted Peppers, Olives, Sun-dried Tomato & Mushroom	<b>130</b>
<b>CREAMY BACON &amp; MUSHROOM</b> Brandy Flambéed Bacon In A Creamy Mushroom & Parmesan Sauce	<b>170</b>
<b>SEAFOOD PASTA</b> Prawns, Mussels & Calamari In Arrabiata Cream & White Wine Sauce	<b>210</b>



# Meat Cuts

SERVED WITH ONE ACCOMPANIMENT

SIRLOIN	FILLET	RUMP
200G / 145	200G / 225	250G / 160
300G / 190	300G / 265	350G / 195
400G / 235		

**TRIO OF BEEF KEBAB** 260  
Flame Grilled Mixture Of Fillet, Sirloin & Rump Served On A Skewer

**BEEF & REEF** 230  
200g Sirloin, 3 Garlic-grilled Queen Prawns OR Patagonian Calamari With Garlic Butter

**PEPPERCORN FILLET** 245  
200g Peppercorn Crusted, Brandy Butter Flambéed Fillet

**PORK BELLY** 225  
Slow Cooked Pork Belly & Cider Jus

**500G PORK RIBS** 225  
Pork Belly Ribs basted in BBQ sauce

ROASTED BUTTERNUT	ADD A SAUCE @ R35 EACH
CREAMED SPINACH	BRANDY FLAMBÉED PEPPERCORN
HAND-CUT CHIPS OR SWEET POTATO FRIES	GARLIC & THYME CREAMY MUSHROOM
CREAMY MUSHROOM LINGUINE	CHIMICHURRI
CREAMY MASH	THREE CHEESE
SIDE GARDEN SALAD	CREAMY BLUE CHEESE

# Burgers

**BACON & CHEESE BEEF BURGER** 120  
Crispy Streaky Bacon & Melted Cheddar

**CHICKEN & CAMEMBERT BURGER** 135  
Grilled Chicken Breast, Camembert, Onion Marmelade & Rocket

**TROPICAL CHICKEN BURGER** 120  
Crumbed Chicken Breast, Pineapple & Sweet Chilli Sauce

**BURGER SLIDERS** 90  
Mini Beef & Chicken Sliders Served With Chips

SERVED WITH HAND-CUT CHIPS. SWOP YOUR CHIPS FOR SWEET POTATO FRIES OR A SIDE GARDEN SALAD @ R10 EXTRA

# Desserts

**VANILLA CRÈME BRÛLÉE** 70

**MILKTART** 65

**BROWNIE & ICE CREAM** 60

**PEPPERMINT CRISP** 65

**MALVA PUDDING & CUSTARD** 65

**CAKE OF THE DAY WITH ICE CREAM** 70

# Dessert Drinks

**MILKSHAKES** 55  
VANILLA / CHOCOLATE / BUBBLEGUM / STRAWBERRY / SALTED BUTTERSCOTCH

**DOM PEDRO / IRISH COFFEE**  
WHISKY / AMARULA / KAHLUA  
**SINGLE** 60  
**DOUBLE** 70



## Coffee & Tea

<b>ESPRESSO</b>	<b>25/29</b>
<b>CAPPUCCINO</b>	<b>38</b>
<b>AMERICANO</b>	<b>32</b>
<b>CAFÉ LATTE</b>	<b>39</b>
ADD HAZELNUT OR VANILLA SYRUP FOR R12	
<b>DECAF @ R4 EXTRA</b>	

<b>OVER ICED LATTE</b>	<b>52</b>
Choose Between Hazelnut and Vanilla Syrup	

<b>CAFÉ MOCHA</b>	<b>45</b>
<b>CHAI LATTE</b>	<b>39</b>
<b>HOT CHOCOLATE</b>	<b>45</b>

<b>TWO CUP SERVING</b>	
Ceylon / Rooibos / Green	<b>28</b>

## Soft Drinks

<b>500ML STILL / SPARKLING</b>	<b>25</b>
<b>1L STILL / SPARKLING</b>	<b>35</b>

<b>200ML MIXERS</b>	<b>23</b>
<b>300ML SODAS</b>	<b>26</b>

<b>GRAPETIZER / APPLTIZER</b>	<b>42</b>
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<b>ICED TEA PEACH / LEMON / BERRY</b>	<b>38</b>
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<b>FRUIT JUICE</b>	<b>29</b>
ORANGE / CRANBERRY / PINEAPPLE / MANGO / FRUIT COCKTAIL / APPLE	

<b>RED BULL</b>	<b>35</b>
ORIGINAL / SUGAR FREE / WATERMELON / APRICOT & STRAWBERRY	

## Mimosas

<b>ORANGE MIMOSA</b>	<b>60</b>
Meerendal Sparkling Sauvignon Blanc With Orange Juice	

<b>BERRY MIMOSA</b>	<b>65</b>
Meerendal Sparkling Sauvignon Blanc With Fresh Berries and Cranberry Juice	

## Spirits

<b>JAMESON WHISKEY</b>	<b>33</b>
<b>JOHNNIE WALKER BLACK WHISKY</b>	<b>38</b>
<b>GLENFIDDICH 12 YR WHISKY</b>	<b>48</b>
<b>RICHELIEU BRANDY</b>	<b>19</b>
<b>BOMBAY SAPPHIRE GIN</b>	<b>30</b>
<b>TANQUERAY FLOR DE SEVILLA</b>	<b>32</b>



## Beers

CASTLE LAGER	36
CARLING BLACK LABEL	36
CASTLE DOUBLE MALT	35
WINDHOEK LAGER	45
WINDHOEK DRAUGHT (440ml)	45
HEINEKEN / ZERO	38/45
FLYING FISH LEMON	36
CORONA	49
SAVANNA / LIGHT / ZERO	45/45/49
HUNTER'S DRY / HUNTER'S GOLD	42
BRUTAL FRUIT ROSÉ	38

## Draught

	300ML / 500ML
NEWLANDS SPRING BREWERY	32 / 49
CASTLE LITE	36 / 45
STELLA ARTOIS	37 / 52

## Gin Cocktails

SINGLE / DOUBLE

PINK BETTY	60 / 85
Bombay Sapphire, Pink Tonic Water No Sugar, Garnished With Fresh Strawberries	
BITTER SWEET	55 / 84
Tanqueray Flor De Sevilla, Tonic Water No Sugar & Burnt Orange Zest	
APRICOT GIN BULL	75 / 100
Bombay Sapphire, Red Bull Apricot & Strawberry Edition With Hints of Citrus, Lime & Fresh Mint	
BLUE LAGOON	60 / 85
Bombay Sapphire, Blue Tonic Water, Garnished With Cucumber & Blue Berries	



## White Wine

EVERYDAY DRINKING RANGE	125ML / 750ML
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**PINOT NOIR CAP CLASSIQUE ROSE** 75 / 420

Presents A Pale Salmon Hue With Fine Bubbles. Aromas Of Strawberries, Raspberries And Rose Petals Are Complimented By Hints of Citrus And Brioche.

**SPARKLING SAUVIGNON BLANC** 70 / 390

Delights With Lively Citrus & Tropical Fruit Aromas. Its Effervescent Charm Invigorates

**BIG FEET SAUVIGNON** (250ML) 65 / (750ML) 190

Beautiful Light Sunshine Colour With Lovely Aromas of Greenpepper, Lemon Grass & Citrus With Flinty Gooseberry Tones & A Refreshing Crisp Aftertaste

ESTATE RANGE	250ML / 750ML
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**SAUVIGNON BLANC** 85 / 240

Crisp & Invigorating, Our Sauvignon Blanc Delights The Palate With Vibrant Citrus Notes Of Lemon & Grapefruit.

**CHENIN BLANC** 85 / 240

Where Fragrant White Blossoms.Meet Juicy Pear & Hints Of Green Apple.

**CHARDONNAY** 125 / 360

Immerse Yourself in the Sophistication Of Our Chardonnay. A Velvety Mouthfeel Harmonizes With Flavours Of Ripe Peach, Vanilla & A Subtle Touch Of Toasted Oak.

**PINOTAGE ROSE** 85 / 240

Delicate & Refreshing. Our Pinotage Rose Enchants With notes Of Red Berries, Watermelon & A Hint Of Floral Aroma.

**CELLAR SELECT PINOTAGE ROSE** 90 / 260

Displays a Vibrant, Light Pink Colour With Aromas Of Ripe Strawberries, Cherries,And A Hint Of Watermelon.

COLLECTION RANGE	250ML / 750ML
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**MEERENDAL ESTATE NATURAL SWEET** (375ML) 460

Brilliant Light Straw Yellow Colour & An Abundance Of Ripe Apricots & Baked Flavours On The Nose. It Is rich And Full Of Sweet Fruit Flavours

**CHAPEL BLANC FUME** 145 / 425

Delight Your Senses With A Harmonious Blend Of Citrus & Tropical Fruit Armoas. A Delicate Hint Of Smokiness.





## Red Wine

**EVERYDAY DRINKING RANGE** 250ML / 750ML

**BIG FEET RED** 65 / 190  
This Blend Of Merlo, Shiraz, Cabernet Sauvignon & Pinotage Has A Beautiful Bright Red Colour.

**ESTATE RANGE** 250ML / 750ML

**PINOTAGE** 100 / 290  
Unveil The Distinctive Charm Of Our Pinotage, Offering A Unique Blend Of Dark Cherry & Red Fruit Flavours Intertwined With Subtle Hints Of Earthiness & Spice.

**MERLOT** 105 / 300  
Indulge In The Smooth Embrace Of Our Merlot, Where Juicy Plum & Red Cherry Flavours Take Center Stage.

**SHIRAZ** 105 / 300  
Experience The Bold Allure Of Our Shiraz, boasting Intense Flavours Of Ripe Blackberries, Dark Plums & A Dash Of Black Pepper.

**CABERNET SAUVIGNON** 115 / 340  
The Wine Has A Dark Red Colour & Shows An Abundance Of Red & Dark Fruit Such As Plumbs, Dark Cherries An Undertone Of Dark Chocolate

**PINOT NOIR** 125 / 365  
Delicate & Refined, Our Pinot Noir Enchants With Red Berry Flavours, Such As Raspberry & Cherry, Alongside Delicate Floral Notes.

**COLLECTION RANGE** 250ML / 750ML

**THE MILLHOUSE** 120 / 340  
The Mill house Cabernet Sauvignon/Merlot Blend Offers A Deep Ruby Colour With Rich Aromas Of Blackberries, Plums, And A Touch Of Blackcurrant.

**THE LOFT** 140 / 405  
Experience Complexity In Every Sip With The Loft Cape Blend. Layers Of Red & Dark Fruit Intertwine With Subtle Hints Of Chocolate & Spice.

**PINOTAGE 1702 HERITAGE BLOCK** 750  
A Tapestry Of Flavours Including Dark Berries, Plum & A Touch of Espresso Unfolds On The Palate.

# Kids

12 YEARS & UNDER

## PIZZA

MARGHERITA + 2 TOPPINGS 60

ADD YOUR FAVOURITE TOPPING @ R15 EACH  
Ham, Mushroom, Feta, Bacon, Pineapple, Chicken  
\*Gluten Free Base @ R15

## CHICKEN STRIPS

PANKO CRUMBED STRIPS SERVED WITH CHIPS 45

## PASTA

BOLOGNESE 65

CREAMY BACON & CHICKEN 65

## BURGERS SERVED WITH CHIPS

ORIGINAL BEEF OR CHICKEN BURGER 55

CHEESE BURGER 65

BACON & CHEESE 75

## DESSERTS

ICE CREAM & SPRINKLES 20  
\*Sugar Cone @ R5 Extra

FLOATS 45  
Creme Soda, Coke Or Fanta

## MILKSHAKES

VANILLA / CHOCOLATE / HAZELNUT 35  
STRAWBERRY / BUBBLEGUM /  
BAR-ONE / SALTED CARAMEL

## JUICES

APPLE / ORANGE / MANGO /  
FRUIT COCKTAIL 20

KIDS EAT FREE ON FRIDAYS

LA  
ROMANTICA