FRESHLY Our rich, flaky la buttery pastries combination of s savoury.	the perfect
BUTTER CROISSANT CINNAMON & RAISIN ROLL CHOCOLATE CROISSANT ALMOND CROISSANT © © © MULTI-GRAIN CROISSANT	290/- 290/- 330/- 330/- 330/-
CHICKEN PIE SAMOSA, BEEF CHEESE (3PIECES) APPLE CRUMBLE MUFFIN VANILLA CHOCO CHIP MUFFIN	390/- 390/- 270/- 270/-

BANANA MACADAMIA MUFFIN 270/-BLUEBERRY MUFFIN • 290/-**FUDGE BROWNIE** 290/-

COOKIES O 490/-Select your flavour: Flaky | Almond | Choco Chip | Granola | Brownie bites | Kangoos TEA CAKES 💿 💿 💿 595/-

Select your flavour: Carrot | Vanilla | Chocolate | Strawberry | Lemon & Poppy CAKES

SALTED CARAMEL CAKE 💿 💿 💿 Our unrivalled FAN FAVOURITE cake is a moist cake layered of dark chocolate and gooey salted caramel. CARROT CAKE 🔘 Indulge in our super moist carrot sponge cake made with fresh

carrots, cinnamon and raisins.

WHITE CHOCOLATE ROSE CAKE 490/-The artistry in the white chocolate roses makes this beautiful vanilla & white chocolate cake loved by all. A MUST TRY!

COFFEES

ESPRESSO

CAPPUCCINO 290/-350/-**CAFFÉ LATTE** 290/-350/-**ART MACCHIATO** 250/-290/-LATTE MACCHIATO 290/-350/-**AMERICANO** 250/-290/-MOCHA! 350/-390/-FILTER COFFEE 350/-**ICED COFFEES** 390/-Select your preference: Iced Latte, Iced Americano Iced Cappuccino COFFEE TONIC 390/-ADD: DAIRY:

DOUBLE

250/-

350/-

SINGLE

200/-

Low-fat +50/- | Whipped Cream +100/-FLAVOURS: Vanilla | Caramel | Hazelnut +100/-Add a sprinkle of Cocoa or Cinnamon Espresso Shot +150/-SHOT:

FOR NON DAIRY OPTIONS Almond | Oat | Soy +150/-TEAS

CHAI LATTE Black tea infused with cinnamon, clove & other warming

490/-

490/-

spices, combined with steamed milk & topped with form for the perfect balance of sweet & spicy. KENYAN TEA Black OR White 290/-

DAWA Served with honey 350/-- CLASSIC LEMON & GINGER DAWA - ORANGE TURMERIC & GINGER DAWA 🍿

ICED TEA (Black Iced Tea) 390/-

A timeless classic made to sweeten & warm up your spirits. HOT CHOCOLATE

CHOCOLATE

350/-STORMY DOUBLE CHOCOLATE

390/-

EVERYDAY BREAKFAST 💿 💿 💿 1090/-Enjoy a satisfying breakfast complete with two beef sausages*, two eggs, home fries, toast, butter & jam for a hearty start to

*Farmers choice beef sausage option available TROPICAL FRUIT SALAD 590/-

Seasonal fruits, drizzled with a refreshing mint & passion dressing. EGGS & TOAST 690/-Two eggs prepared to your liking, served with toast, butter & our

homemade jam. BREAKFAST CROISSANT 990/-Wholegrain croissant, two eggs prepared to your liking, crispy bacon,

tomatoes, cheese & served with a side of salad.



ORANGE MANGO | PASSION | PINEAPPLE MINT ORANGE TURMERIC | TAMARIND SUGARCANE 490/-

REFRESHERS

JUICES

MOCKTAILS KIWI SPRITZ

550/-

390/-

590/-

550/-

CLASSIC LEMONADE 🏠

SALADS GRILLED HALLOUMI **1390/-**

Grilled Halloumi, roast vegetables and lettuce in tangy honey

mustard dressing topped with our crunchy salad topper. ADD: Avocado +100/-

THE MEXICAN 1390/-Grilled Chicken, avocado, lettuce, cabbage, sweetcorn,

tomatoes, pickled onions, cauliflower, and cheese. Topped with lemon cilantro dressing. Served with warm garlic bread.

coriander, red beans, mango, and tortilla chips. Drizzled with Vegetarian Option 🙀

POWER SMOOTHIES

SANDWICHES

SOUP OF THE DAY

\$ 590/-

★ 590/-

1290/-

Served with garlic bread, cheesy garlic bread or spicy

garlic bread (Check for Availability)

TOMATO SOUP

CREAMY BUTTERNUT

Served with fresh garden salad, fruit salad or rosemary seasoned fries. BBQ CHICKEN IN RUSTIC CIABATTA 1390/-

cucumber and red onions, served in fresh ciabatta bread. SPICY CHICKEN O Chicken, hummus, homemade chili, seasoned tomatoes, and

white cabbage salad, served in fresh ciabatta bread.

Grilled Chicken in BBQ sauce with crisp lettuce, tomato,

FRIED CHICKEN SANDWICH 1390/-Crispy fried chicken tenders with ranch sauce and chili oil, topped with coleslaw and pickled cucumber, served in fresh ciabatta bread.

BEEF STEAK IN RUSTIC CIABATTA 1490/peppers, caramelized onions, and zesty chimichurri, served in ciabatta bread spread with mayo or BBQ sauce.

MILKSHAKES A truly great and tasty snack. SALTED CARAMEL SHAKE 550/-Salted Caramel cake, vanilla ice cream & milk.

CHIA CEREAL BURST 🎓 IRON FROST FUSION

CHICKEN CURRY

GRILLED CHICKEN

savoury rice and refreshing side salad.

SWEET & SPICY CHICKEN

moringa powder, chia seeds & more!

Granola, Yoghurt, Banana, Chia Seeds and Honey.

Look for super foods inside your smoothie like

550/-Beetroot, Avocado, Hibiscus tea, Ginger, Spinach and GREEN POWER 🎓 550/-Cucumber, Kale, Moringa, Ginger, Lemon juice, Pineapple mint juice, Avocado and Honey.

Lightly spiced flavourful creamy chicken curry with aromatic

Spiced grilled chicken, perfectly seasoned and grilled. Served with fragrant savory rice and a side of steamed vegetables.

CAPPUCCINO 550/-Espresso, vanilla ice cream & milk foam. **BLUEBERRY BURST** 550/-Vanilla ice cream, blueberry fruit crush & milk. CHOCO CHIP COOKIE Choco chip cookies & vanilla ice cream. 550/-CLASSIC Chocolate | Vanilla or with one choice of seasonal fruit 550/-

(Strawberry, Banana, Mango).

Choose your side: Rosemary seasoned fries, mashed potatoes, savory rice, fresh green salad & steamed vegetables.

1490/-

1490/-

1490/-

1490/-

LUNCH & DINNER

550/-

Tender chicken cooked in a tangy sweet chili sauce. Served with fragrant savory rice and fresh steamed vegetables **CHICKEN WINGS &** 1490/-ROSEMARY SEASONED FRIES

Tender and juicy chicken wings coated in your favourite sauce for a finger-licking experience. Served with seasoned fries & steamed veg. FLAVOUR: Chilli Butter | Barbecue | Honey Lemon

Pan-fried snapper with lemon butter and herb sauce, served with creamy mashed potatoes and steamed vegetables.

PAN FRIED FRESH FISH FILLET







ARABELLA

FRONTERA

memorable finish

CHARDONNAY

Central Valley, Chile

Western Cape, SA

Bright medium emerald straw color with fruity

sweet medium-to-full body with a crisp finish.

Light yellow in appearance with alluring aromas

of pineapple, citrus, and vanilla. The palate is

balanced with attractive acidity and a long

aromas and flavors of apple and pear tarts. Fruity

SWEET

ENJOY YOUR FAVOURITE

PASSION CAIPIROSKA Vodka • Passion fruit • Passion juice • Lemon PINEAPPLE MOJITO Rum • Simple syrup • Soda water • Pineapple fruit • CLASSIC MARGARITTA

Vodka • Gin • Rum • Teguila • Ligueur • Lemon juice •

Vodka • Liqueur • Cranberry juice • Lemon juice

Teguila • Liqueur • lemon juice

LONG ISLAND

COSMOPOLITAN

BEER

950

950

950

950

950

BOTTLE

400

400

TUSKER LAGER WHITE CAP LAGER

MERLOT Central Valley, Chile

hints of chocolate and spice which balance

A fruity and carefree red sipper. It boasts

dried berries. Fruity medium-to-full body

interesting aromas and flavors of honey, vanilla &

perfectly with dark fruit flavours

ARABELLA

Western Cape, SA

MERLOT

GLASS BOTTLE 750 Smooth, with a great structure. There evident

750

3 600

TOTS

450

400

7 000

GLASS

750

850

BOTTLE

3 600

GIN & VODKA BOTTLE TOTS **SMIRNOFF** 4 000 400 **GORDONS** 5 000 400 TANQUERAY 6 000 450

SPIRITS

& LIQUEUR WHISKEY BLENDS **BOTTLE** JOHNNIE WALKER RED 4 500

JOHNNIE WALKER BLACK