



BREAK YOUR FAST

MuffinsⓈ..... not a glorified cupcake! **R46**

Served with butter & jam

Bran, Goji Berry & Banana
Lemon Poppy, Toasted, Pumpkin
& Sunflower Seed

Health Crunch

Fruit yoghurt, muesli & seasonal fruit

Eggs Benedict

Corn Fritter topped with poached eggs,
mushrooms, spinach & Hollandaise Sauce

Epic Omelette

Three egg omelette. served
with toast, jam & two fillings:
Mushroom/Tomato/Green Peppers/
Cheese/Onion/Spinach/Feta

Stuart's Breakfast

Hash browns with scrambled eggs,
roses of salmon trout & cream cheese

Mickey's Breakfast Ⓢ

Scrambled or fried eggs on two slices of toast

Anchovy Toast Ⓢ

Served with sliced tomato

CHIPPER & OTHERS

Skinny Fries (Small) Ⓢ

R40

Skinny Fries (Large) Ⓢ

R50

Magic Onion

R70

Deep Fried, served with cream cheese
& Sweet Chilli Sauce

Onion Rings Ⓢ

R70

One Bite Wonders Ⓢ

R124

Spring Rolls (2), Arancini's (2) & Samosas (2)

THE BREAD LINE

Choose either low GI, rye or bagel

(ALL PAT YISRAEL)

Sourdough white available

(Not PAT YISRAEL)

Served with fries or deli salads

Tuna Mayo Ⓢ

R110

Avo, Feta & Olive Tapenade

R125

Cheese & Tomato

R110

Salmon Trout & Cream Cheese

R145

Dagwoodsky

R140

Fried egg, cheese, tomato, fried onion,
mustard, mayo, gherkins & fries

Mozzarella Magic

R125

Mozzarella, basil pesto, tomato,
mushrooms & sunflower seeds

REEL IT IN

Served with fries or deli salads

Pickled Fish Ⓢ

R160

Deep-Fried Battered Hake Ⓢ

R160

Grilled Hake Ⓢ

R160

Baked in our pizza oven.

• Just lemon "butter"

or

• Sundried Tomato & Aubergine Savouring

Crumbed Salmon Trout Nuggets Ⓢ

R150

Served with creamy mash & chimichurri

• Ⓢ Indicates that no dairy ingredients are
used, but utensils are regular Milchik.

• All bread items are Pat Yisrael

• Liquor Licence: WCP 040 879



BELLA BELLA beautiful beautiful

Deziner Pizza Cutter

R65

Margherita with pizza cutter

R165

Margherita

R125

Bella Bella toppings

Onion/ Green Pepper/ Spinach/ Tomato

R16

Feta/ Pesto/ Mushrooms/ Tuna/ Olives/

R26

Cheese/ Sundried Tomato/ Falafel/

Veggies/ Pineapple

Peppadews/ Anchovies/ Capers

R32

Avo

R36

Salmon Trout

R70

Margherita Chalav Yisrael

R135

(Dedicated oven & utensils. Ask your waitron)

SLIM PICKINGS

Sushi Salad Ⓢ

R145

Smoked trout, rice, avo, Asian slaw with
Nori & wasabi mayonaise

Salad Niçoise Ⓢ

R135

Chop-chop salad, tuna

boiled eggs, olives and tomatoes

served with tahini & garlic dressing

+ Anchovies

R25

Katsi Salad Ⓢ

R150

Smoked trout from Highlands of Lesotho,
chop-chop salad, capers & corn fritters

Mediterranean Salad Ⓢ

R135

Roasted veggies, chop-chop salad,
chickpeas, humus & falafel

The Real Greek Salad

R135

Chop-chop salad, feta, olives & quinoa
with basil pesto & sundried tomatoes

Roasted Beet & Butternut Salad Ⓢ

R135

Roasted beet & butternut served with grains

VEGGIES

Shakshouka Ⓢ

R130

You don't have to venture north
of our boarders...

Veg Bobotie

R120

Although ground beef bobotie is a
Cape standard, our veg bobotie is
simply way above standard

Falafel & Hummus Ⓢ

R120

Tasty and not traditional

Mediterranean Taco

R130

Soft taco filled with aubergine,
refried beans, avo salsa & mozzarella

Sweetcorn Fritter Stack Ⓢ

R145

Corn fritter topped with avo salsa
& smoked trout

Penne in Basil Pesto Ⓢ

R125

Olive oil, basil & lime pesto

Pasta of the Day Ⓢ

R125

Parmesan

R30

Soup of the Day Ⓢ

R75

Generally a winter warmer



SUGAR DELIGHT

Cakes

- Baked Cheesecake (Chalav Yisrael Ingredients)
- Apple Crumble ☉
- Carrot Cake

Desserts

- Chocolate Cigars ☉
- Pitikas ☉
- Molten Choc Lava Pudding
- Seasonal Fruit Salad ☉
- Vanilla Ice Cream & Choc Sauce

FROM THE FRIDGE

- Appletiser R36
- Rock Shandy R45
- 500ml Water (Still/ Sparkling) R26
- BOS Ice Tea (Berry/ Peach/ Lime & Ginger/ Lemon) R32
- Cordial Mixers R12
- (Kola tonic/ Passion fruit/ Lime) R28
- 300ml Soft Drinks R22
- 200ml Mixers

PUNCH & JUDY

Spirits

- Gin/ Vodka / Bells R35
- JW Black/ Jameson R45

Beer

- Caste/ Heineken/ Castle Lite/ Windehoek Lite/ Black Label R45

Wine

- By the glass (Red/ White) R55
- Bottle R170/R200

BLENDED

Freezo

- Cappuccino ☉ R60
- Spiced Chai Latte R60
- Butterscotch ☉ R60
- Coco - Choc ☉ R60
- Hazelnut ☉ R60
- Toasted Marshmallow R60
- Smoothies ☉ R60

- African Sun (Blueberry, Raspberry & Banana)
- Tropical Breeze (Banana, Dragon Fruit & Raspberry)
- Beetroot Booster (Beetroot, Kale & Ginger)

THE SQUEEZE

Juices

- Apple/ Mango/ Orange R35
- Raw Berry Press 100ml R30
- Raw Berry Press 250ml R55

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SHAKE, SHAKE, SHAKE

Milkshakes

- Coffee R60
- Bar One
- Chocolate
- Strawberry
- Peanut Butter

SWEET & THIRSTY

- Red Latte R48
- Red Cappuccino R48
- Ceylon/ Rooibos R26
- Peppermint/ Earl Grey R28
- Green/ Chamomile R28

JUST A GRIND

- Cortado R36
- Americano R32
- American Decaf R36
- Cappuccino R38
- Cappuccino Decaf R40
- Espresso Single R28
- Espresso Double R38
- Flat White R38
- Milk Options R10
- Chalav Milk R10
- Almond/ Oat ☉

HOT HEAD

- Macchiato R32
- Cafe Latte R40
- Cafe Mocha R48
- Hot Chocolate R48
- Spiced Chai Latte R48
- Toasted Marshmallow R48
- Hazelnut Latte R48
- Butterscotch Latte R48
- Milk Options R10
- Chalav Milk R10
- Almond/ Oat ☉

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