

Breakfast

*We use organic eggs, offer white, brown and rye bread,
and don't cut costs on sourcing the best ingredients.
We only make fruit salad on order, so it's always fresh, and seasonal*

On The Run

Toast with 3 rashers bacon, sliced tomato, avocado and grilled with mozzarella on top	
Full Portion _____	47
Half Portion _____	29

Muesli, Fruit Salad and Yoghurt

Our fruit salad is fresh and made-to-order with seasonal fruits

Muesli and Yoghurt _____	30
Trio of muesli, yoghurt and fruit salad _____	45

Scrambled Eggs

2 eggs scrambled, with your choice of toast _____	25
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Sunshine Breakfast

1 egg, 2 rashers of bacon, grilled tomato and a slice of toast _____	30
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The Launch Breakfast

2 eggs, 3 rashers bacon, grilled tomato, grilled mushroom, 1 pork or beef banger and a slice of toast _____	55
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Croissants

Freshly baked and only while stocks last!

The minimalist Butter croissant with no extras _____	30
The basic Served with jam, butter and cheese _____	45
The Maxi Lined with mixed lettuce, and filled with hickory ham, cheddar cheese and a smear of wholegrain mustard _____	55

Omelettes

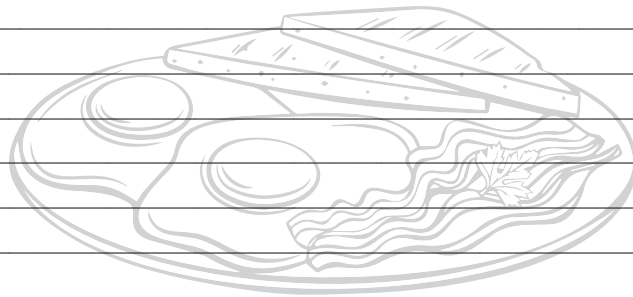
Three egg omelette, with two fillings of your choice, served with two slices of toast _____	50
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Extra fillings

Cheddar cheese, avocado, mushrooms, mince, mozzarella, Roast cherry tomatoes, peppers, bacon, halloumi, hickory ham _____	15
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Extra add ons

Sideplate of chips _____	15
3 rashers of bacon _____	24
2 pork bangers _____	15
2 beef bangers _____	18
An extra egg _____	8
An extra egg white _____	8
Peri-peri chicken livers _____	15
Slice of grilled tomato _____	6
Sauteed mushrooms _____	15
Grated cheddar cheese _____	12



Starters and Light Meals

Quesidillas

Mexican tortillas toasted with a filling and served cut into segments with crème fraiche and salsa

Mexican Quesidilla Cheddar cheese only _____ 44

Mexican Quesidilla al Pollo Cheddar cheese and chicken _____ 55

El Paso Quesidilla Cheddar cheese, grilled chicken, caramelised onions and a touch of gorgonzola _____ 75

Peri-Peri Chicken Livers Mild or Hot, served with a pita bread _____ 44

Squid heads with sweet chilli sauce _____ 60

Calamari tubes _____ 72

Mussels in creamy garlic and white wine sauce, with a toasted pita bread _____ 75

Large portion chips _____ 25

Halloumi served with sweet chilli sauce _____ 40

Mediterranean Platter _____ 75

Halloumi, freshly sliced avocado, sliced tomato, a toasted pita bread, Calamata olives and your choice of hummus or tzatziki

Add a single chicken breast _____ 15



Toasted Sandwiches

*Your choice of white, brown, rye or ciabatta bread,
served with chips or a side salad*

Cheese _____ 29

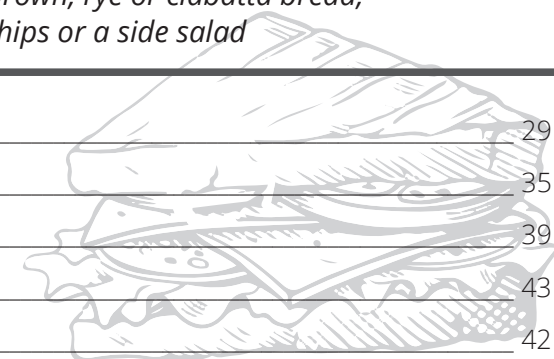
Cheese and Tomato _____ 35

Cheese and Hickory Ham _____ 39

Ham, Cheese and Tomato _____ 43

Chicken Mayo _____ 42

Chicken Mayo, Bacon and Avo _____ 60



Wraps

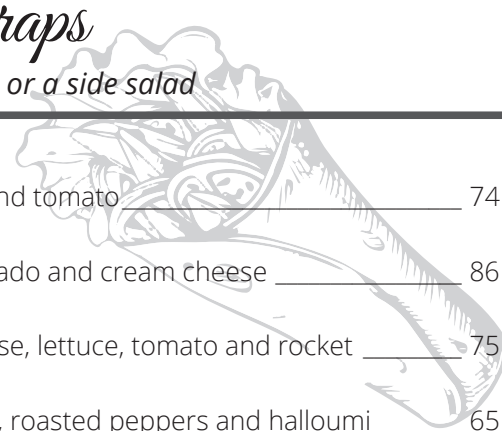
Served with chips or a side salad

Cajun Chicken Wrap
Cajun chicken, mayo, feta, avocado, lettuce and tomato _____ 74

Smoked Salmon Wrap
mixed lettuce, smoked salmon, tomato, avocado and cream cheese _____ 86

Cajun Steak Wrap
Cajun steak, sweet chilli sauce, cheddar cheese, lettuce, tomato and rocket _____ 75

Vegetarian
Wrap mixed lettuce, tomato, avocado, rocket, roasted peppers and halloumi _____ 65



Seafood

Hake and chips

Grilled or battered and deep fried _____ 79

Kingklip and chips

250g Grilled or battered and deep fried _____ 125

Add a Thermidor sauce

Prawns, mushrooms, fresh herbs and onion in a white wine and cream sauce _____ 25

Calamari

_____ 132

300g Falkland Calamari tubes, grilled or deep fried

Salads

Our salad greens include micro greens such as carrot, beetroot, and green pea shoots

The Classic

_____ 75

Mixed greens, cherry tomatoes, sliced cucumber, onion slivers, Calamata olives, mixed peppers and Feta

Caprese

_____ 60

Sliced tomato, mozzarella shavings, fresh basil, balsamic glaze and a toasted pita bread

Smoked Salmon

_____ 94

Mixed greens, cherry tomatoes, chives and Norwegian smoked salmon, with chives, capers and crème fraiche to top it off

Cajun Chicken & Avocado

_____ 90

Mixed greens, baby spinach, cherry tomatoes, slivered onion, corn, finely grated carrot and beetroot, sliced avocado and cajun chicken strips

Cranberry, Broccoli and Red Cabbage

_____ 90

Mixed greens, shredded red cabbage, broccoli florets, cranberries and sunflower seeds

Gorgonzola

_____ 94

Mixed greens, cherry tomatoes, slivered onion, sliced cucumber, bean sprouts, mangetout peas, sliced avocado and a generous crumbling of gorgonzola

Mexican Salad al Pollo

_____ 77

A crunchy taco basket filled with mixed greens, cocktail tomatoes, slivered onions, corn, grated cheddar, avocado, cajun chicken strips and served with crème fraiche and Mexican Salsa

Chicken

Grilled Chicken Breast

_____ 89

2 portions chicken breasts, grilled and basted and served with your choice of side

Chicken Schnitzel

_____ 89

A crumbed and fried chicken breast, served with cheese sauce and your choice of side

Chicken Milano

_____ 69

Grilled chicken breast topped with fresh slices of tomato, sliced avocado, rocket and parmesan shavings

Half portion

_____ 95

Deboned Half Chicken*

_____ 130

Served with your choice of two sides, and available in periperi or lemon-and-herb

**Please note that this item requires 30 minutes preparation time*

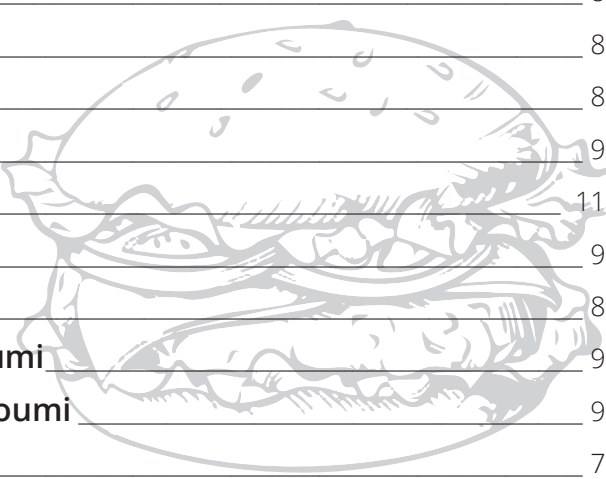
Meat & Steak

Spare Ribs 500g _____	169
Choice baby back ribs	
Lamb Chops _____	169
4 x 100g lamb chops, marinated with olive oil, rosemary and lemon juice and grilled	
Fillet _____	140
250g of AAA prime aged fillet	
Rump Steak 200g _____	95
200g AAA prime aged rump	
Rump Steak 300g _____	120
300g AAA prime aged rump	
Sauces	
Cheese/Pepper or Mushroom Sauce _____	20
Peri-Peri Sauce _____	12

Burgers

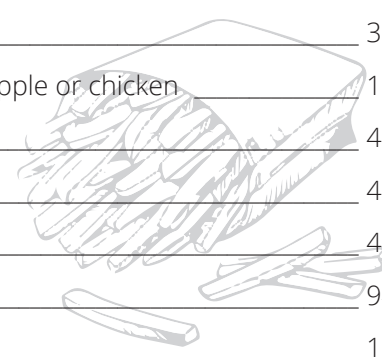
For a carb-wise option, simply lose the roll

Beef _____	70
Chicken _____	70
Cheese _____	83
Mushroom _____	83
Pepper _____	83
Double Beef _____	95
Double Cheese _____	115
Mushroom-and-Cheese _____	90
Bacon-and-Blue Cheese _____	85
Bacon, Avocado and Halloumi _____	98
Chicken, Avocado and Halloumi _____	92
Chicken Prego _____	70



Kiddies

Kiddies Margherita 18cm _____	35
<i>Add any two toppings</i> Ham, bacon, mushroom, pineapple or chicken	15
Bolognese _____	40
Chicken Strips and chips _____	46
Battered Hake fingers and chips _____	40
Kiddies Spare Ribs 250g _____	94
Small portion chips _____	15



Curries

Substitute rice for steamed cauliflower rice or Basmati rice _____ 10

Chicken Curry Boneless _____ 95

A creamy chicken curry, with mixed peppers,
coconut milk and served with sambals

Chicken-and-Prawns _____ 120

Chicken Breast and Prawns in a creamy curry with mixed peppers,
coconut milk and served with sambals

Durban Lamb Curry On the Bone _____ 139

This Durban style curry is a bit hotter than the chicken curry, and has a tomato base.
Served with sambals

Pasta

Pomodora

Pan roasted cocktail tomatoes, napolitana, garlic,
fresh rocket and parmesan shavings _____ 69

Arrabbiata

Pomodora with a touch of chilli and reduced with red wine _____ 73

Add sliced chorizo _____ 15

Add 6 prawns, 8 mussels or 100g calamari, each _____ 25

Bolognese Traditional Italian Bolognese, always a favourite _____ 69

Alfredo Cream base with brown mushrooms, ham and a touch of garlic _____ 73

Al Funghi Exotic mushrooms sauteed with onion,
a dash of white wine, and cream based sauce thickened with an egg yolk _____ 80

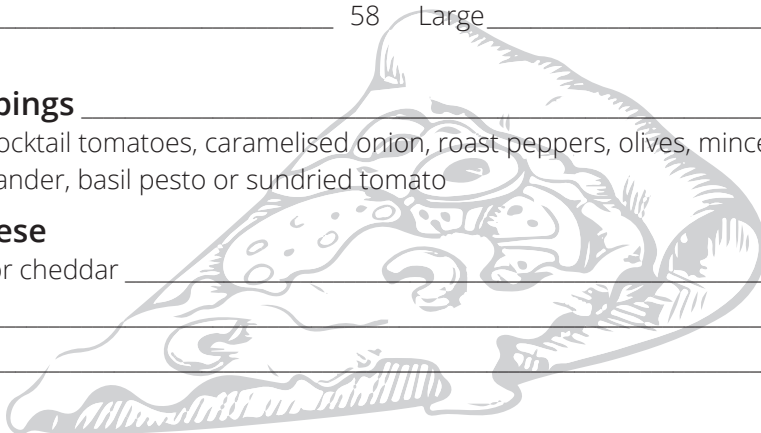
Al Pollo Grilled chicken strips, roasted peppers,
onion, fresh garlic and mushrooms in a cream-and-napolitana sauce _____ 80

Pollo Supreme Chicken, Bacon, Sauteed Onion
and Gorgonzola in a cream sauce _____ 90



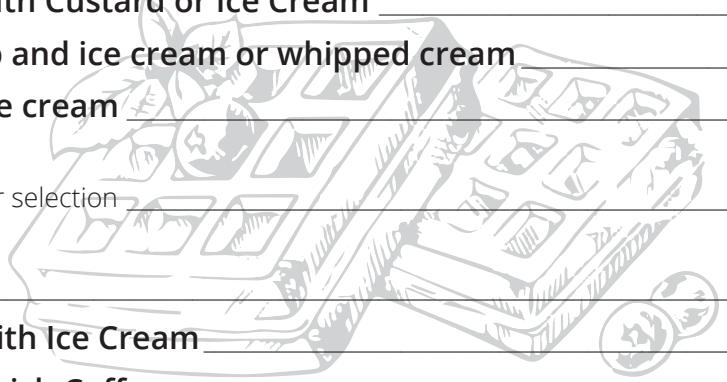
Pizza

Margherita Classic napolitana base, origanum, mozzarella and cocktail tomatoes		
Medium_____	50	Large_____ 70
Regina Ham and mushroom		
Medium_____	60	Large_____ 85
Hawaiian Ham and pineapple		
Medium_____	60	Large_____ 85
Pollo Chicken and mushroom		
Medium_____	65	Large_____ 97
Quattro Formaggi Mozzarella, Feta, Gorgonzola and Parmesan		
Medium_____	65	Large_____ 98
Mexican Bolognese mince with onions, chilli and garlic		
Medium_____	65	Large_____ 89
Mexicana Deluxe		
Bolognese mince with onions, chilli, garlic, sundried tomato and feta		
Medium_____	77	Large_____ 115
Pancetta Bacon, avocado and feta		
Medium_____	70	Large_____ 105
Quattro Green peppers, ham, mushroom and olives		
Medium_____	65	Large_____ 98
Cajun Chicken Cajun chicken strips, peppers and cherry tomatoes		
Medium_____	65	Large_____ 98
Cajun Chicken Deluxe Cajun Chicken strips, peppers, cherry tomatoes, crumbled feta and sweet chilli sauce		
Medium_____	75	Large_____ 112
Pepperoni The classic, mozzarella and pepperoni		
Medium_____	60	Large_____ 85
Carne Pepperoni, Diced Bacon, Chorizo		
Medium_____	77	Large_____ 115
Vegetarian Roast peppers, olives, onions, mushrooms and feta		
Medium_____	63	Large_____ 90
Health Sliced fresh tomato, rocket, avo and Parmesan shavings		
Medium_____	58	Large_____ 95
Mediterrano Olives, Sundried tomato and feta		
Medium_____	58	Large_____ 98
Extra toppings _____		15
Pineapple, cocktail tomatoes, caramelised onion, roast peppers, olives, mince, fresh rocket / coriander, basil pesto or sundried tomato		
Extra cheese		
Mozzarella or cheddar _____		12
Gorgonzola _____		15
Brie _____		18



Desserts

Dolce Vita Sorbet 125ml Mango/Lemon-and-Lime/Passion Fruit _____	18
Dolce Vita Speciality Ice Cream 125ml	
Double Chocolate/Caramel-and-Cookies/ Strawberry Ripple _____	25
Dolce Vita Non Dairy Ice Cream 125ml	
Vanilla/Chocolate/Fudge _____	25
Dolce Vita Sugar Free Ice Cream 125ml	
Vanilla/Chocolate/Fudge _____	25
Ice Cream and Bar One Sauce _____	35
Malva Pudding with Custard or Ice Cream _____	35
Waffle with syrup and ice cream or whipped cream _____	40
Fruit salad and ice cream _____	45
Slice of Cake	
Ask your waiter for our selection _____	40
Lemon Meringue	
Great for sharing _____	35
Apple Crumble with Ice Cream _____	35
Don Pedros and Irish Coffees _____	35



Coffees and Hot Beverages

Five Roses or Rooibos Tea _____	15
Earl Grey, Green or Camomile Tea _____	16
Espresso _____	16
Double Espresso _____	21
Americano _____	19
Cappucino _____	22
Machiato _____	22
Cafe Latté _____	22
Café Mocha _____	22
Hot Chocolate _____	22
Milo _____	22

