



POWER SMOOTHIES

- Peanut punch** – Peanut butter, banana, ice cream & honey **38**
- The Fundi** – Espresso, cocoa, ice cream, toasted almonds & milk **44**
- Karate kick** – Beetroot, celery, sweet melon, ginger & orange juice **38**
- Vitamin C booster** – Orange juice, fresh pineapple, fresh carrot, banana & yoghurt **38**
- Melon makeover** – Sweet melon, apple juice, litchi juice mint & lemon **36**
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Our smoothies are made from locally sourced fruit & veg fresh from the farms. Fruit smoothies deliver plenty of vitamins, minerals, antioxidants & anti-inflammatory phytochemicals. They pack a big nutritional punch without a sugar overload!

- Vanilla Manila** – Vanilla essence, mixed frozen summer berries, & ice cream **46**
- Choc chip** – Biscuit, chocolate, ice cream & milk **40**
- Cucumber cooler** – Cucumber, mint, fresh apple, lemon juice & orange juice **36**
- Ginga Zinga** – Pineapple, ginger, honey & orange juice **36**
- Slimmer** – Summer berries, gojji berries, honey & fat free yoghurt **46**
- Berry nut** – Summer berries, coconut milk, pineapple & fresh mint **49**
- Mac Daddy** – Macadamia butter, honey, cocoa, coconut milk & banana **49**
- Chai Bella** – Chai spice, cocoa, macadamia butter, banana & yoghurt **46**
- Green Machine** – Apple, cucumber, ginger, lemon, celery & spinach **38**
- Robot** – Red espresso, pineapple, apple & orange juice **38**
- Everything but the kitchen sink** – Peanut butter, espresso, cocoa, chai spice, coconut milk, avo, vanilla, honey & oats **68**
- Power punch** – Peanut butter, banana, honey, USN protein powder & yoghurt **50**



HOT DRINKS

	 16	 20
Espresso	16	20
Americano	20	24
Flat white / red cappuccino	24	28
Latte/red latte	27	31
Black latte (double shot filter blended with xantham gum & coconut oil to a creamy consistency)		24
Kevlar coffee (our version of bullet proof coffee - a cappuccino with a dollop of unsalted butter & a drizzle of coconut oil)	26	30
Mocha	30	
Cappuccino cream	28	
Flavoured latte (shot of espresso topped with frothed milk & a flavoured syrup - Gingerbread/Vanilla/Caramel/Hazelnut/Pumpkin spice)	33	
Chai latte chai spiced latte	30	
Iced coffee - double shot espresso, ice & a splash of condensed milk		32
Belgian hot chocolate on a stick	34	
Powder hot chocolate	28	
Tea - Assorted	16	
Fresh tea - ginger, lemon, mint, honey & cinnamon	26	

Double me up!

Cream with that? Add R6



shakes 35

- Chai
- Caramel
- Frozen hot chocolate - dark or white
- Marshmallow & butterscotch
- Spiced apple pie

COLD DRINKS

Tizer	24
Soda - 200ml	16
Soda - 330ml	19
Frankies	30
Snapple	36
Fruit juice	24
Bos ice tea	25
Bottled Water	16
Rock Shandy	32
Steelworks	34
Cordial	6



-- TRY OUR --
 freshly baked
CAKES
 muffins &
 treats



BEERS & CIDERS

CRAFT ON TAP

Darling Slow Lager

40

CRAFT BEERS *(ask your waiter)*

Darling

50

Citizen

46

Fiery Dragon Ginger Beer

44

Stellenbrau

46

Jack Black lumberjack

48

Jack Black lager

25

Growler

42



LOCAL BEER

Castle, Castle Light, Hansa, Black Label

20

INTERNATIONAL BEERS

Heineken, Windhoek Draught, Windhoek lager, Peroni, Amstel

22

CIDER

22

Savanna, Savanna Lite, Hunters Gold, Hunters Dry

SOMETHING DIFFERENT?

Eish Tea

38

WINES

corkage 65

SPARKLING

Simonsig Brut Rosé

240

A delightful bright salmon pink colour is embroidered with delicate slow rising bubbles. The enchanting mousse unveils luscious strawberries & fresh red berry flavours with a zesty citrus surprise.

ROSÉ

Protea Rosé The appeal of the blush pink hue extends to the gentle berry/cherry bright fruitiness on the nose.

120

WHITE

Diemersdal Sauvignon Blanc

135

Vibrant and classic styled wine, with a complex nose presenting an array of tropical fruit, ripe figs & gooseberries.

De Wetshoff Finesse Chardonnay

190

Refreshing and strong citrus flavours, with pronounced nuttiness which leads through to a clean finish of zest.

Mulderbosh Steen op Hout Chenin

125

From the Cape's signature variety, this wine possesses great natural acidity & a succulence on the palette.

Meinert La Barry

125

Delicate floral fruit notes & an underlying refreshing grassy tone embody this blend.

Donkiesbaai Steen

320

With grapes nourished by natural rainfall & berg winds of the Cape, this blend is a treat for the palate with it's intense & lingering flavours.

WHITE CONTINUED

Buitenwerwaching Buitenblanc

This full bodied Sauvignon Blanc based blend offers a variation of fruit characters including ripe gooseberry, green peppers, green melon & hints of tropical fruit.

115
glass 38

Fairview La Capra

Bright light colour in the glass, summer melon & blossom are present on the nose. The palate is well balanced with good texture, the citrus flavours linger on.

glass 25

Cape of Good Hope Caroline

With notes of tangerine & oak presenting initially, this blend leads into a wonderfully evolved palate of poised fruit, balanced acid and oatmeal textures.

320

Cape of Good Hope Altima Sauvignon Blanc

A full bodied flavour of gentle tangy lime, grapefruit succulents & restrained fig leaves. This wine is simple at first but develops into a long lingering tail.

320

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**TRY OUR
fantastic
wine selection**
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RED

Gaurdian Peak Shiraz

With beautiful dark fruit notes of mulberry & blackcurrent following through into a superb mocha well-rounded tannis.

135
glass 45

Tokara Cabernet Sauvignon

The nose has aromas of dark cherries, cassia & ripe plums. There are high tone notes of fresh red berries, nettles & mint. There is an underlying smokiness on the nose.

190

Rijks Touch of Oak Pinotage

With an intense nose of mulberry & black fruits with underlying aromas of vanilla spice & cherry, these fruity aroma carry through into a complex medium bodied palate.

190

Cederburg Merlot/Shiraz

With sweet plum & blackcurrant from the Merlot, pairing perfectly with the cherries & spice from the Shiraz, this blend is smooth with flavours that linger on the palate.

155

Meinert Merlot

In the classic Merlot style, this wine brings forth flavours of dried herbs & ripe red berries. This wine upholds a smooth and elegant finish.

220

Stellenbosch Reserve Kweekschool Merlot

The dark berries & tobacco follow through from the nose into a subtle hazelnut flavour. With a complex mouthfeel, this wine is elegant yet powerful with a lingering finish.

200

Anthonij Rupert Optima

Alluring spicy aromas, layered with dark berries, plum, blackcurrant leaf & cracked black pepper. Harmoniously supported by sympathetic oak. This wine is rich, plush & nuanced with an aftertaste that lingers.

340

Enjoy!



Recommend us on Trip Advisor!