

Breakfast

(All breakfasts are served with a choice of white, brown or low G.I. health bread*. Eggs can be fried or scrambled)

Eggs Benedict ~ Two poached eggs with crispy bacon served on English muffins topped with Hollandaise sauce	82
Mini Breakfast ~ One fried egg, bacon, grilled tomato and toast	42
Garden Breakfast ~ Two fried eggs, bacon, mini pork sausage, grilled tomato and toast	53
Farmhouse ~ Two fried eggs, bacon, mini pork sausage, grilled tomato, mushrooms, chips & toast	62
Vegetarian (V) ~ Two fried eggs, mushrooms, grilled tomato, chips, avo, grilled halloumi & toast	62
Scrambled Eggs & Bacon ~ On toast	59
Scrambled Eggs On Toast ~ Topped with smoked salmon and cream cheese	82
Omelettes (served with toast) ~ Choice of 3 fillings: cheddar, bacon, mushroom or cherry tomatoes	75
Omelette (served with toast) ~ Smoked salmon and cream cheese	84
Rye Toast ~ Topped with 2 poached eggs, crispy bacon, avo & rocket	72
French Toast ~ with crispy bacon & syrup	62
Health Bowl (V) ~ Fresh seasonal fruit (- add Muesli: Extra R16, add Yoghurt: Extra R16)	36
Fresh Paw Paw (V) ~ Topped with Greek yoghurt, honey and toasted almonds	72
Low G.I Toast ~ With Anchovy & sliced tomato	36
Low G.I Toast (V) ~ Sliced avocado with rocket & lemon	44

Toasted Sandwiches

(Choice of white, brown or rye bread - Served with a few fries) (V)

Cheddar & Tomato (V)	52
Cheddar & Mushroom (V)	55
Bacon & Egg	56
Bacon & Banana	54
Chicken Mayo	58
Chicken Mayo & Peri-peri	60
Beef Curry	69
Deboned Lamb Curry	89
Mitchell Park Special ~ Bacon, chicken mayo, cheese, lettuce and tomato on rye	74

Open Sandwiches

(Served on low G.I. health bread with a side salad)

Bacon & Avo	72
Camembert, Bacon, Onion Marmalade & Rocket	79
Cajun Chicken & Avo	82
Grilled Chicken ~ with avo, basil pesto, baby roasted tomato & rocket	82
Smoked Salmon, Avo & Cream Cheese	92
Mozzarella, Tomato, Basil Pesto, Avo & Rocket (V)	72

Wraps

(All served with a fresh side garden salad)

Grilled Chicken ~ with avo, basil pesto, roasted baby tomato & rocket	92
Smoked Salmon, Avo & Cream Cheese	92
Bacon, Avo & Feta	88
Lamb, Tsatsiki, Avo & Mint	92
Halloumi cheese, Hummus & Rocket with toasted pine nuts (V)	76

Tramezzini

(Pita bread & mozzarella cheese)

Vegetarian (V) - Olives, feta, spinach & mushrooms	76
Bacon, Avo, Spinach & Feta	76
Cajun chicken & Avo	79
Chicken Mayo & Peri-Peri	79
Beef Curry with chutney & sambals	92
Deboned Lamb Curry with chutney & sambals	98

Burgers

(All served with fries)

Beef Burgers	
Traditional	72
Cheese	89
Bacon & Egg	99
Gourmet: Cheese, Bacon Avo & Rocket	115
Chicken Burgers	
Grilled/crumbed chicken fillet	78
Camembert, avo, onion marmalade & rocket	88
Steak Sarmie	
150g fillet with pesto, garlic mayo & fries	82

Light Meals

Quiche of the Day ~ Served with a side Greek salad	78
Chicken Fingers ~ Crumbed chicken strips with a BBQ dipping sauce & fries	72
Fish and Chips ~ Our famous grilled hake with a fresh lemon sauce	95
Pie of the Day ~ with gravy and fries	89

Salads

(Our salads have a base of mixed lettuce, cucumber, red onion and cherry tomato)

Smoked Salmon ~ with capers, cream cheese and avo	96
Cajun Chicken and Avo ~ Spicy blackened chicken with avo topped with a mango-lime chilli dressing	88
Prawn and Avo ~ Topped with prawn tails & a creamy balsamic dressing	92
Chef's Salad ~ Topped with cheddar cheese, bacon bits, boiled egg & a Caesar dressing	72
Roast Butternut & Feta (V) ~ Topped with pumpkin seeds, coriander & a balsamic vinaigrette (Add grilled chicken: Extra R24)	84

Café Starters

Deep Fried Camembert (V) ~ Served with cranberry sauce	74
Chicken Livers ~ Sautéed in a light peri-peri and coriander sauce, served with garlic crostini	66
Grilled Calamari	79
Deep fried Calamari	79
Spinach and Feta Crêpe (V) ~ With a fresh tomato and basil sauce	72
Creamy Chicken Peri-Peri Crêpe ~ With coriander & salsa	78

Specialties

Chicken Dijon ~ Chicken breast medallions sautéed in garlic & mushrooms in a creamy Dijon mustard sauce	115
Fresh Grilled Linefish	SQ
Grilled Calamari	170
Deep Fried Calamari	170
Blue Zoo Fillet ~ 250g medallion in a white wine, prawn, mushroom & cream sauce	165
Lamb Shank ~ "The best" roasted in a port wine sauce	170
Duck a l'Orange ~ Half a crispy duck, charred & filleted, in a sherry-brandy & orange sauce	180

Pastas

Penne Arrabiata (V)	72
Penne Alfredo	78
Penne Pesto (V) ~ With roasted baby tomatoes	82
- Add Chicken	24
- Add Bacon	24
- Add Prawns	28

Famous Curries

(Prepared with authentic herbs and spices served with rice and sambals)

Chicken	105
Chicken and Prawn	125
Lamb (Deboned)	125
Beef	112
Vegetable (V)	98

Sweet Treats

Scones Home baked, with strawberry jam and cream	28
Fruit Salad & Ice Cream	52
Ice cream & Bar-One Sauce	48
Chocolate Brownie with Vanilla Ice Cream	42
Cake of the Day ~ Ask your waitron for today's fresh selection	52
Waffles ~ Syrup with cream or ice cream	46
Waffles ~ Grilled banana and ice cream	48

Kids Stuff

Breakfast

Eggs on Toast ~ Fried or scrambled	34
French Toast with Bacon & Syrup	42
Mini Breakfast ~ Egg, bacon, grilled tomato & toast	42
Fruit Salad, Yoghurt & Honey	38

Toasted Treats

Cheese	42
Bacon & Cheese	42
Chicken Mayo	42
Plate of Fries	24

Meals

Beef Burger & Chips	52
Chicken Fingers & Chips	52
Fish Fingers & Chips	52
Mini Pork Sausage & Chips	42
Alfredo Pasta - with Chicken OR Bacon	48

Pudding

Ice Cream & Bar-One Sauce	34
Waffle and Ice Cream	36
Soda Float	30

Drinks

Cream Soda, Fanta, Sprite	22
Milkshakes - Vanilla, Lime, Strawberry, Chocolate or Bubblegum	26
Oreo Milkshake	30
Bar-One Milkshake	30

Fruit fruit juice	22
Slush Puppie	28

Beverages

Filter Coffee	22
Americano	25
De-caf Coffee	24
Cappuccino	26
Espresso	22
Café-latte	28
Tea (5 Roses)	20
Tea (Rooibos)	22
Red Cappuccino	30
Tea (Earl Grey)	24
Milo	28
Hot Chocolate	28
White Hot Chocolate	28
Chai Latte	30
Chococcino	30
Cold Drinks	
Iced Tea	26
Coke, Fanta, Cream Soda, Sprite	22
Appletiser	26
Red Grapetiser	26
Fresh Juices	28
Still Bottled Water	22
Sparkling Bottled Water	22
Milkshakes	
Chocolate, Strawberry, Vanilla, Lime	32
Bar-One Double Thick	39
Double Espresso, Double thick	39
Fruit Whip	38
Mixed Berry Smoothie (Dairy Free)	40
Mango Crush	40
Coffee Freezo	40