





BREAKFAST (served until 11:30)

 V • Health breakfast Bowl with plain yogurt, fruit salad, muesli topped with quince preserve
 R115

Poached eggs on sourdough with smashed avocado and baby spinach
 Add Salmon
 Add Bacon

Old Harbour breakfast with two eggs, bacon, freshly sliced tomato, boerewors, chips, mushrooms and toast
 R165

French toast bun with grilled banana,
 crispy bacon and syrup
 Add cream cheese
 R30

 Sardines on toasted ciabatta with pickled red onion, fresh tomato and basil

R125

• Eggs benedict
2 poached eggs with hollandaise sauce on

toasted ciabatta

• Salmon Trout

• Creamy Chicken livers

R165

 Croissant Benedict filled with soft scramble eggs and ham, topped with hollandaise brûlée
 R165











V ● Blueberry detox smoothie	R115
v • Strawberry, yoghurt & mint smoothie	R95
v • "Heavy metal" green smoothie	R9.5











Milkshakes **R65** Chocolate, Strawberry, Vanilla, Lime, Iced Coffee Banana, Bubblegum





R85

SOMETHING SWEET

Vanilla pod crème brûlée

• Pancake with milktart filling, served with ice cream	R85
Our famous Burgundy scone with whipped cream	R75
and preserves	
 Health bran muffin with preserves and 	
grated cheddar	R75
Plain croissant with cheese and preserves	R85

CAKES All our cakes are freshly baked on the premises Carrot cake with cream cheese icing **R75** • Chocolate ganache cake **R70** • Baked New York style cheese cake **R75** • Lemon meringue **R75** Pecan caramel tart **R70** Apple tart with almonds R55/R75 • Cape date pudding with salted caramel **R95**





SOFT DRINKS

 Juice: Ask your waiter 	R32	
 Dry Lemon, Ginger ale, 		
Lemonade, Tonic Water,		
Soda Water, Pink tonic	R27	(200ml)
Tomato Cocktail	R38	(300ml)
• Red Bull	R40	
• Soft Drinks	R34	(300ml)
 Ice tea (lemon or peach) 	R38	(300ml)
 Red Grapetiser, Appletiser 	R42	(300ml)
Cordials	R10	
 Sparkling or Still water 	R28	(500ml)
Sparkling or Still water	R45	(1lt)





BEVERAGES

•	Cortado	R38	
•	Filter Coffee	R28	Large R35
•	Cappuccino	R40	Large R45
•	Café Latte, Red Cappuccino	R42	
•	Espresso Decaf espresso	R24	
•	Double Espresso	R28	
•	Chococino	R44	
•	Americano	R30	Large R36
•	Hot Chocolate, Milo	R42	
•	Rooibos tea, Five Roses	R25	
•	English Breakfast tea, Earl Grey	R28	
•	Camomile, Green tea	R28	