FRED KIDDIES' MENU

Kids 12 years and younger

MAC & CHEESE	V	R40
CHEESE TOASTIE & CHIPS	V	R45
FRANK-DOG & CHIPS		R55
MARGHERITA PIZZA		R65
CHICKEN STRIPS & CHIPS	V	R68
BEEF/CHICKEN BURGER		R69

DOUBLE THICK SHAKES Strawberry/bubble-gum/chocolate/lime

Small	R23
Large	R38
FRED Shake	R50

R50

R55

R55

R60

CRANBERRY

DESSERTS

ICE-CREAM & CHOCOLATE SAUCE
CAKE OF THE DAY
CHOCOLATE BROWNIE Served with a scoop of ice-cream
MALVA PUDDING Served with custard
Extra:

EXILO:	
Chocolate sauce	
Scoop of ice cream	



a deluxe poolside spa birthday.

ASK YOUR WAITRON FOR DEETS.

ESPRESSO AMERICANO CAFFE MACCHIATO CAFFE MACCHIATO CAPPUCCINO CAFE LATTE MOCHACCINO MILO HOT CHOCOLATE	BARISTA BAR	
CAFFE MACCHIATO CAPPUCCINO CAFE LATTE MOCHACCINO MILO	ESPRESSO	
CAPPUCCINO CAFE LATTE MOCHACCINO MILO	AMERICANO	
CAFE LATTE MOCHACCINO MILO	CAFFE MACCHIATO	
MOCHACCINO MILO	CAPPUCCINO	
MILO	CAFE LATTE	
	MOCHACCINO	
HOT CHOCOLATE	MILO	
	HOT CHOCOLATE	

R22

R25

R28

R35

R35

R35

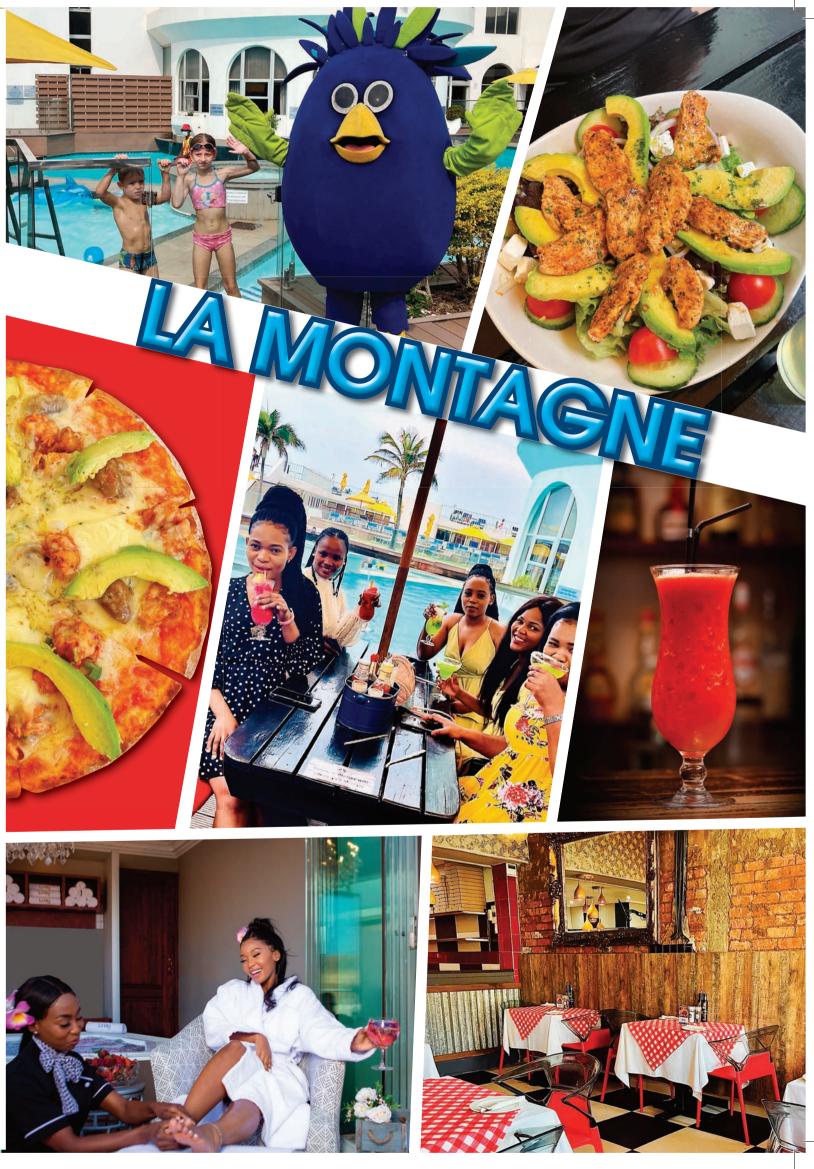
R35

R38

R30

	TEA	
	FIVE ROSES	R17
	ROOIBOS	R20
I	HERBAL TEAS	R20
	FRUIT JUICE	
	ORANGE / FRUIT COCKTAIL	R25







BREAKFAST

SCRAMBLED EGGS ON TOAST V R35 2 creamy scrambled eggs served on two slices of white OR brown toast

FRENCH TOAST AND BACON R60 2 Slices of white OR brown bread dipped in egg and toasted until golden brown and served with 2 rashers of bacon

MUESLI HEALTH JAR R65 A layered jar of Muesli, Plain Yoghurt and fruit salad drizzled in honey

TOASTIES

Served with French fries OR side salad, on your choice of white OR brown bread

CHEESE V R46 CHEESE & TOMATO V R50 **BACON & BANANA** R55 R56 **CHICKEN & MAYO** R58 CHEESE & MUSHROOM V **CHEESE & HAM** R58 **BACON, EGG & CHEESE** R65 **CLUB SANDWICH P**95 3 layered sandwich filled with grilled chicken breast, bacon, egg, lettuce,

WRAPS

VEG WRAP **R70** Mediterranean veggies & Cream cheese

tomato, gherkin, tartar sauce

SWEET CHILLI CHICKEN SALAD WRAP R102

CHICKEN, AVO, BACON, **MUSHROOM & CHEESE WRAP** R118

SALADS

GREEK - STYLE SALAD R69 Fresh salad greens topped with rosa

tomatoes, onion, cucumber, black olives & feta

CHICKEN & BACON CEASAR SALAD R85 Crisp Cos lettuce topped with grilled chicken pieces, cripsy bacon bits, hard boiled egg, parmesan & anchovies

CAJUN CHICKEN SALAD **R98** Grilled Cajun chicken strips on a bed of fresh salad greens, cucumber, onions, tomato & Feta

THE EARLY RISER R68 2 eggs, bacon, grilled tomato & a slice of white OR brown toast

SURFER BREAKFAST R72 1 egg, bacon, grilled tomato, sauteed mushroom and baked beans served with 1 slice of white OR brown toast

MINCE ON TOAST R75 2 slices of white OR brown toast topped with a Bolognaise sauce and fried eggs

PINEAPPLE & MUSHROOM BURGER

CHEESE AND BACON BURGER

BACON, AVO & CHEESE BURGER

BURGERS

THE BASIC BURGER

CHEESE BURGER

breast

FRENCH OMELETTE TRIO

All Burgers come on a toasted seeded bun with lettuce, tomato, onion, gherkins &

French Fries. Choose between 150g Beef Pattie, veg pattie V[®]OR grilled chicken

Double grilled beef patty OR chicken breast topped with cheese, bacon,

3 egg/egg white omelette packed with bacon bits, mushrooms & cheddar cheese, served with a slice of white OR brown toast

POU

R98

R75

R82

R92

R96

R50

R74

R75

R80

R122

R135

R20

R20

R20

R22

R24

R28

R30

R30

FULL ENGLISH BREAKFAST

2 eggs, bacon, grilled tomato, baked beans, 1 breakfast sausage, French fries & 1 slice of white OR brown toast

BIG DADDY SHISA NYAMA

STEAKS

300g	RUMP	STEAK
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300g BEST END LAMB CHOPS

300g FILLET STEAK

MASH

KASHMIRI CURRIES & BUNNIE

- VEGETABLE (250g)
- CHICKEN (300g)
- BEEF (300a)
- MUTTON (300g)
- R35

R45

FROM THE GRILL

JUNIOR T-BONE, EGG & FRENCH FRIES

CHEF'S SIGNATURE WOODFIRE HALF CHICKEN & FRENCH FRIES

RIB & WING COMBO WITH FRENCH FRIES
300g pork Rib & 4 BBQ grilled chicken w

500G PORK RIBS & FRENCH FRIES

MEGA SHISA NYAMA

R120 R160

300g SIRLOIN STEAK

SAUCES:

Jalapeño & cheese / mushroom / pepper / cheese / monke

R82 SIDES R89 **R98**

R100

FRENCH FRIES (FULL PORTION)

6470 / 21 - 9 - 2022

BATTERED ONION RINGS V FRANKFURTER (Pork) CHEESE & CORN SAMOOSA (5)

mushroom sauce and 3 large, battered onion rings

V

BEEF SAMOOSAS (5) V CRUMBED MUSHROOMS (6) **CRUMBED CHICKEN STRIPS (5) BREADED CALAMARI RINGS (8) SPICY CHICKEN WINGS (4)**

EXTRAS

PORK RIBS (300g)

These extras are applicable to the whole menu

Garlic	R5	Mushrooms
Chilli	R5	Breakfast Sausage
Jalapeños	R10	Feta
Baked Beans	R10	Mozzarella
Pineapple	R10	French Fries
Egg	R12	Battered Onion Rings
Cheddar	R15	Avo
Toast & Butter	R16	BBQ/Cajun Chicken pieces
Olives	R18	Extra Veg
Bacon	R20	Patty: Chicken/Beef/Veg

BASKETS All baskets are served with French fries & a dipping sauce

BASKET OF CHIPS

THE BIG BOY BURGER

RIB & WING COMBO WITH FRENCH FRIES 300g pork Rib & 4 BBQ grilled chicken wingsR200Your co300g pork Rib & 4 BBQ grilled chicken wingsNAPOI ARRAE AGUONAPOI ARRAE AGUO300g pork ribs & 8 crumbed calamari rings served with Tartar sauceR210NAPOI ARRAE AGUO500G PORK RIBS & FRENCH FRIES S00G PORK RIBS & FRENCH FRIESR225BUTTER CHICK BUTTER CHICK BOLOC500G PORK RIBS & FRENCH FRIES S chicken wings & French fries OR Pap & ShebaR275CHICK CHICK BOLOCBIG DADDY SHISA NYAMA S00g Pork Ribs, Half Woodfire Chicken, 450g Boerewors, 2 Junior T-bones, pap & Sheba, & French friesR595FOCAM Thia co Add M300g RUMP STEAK Salog SIRLOIN STEAKR175 SIDG SIRLOIN STEAKMARG Fresh friesR215 R300g BEST END LAMB CHOPSR175 R195300g FILLET STEAK SAUCES: Jalapeño & cheese / mushroom / pepper / cheese / monkey gland / creamy lemon butter / peri-peri / blue cheese & chilliREGIN HawA Ham & SPICY Spicy of Spicy of SPICY Spicy of SPICY Spicy of SPICY Spicy of SDID E S MASHR25CHICK Cream CHICK BBQ ci PeppeSID E S MASHR25CHICK CreamCHICK BBQ ci PeppeSID E SALADR38NONN Bacon	
JUNIOR T-BONE, EGG & FRENCH FRIES R1 10 CHEF'S SIGNATURE WOODFIRE HALF CHICKEN & FRENCH FRIES R138 Lemon buttler OR Peri-Peri R138 JUNIOR SHISA NYAMA R170 IS0g brikket, 150g Boerewors & French fries OR Pap & Sheba R170 R18 & WING COMBO WITH FRENCH FRIES R200 300g pork Rib & 4 BBQ grilled chicken wings R120 R18 & CALAMARI COMBO WITH FRENCH FRIES R210 300g pork Ribs & FRENCH FRIES R225 MEGA SHISA NYAMA R275 S00G PORK RIBS & FRENCH FRIES R225 MEGA SHISA NYAMA R275 S00G PORK RIBS & FRENCH FRIES R225 MEGA SHISA NYAMA R275 S00G PORK RIBS & FRENCH FRIES R225 MEGA SHISA NYAMA R275 S00g pork Ribs, Hoff Woodfire Chicken, 450g Boerewors, 2 Junior T-bones, pap & Sheba, & French fries R175 Solog Pork Ribs, Hoff Woodfire Chicken, 450g Boerewors, 2 Junior T-bones, pap & Sheba, & French fries MARCHERITA Solog pork Ribs, Hoff Woodfire Chicken, 450g Boerewors, 2 Junior T-bones, pap & Sheba, & French fries R157 Solog pork Ribs, Hoff Woodfire Chicken AFF R157 Solog pork Ribs, Mark R157 Solog	
CHEF'S SIGNATURE WOODFIRE HALF CHICKEN & RTRNCH FRIES R138 RERENCH FRIES R138 Lemon butter OR Peri-Peri R170 IS0g binket, 150g Boerewors & French fries OR Pap & Sheba R170 RB & WING COMBO WITH FRENCH FRIES R200 S00g pork Rib & 4 BBG grilled chicken wings R120 RB & CALAMARI COMBO WITH FRENCH FRIES R210 S00g pork Rib & & Bernch fries OR Pap & Sheba R210 S00g pork Rib & & BERCH FRIES R225 MEGA SHISA NYAMA R275 S00g pork Ribs & B Crumbed calamari rings served with fardar sauce R275 S00g Pork Ribs & FRENCH FRIES R225 MEGA SHISA NYAMA R275 S00g Pork Ribs, Haff Woodfire Chicken, 450g Boerewors, 2 Junior T-bones, pap & Sheba, & French fries R275 S00g Pork Ribs, Haff Woodfire Chicken, 450g Boerewors, 2 Junior T-bones, pap & Sheba, & French fries MARGHERITA / Fresh tomato & M S00g Silcolin STEAK R175 S00g Silcolin STEAK R175 S00g Silcolin STEAK R155 SAUCES: R35 SAUCES: R35 SID E S MASH CREAMED SPINACH & BUTTERNUT R30 REGINA	
50g brisket, 150g Boerewors & French fries OR Pap & Sheba PASTA 18 & WING COMBO WITH FRENCH FRIES R200 00g pork Rib & 4 BBQ grilled chicken wings R210 18 & CALAMARI COMBO WITH FRENCH FRIES R210 19 & CALAMARI COMBO WITH FRENCH FRIES R210 19 & CALAMARI COMBO WITH FRENCH FRIES R210 10 Og pork Ribs & B crumbed calamari rings served with artar sauce AGLIO E OLIO 10 Og PORK Ribs & FRENCH FRIES R225 10 Og PORK Ribs NYAMA R275 10 Og PORK Ribs, Holf Woodfire Chicken, 450g Boerewors, Junior T-bones, pap & Sheba, & French fries R595 10 Og RUMP STEAK R175 10 Og RUMP STEAK R175 10 Og SIRLOIN STEAK R175 10 Og SIRLOIN STEAK R175 10 Og FILLET STEAK R175 AUCES: R35 10 DE S CHICKEN MAYO 10 DE S CHICKEN MAYO 10 DE S CHICKEN MAYO 11 D E S CHICKEN MAYO 12 D E S CHICKEN MAYO </td <td>RE WOODFIRE HALF CHICKEN & R138</td>	RE WOODFIRE HALF CHICKEN & R138
RIB & WING COMBO WITH FRENCH FRIES R200 Your choice of Penn 300g pork Rib & 4 BBQ grilled chicken wings R10 NAPOLITANA ARRABIATA 818 & CALAMARI COMBO WITH FRENCH FRIES R210 NAPOLITANA ARRABIATA 300g pork ribs & 8 crumbed calamari rings served with R210 NAPOLITANA AGLIO E OLIO ARRABIATA 500G PORK RIBS & FRENCH FRIES R225 BUTTERNUT AND FETA CHICKEN & PRAWN 150g junior T-bones, pap & Sheba, & French fries R255 BEF LASAGNE P1ZZA STEEAKS Served with French fries Solog park Ribs, Haif Woodfire Chicken, 450g Boerewors, 2 Junior T-bones, pap & Sheba, & French fries R155 SOUG gork Ribs, Haif Woodfire Chicken, 450g Boerewors, 2 Junior T-bones, pap & Sheba, & French fries R157 Soug siteloin steak R175 300g RUMP STEAK R175 300g BILET STEAK R175 SAUCES: R35 Jalapeño & cheese / mushroom / pepper / cheese / monkey Spicy chicken piece Grink Hers (FULL PORTION) R30 SID E S CHICKEN MAYO CREAMED SPINACH & BUTTERNUT R30 Side SALAD R38	
RIB & CALAMARI COMBO WITH FRENCH FRIES R210 ARRABIATA 300g pork ribs & 8 crumbed calamari rings served with AGLIO E OLIO AGLIO E OLIO 500G PORK RIBS & FRENCH FRIES R225 BUTTERNUT AND FETA 150g junior T-bone, 150g boerewors, 300g pork ribs, CHICKEN & PRAWN CHICKEN ALFREDO 500g Pork Ribs, Half Woodfire Chicken, 450g Boerewors, R595 BEEF LASAGNE 900g Pork Ribs, Half Woodfire Chicken, 450g Boerewors, R595 P I Z Z A Served with French fries Served with parmesc 900g BST END LAMB CHOPS R175 MARGHERITA V 300g BST END LAMB CHOPS R195 300g FILLET STEAK R175 SAUCES: Jalapeño & cheese / mushroom / pepper / cheese / monkey gland / creamy lemon butter / peri-peri / blue cheese & chilli REGINA Ham & mushroom SPICY CHICKEN Sploy chicken pieces Sploy chicken pieces SI D E S CHICKEN MAYO MASH R25 CREAMED SPINACH & BUTTERNUT R30 Sidb E SALAD R38	ABO WITH FRENCH FRIES R200 Your choice of Penn
500G PORK RIBS & FRENCH FRIES R225 MEGA SHISA NYAMA R275 150g junior T-bone, 150g boerewors, 300g pork ribs, 3 chicken wings & French fries OR Pap & Sheba R275 BIG DADDY SHISA NYAMA R595 BIG DADDY SHISA NYAMA R595 SOUG POrk Ribs, Half Woodfire Chicken, 450g Boerewors, 2 Junior T-bones, pap & Sheba, & French fries R595 ST E A K S Served with French fries Song RUMP STEAK R175 300g BEST END LAMB CHOPS R175 300g FILLET STEAK R175 300g FILLET STEAK R175 Jalapeño & cheese / mushroom / pepper / cheese / monkey gland / creamy lemon butter / peri-peri / blue cheese & chilli R166 NAYO Creamy chicken pieces SI D E S MASH R25 CREAMED SPINACH & BUTTERNUT R30 SI D E S CHICKEN MAYO Creamy chicken pieces MASH R25 CREAMED SPINACH & BUTTERNUT R30 SI D E S CHICKEN SUPREME BBQ chicken pieces, peppers, feta & drizzl SI D E S MASH CREAMED SPINACH & BUTTERNUT R30 SIDE SALAD R38 NONNA'S PIZZA Bacon bits, feta & Av	I COMBO WITH FRENCH FRIES 8 crumbed calamari rings served withR210NAPOLITANA ARRABIATAV*
MEGA SHISA NYAMA R275 150g junior T-bone, 150g boerewors, 300g pork ribs, CHICKEN ALFREDO 3 chicken wings & French fries OR Pap & Sheba BIG DADDY SHISA NYAMA S00g Pork Ribs, Half Woodfire Chicken, 450g Boerewors, R595 2 Junior T-bones, pap & Sheba, & French fries R595 ST E A K S Served with parmesca Served with French fries PIZZA 300g RUMP STEAK R175 300g BEST END LAMB CHOPS R195 300g BEST END LAMB CHOPS R195 300g RLLET STEAK R175 300g GILLET STEAK R175 300g BEST END LAMB CHOPS R195 Jalapeño & cheese / mushroom / pepper / cheese / monkey R251 GILD E S CHICKEN MAYO MASH R25 CREAMED SPINACH & BUTTERNUT R30 FRENCH FRIES (FULL PORTION) R30 SID E SLAD R38 NONNA'S PIZZA Bacon bits, feta & Arweitza	
BIG DADDY SHISA NYAMA R595 500g Pork Ribs, Half Woodfire Chicken, 450g Boerewors, P I Z Z A Served with parmesar Served with parmesar STEAKS FocAccia ✓ Served with French fries FocAccia ✓ 300g RUMP STEAK R175 300g SIRLOIN STEAK R175 300g BEST END LAMB CHOPS R195 300g FILLET STEAK R215 SAUCES: R35 Jalapeño & cheese / mushroom / pepper / cheese / monkey R16INA Ham & mushroom Spicy chicken pieces, SI D E S R25 MASH R25 CREAMED SPINACH & BUTTERNUT R30 FRENCH FRIES (FULL PORTION) R30 Si D E SALAD R38	AMAR275CHICKEN ALFREDOne, 150g boerewors, 300g pork ribs, & French fries OR Pap & ShebaBOLOGNAISE
STEAKS Served with parmesan, STEAKS FOCACCIA Served with French fries Fresh from the served with parmesan, 300g RUMP STEAK R175 300g SIRLOIN STEAK R175 300g BEST END LAMB CHOPS R195 300g FILLET STEAK R215 SAUCES: R35 Jalapeño & cheese / mushroom / pepper / cheese / monkey RUSTICANA SI D E S R25 MASH R25 CREAMED SPINACH & BUTTERNUT R30 FRENCH FRIES (FULL PORTION) R30 SI DE SALAD R38 NONNA'S PIZZA Bacon bits, feta & Avo	A NYAMA R595 Half Woodfire Chicken, 450g Boerewors,
STEAKS FOCACCIA ✓ Served with French fries Thin crispy base with gar 300g RUMP STEAK R175 300g SIRLOIN STEAK R175 300g BEST END LAMB CHOPS R195 300g FILLET STEAK R215 SAUCES: R35 Jalapeño & cheese / mushroom / pepper / cheese / monkey R35 Jalapeño & cheese / mushroom / pepper / cheese & chilli REGINA ST D E S R35 MASH R25 CREAMED SPINACH & BUTTERNUT R30 FRENCH FRIES (FULL PORTION) R30 Side SALAD R38	I IZZA
Served with French fries Inin crispy base with gar 300g RUMP STEAK R175 300g SIRLOIN STEAK R175 300g BEST END LAMB CHOPS R195 300g FILLET STEAK R215 SAUCES: R35 Jalapeño & cheese / mushroom / pepper / cheese / monkey Rusticana gland / creamy lemon butter / peri-peri / blue cheese & chilli REGINA Ham & mushroom SPICY CHICKEN Spicy chicken pieces, mi CHICKEN MAYO CREAMED SPINACH & BUTTERNUT R30 FRENCH FRIES (FULL PORTION) R30 SIDE SALAD R38	
300g RUMP STEAKR175MARGHERITA / Fresh tomato & Mozzarella300g SIRLOIN STEAKR175300g BEST END LAMB CHOPSR195300g FILLET STEAKR215SAUCES:R35Jalapeño & cheese / mushroom / pepper / cheese / monkey gland / creamy lemon butter / peri-peri / blue cheese & chilliREGINA Ham & mushroomSIDE SMASHR25CREAMED SPINACH & BUTTERNUTR30FRENCH FRIES (FULL PORTION)R30SIDE SALADR38MONNA'S PIZZA Bacon bits, feta & Avo	Thin crispy base with garlie Add Mozzarella
Story Nom OrbitsR170300g SIRLOIN STEAKR175300g SIRLOIN STEAKR175300g BEST END LAMB CHOPSR195300g FILLET STEAKR215SAUCES:R35Jalapeño & cheese / mushroom / pepper / cheese / monkeySpicy chicken pieces, cardJalapeño & cheese / mushroom / pepper / cheese / monkeyREGINAHam & mushroomSpicy chicken pieces, cardSIDESR25MASHR25CREAMED SPINACH & BUTTERNUTR30FRENCH FRIES (FULL PORTION)R30SIDE SALADR38NONNA'S PIZZA Bacon bits, feta & Avo	
300g BEST END LAMB CHOPSR195HAWAIIAN Ham & pineapple pieces300g FILLET STEAKR215SAUCES:R35Jalapeño & cheese / mushroom / pepper / cheese / monkey gland / creamy lemon butter / peri-peri / blue cheese & chilliREGINA Ham & mushroomSIDESSIDESMASHR25CREAMED SPINACH & BUTTERNUTR30FRENCH FRIES (FULL PORTION)R30SIDE SALADR38NONNA'S PIZZA Bacon bits, feta & Avo	Fresh tomato & Mozzarella
300g FILLET STEAKR215SAUCES:R35Jalapeño & cheese / mushroom / pepper / cheese / monkey gland / creamy lemon butter / peri-peri / blue cheese & chilliREGINA Ham & mushroomSIDESSPICY CHICKEN Spicy chicken pieces, mushMASHR25CREAMED SPINACH & BUTTERNUTR30FRENCH FRIES (FULL PORTION)R30SIDE SALADR38NONNA'S PIZZA Bacon bits, feta & Avo	AMP CHOPS BIOS HAWAIIAN
SAUCES:R35Jalapeño & cheese / mushroom / pepper / cheese / monkey gland / creamy lemon butter / peri-peri / blue cheese & chilliSpicy chicken pieces, cardSIDESSPICY CHICKEN Spicy chicken pieces, mushMASHR25CREAMED SPINACH & BUTTERNUTR30FRENCH FRIES (FULL PORTION)R30SIDE SALADR38NONNA'S PIZZA Bacon bits, feta & Avo	
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SIDESSpicy chicken pieces, mushrMASHR25CHICKEN MAYO Creamy chicken mayo, mushrCREAMED SPINACH & BUTTERNUTR30CHICKEN SUPREME BBQ chicken pieces, peppa peppers, feta & drizzled with SIDE SALADSIDE SALADR38NONNA'S PIZZA Bacon bits, feta & Avo	
MASHR25CHICKEN MAYO Creamy chicken mayo, mushCREAMED SPINACH & BUTTERNUTR30CHICKEN SUPREME BBQ chicken pieces, peppace peppers, feta & drizzled withFRENCH FRIES (FULL PORTION)R30R30SIDE SALADR38NONNA'S PIZZA Bacon bits, feta & Avo	SPICY CHICKEN Spicy chicken pieces, mushro
FRENCH FRIES (FULL PORTION)R30BBQ chicken pieces, peppad peppers, feta & drizzled with sSIDE SALADR38NONNA'S PIZZA Bacon bits, feta & Avo	
FRENCH FRIES (FULL PORTION) R30 peppers, feta & drizzled with s SIDE SALAD R38 NONNA'S PIZZA Bacon bits, feta & Avo Bacon bits, feta & Avo	
Bacon bits, feta & Avo	
Deboned pork rib, pine pieces 8	SPARE RIB, JALAPEÑO & PINEAPE Deboned pork rib, pine pieces (
KASHMIRI CURRIES & BUNNIES	RI CURRIES & BUNNIES
Served with sambals, fruit chutney & poppadumSEAFOODVEGETABLE (250g)R70Olives	Medley of mussels, shrimp, cal
CHICKEN (300g) R120 MONTINELLI'S SUPREME	P120
BEEF (300g)R160Bacon bits, spicy chicken piece	R160 Bacon bits, spicy chicken piece
MUTTON (300g) R175 mushrooms MEAT MANIA Ground beef, spicy chicken pie	R175 MEAT MANIA