

FRED KIDDIES' MENU

Kids 12 years and younger

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

DOUBLE THICK SHAKES

Strawberry/bubble-gum/chocolate/lime

Small	R23
Large	R38

FRED Shake	R50
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DESSERTS

ICE-CREAM & CHOCOLATE SAUCE	R50
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CAKE OF THE DAY	R55
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CHOCOLATE BROWNIE	R55
<small>Served with a scoop of ice-cream</small>	

MALVA PUDDING	R60
<small>Served with custard</small>	

Extra:	
<small>Chocolate sauce</small>	R8
<small>Scoop of ice cream</small>	R10

BARISTA BAR

ESPRESSO	R22
AMERICANO	R25
CAFFE MACCHIATO	R28
CAPPUCCINO	R35
CAFE LATTE	R35
MOCHACCINO	R35
MILO	R35
HOT CHOCOLATE	R38

TEA

FIVE ROSES	R17
ROOIBOS	R20
HERBAL TEAS	R20

FRUIT JUICE

ORANGE / FRUIT COCKTAIL	R25
CRANBERRY	R30



LA MONTAGNE



Perfect
SPA-TY

Treat your little one to a deluxe poolside spa birthday.

ASK YOUR WAITRON FOR DEETS.

Best Kiddies Party in town!

ASK YOUR WAITRON FOR DEETS.



BREAKFAST

SCRAMBLED EGGS ON TOAST ✓ 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

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 Bolognese sauce and fried eggs

FRENCH OMELETTE TRIO R90
3 egg/egg white omelette packed with bacon bits, mushrooms & cheddar cheese, served with a slice of white OR brown toast
FULL ENGLISH BREAKFAST R98
2 eggs, bacon, grilled tomato, baked beans, 1 breakfast sausage, French fries & 1 slice of white OR brown toast

TOASTIES

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

CHEESE ✓ R46
CHEESE & TOMATO ✓ R50
BACON & BANANA R55
CHICKEN & MAYO R56
CHEESE & MUSHROOM ✓ R58
CHEESE & HAM R58
BACON, EGG & CHEESE R65
CLUB SANDWICH R95
3 layered sandwich filled with grilled chicken breast, bacon, egg, lettuce, tomato, gherkin, tartar sauce

WRAPS

VEG WRAP ✓ R70
Mediterranean veggies & Cream cheese
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, crispy 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

BURGERS

All Burgers come on a toasted seeded bun with lettuce, tomato, onion, gherkins & French Fries. Choose between 150g Beef Pattie, veg pattie ✓ OR grilled chicken breast

THE BASIC BURGER R75
CHEESE BURGER R82
PINEAPPLE & MUSHROOM BURGER R92
CHEESE AND BACON BURGER R96
BACON, AVO & CHEESE BURGER R120
THE BIG BOY BURGER R160
Double grilled beef patty OR chicken breast topped with cheese, bacon, mushroom sauce and 3 large, battered onion rings

BASKETS

All baskets are served with French fries & a dipping sauce

BASKET OF CHIPS ✓ R50
BATTERED ONION RINGS ✓ R74
FRANKFURTER (Pork) R75
CHEESE & CORN SAMOOSA (5) ✓ R80
BEEF SAMOOSAS (5) R82
CRUMBED MUSHROOMS (6) ✓ R89
CRUMBED CHICKEN STRIPS (5) R98
BREADED CALAMARI RINGS (8) R100
SPICY CHICKEN WINGS (4) R122
PORK RIBS (300g) R135

EXTRAS

These extras are applicable to the whole menu

Garlic	R5	Mushrooms	R20
Chilli	R5	Breakfast Sausage	R20
Jalapeños	R10	Feta	R20
Baked Beans	R10	Mozzarella	R22
Pineapple	R10	French Fries	R24
Egg	R12	Battered Onion Rings	R28
Cheddar	R15	Avo	R30
Toast & Butter	R16	BBQ/Cajun Chicken pieces	R30
Olives	R18	Extra Veg	R35
Bacon	R20	Patty: Chicken/Beef/Veg	R45

FROM THE GRILL

JUNIOR T-BONE, EGG & FRENCH FRIES R110
CHEF'S SIGNATURE WOODFIRE HALF CHICKEN & FRENCH FRIES R138
Lemon butter OR Peri-Peri
JUNIOR SHISA NYAMA R170
150g brisket, 150g Boerewors & French fries OR Pap & Sheba
RIB & WING COMBO WITH FRENCH FRIES R200
300g pork Rib & 4 BBQ grilled chicken wings
RIB & CALAMARI COMBO WITH FRENCH FRIES R210
300g pork ribs & 8 crumbed calamari rings served with Tartar sauce
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
BIG DADDY SHISA NYAMA R595
500g Pork Ribs, Half Woodfire Chicken, 450g Boerewors, 2 Junior T-bones, pap & Sheba, & French fries

STEAKS

Served with French fries

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 gland / creamy lemon butter / peri-peri / blue cheese & chilli

SIDES

MASH R25
CREAMED SPINACH & BUTTERNUT R30
FRENCH FRIES (FULL PORTION) R30
SIDE SALAD R38

KASHMIRI CURRIES & BUNNIES

Served with sambals, fruit chutney & poppadum

VEGETABLE (250g) R70
CHICKEN (300g) R120
BEEF (300g) R160
MUTTON (300g) R175



PASTA

Your choice of Penne, Spaghetti, Linguine OR Gluten Free

NAPOLITANA ✓ R60
ARRABIATA ✓ R65
AGLIO E OLIO ✓ R68
BUTTERNUT AND FETA LASAGNE R90
CHICKEN & PRAWN R102
CHICKEN ALFREDO R115
BOLOGNAISE R130
BEEF LASAGNE R135

PIZZA

Served with parmesan, garlic & chilli

FOCACCIA ✓ R42
Thin crispy base with garlic oil & Origanum Add Mozzarella R20
MARGHERITA ✓ R75
Fresh tomato & Mozzarella
HAWAIIAN R89
Ham & pineapple pieces
RUSTICANA R95
Spicy chicken pieces, caramelized onions & jalapeños
REGINA R98
Ham & mushroom
SPICY CHICKEN R99
Spicy chicken pieces, mushroom & green peppers
CHICKEN MAYO R105
Creamy chicken mayo, mushrooms & green peppers
CHICKEN SUPREME R108
BBQ chicken pieces, peppadews, green peppers, feta & drizzled with sweet chilli sauce
NONNA'S PIZZA R115
Bacon bits, feta & Avo
SPARE RIB, JALAPEÑO & PINEAPPLE R130
Deboned pork rib, pine pieces & jalapeños
SEAFOOD R130
Medley of mussels, shrimp, calamari, fresh tomato & olives
MONTINELLI'S SUPREME R135
Bacon bits, spicy chicken pieces, chorizo, feta, olives & mushrooms
MEAT MANIA R145
Ground beef, spicy chicken pieces, bacon bits, mushroom, tomato & green peppers