

BREAKFAST

FULL ENGLISH BREAKFAST R78

2 eggs, bacon, grilled tomato, baked beans,

white OR brown toast

THE EARLY RISER R60

2 eggs, bacon, grilled tomato & a slice of white OR brown toast

SCRAMBLED EGGS ON TOAST R52

Creamy scrambled eggs served on two slices of white or brown toast & topped with cheddar cheese

FRENCH OMELETTE TRIO R89

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

TOASTIES

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

CHEESE & TOMATO R54

CHICKEN & MAYO R58

BACON, EGG & CHEESE R75

add a side salad R25

BUILD A BASKETS

All baskets are served with chunky fries & a dipping sauce

R35

CRUMBED CHICKEN STRIPS ADD R62

FRANKFURTER (Pork) ADD R30

CRUMBED MUSHROOMS ADD R36

PORK RIBS ADD R79

BURGERS

Served with French fries

BEEF R88

150g ground beef patty, lettuce, tomato, onion, pickles & cheddar cheese

CHICKEN R95

Tender chicken fillet, lettuce, tomato, onion, pickles & cheddar cheese

add a side salad R25

SALADS

GREEK STYLE SALAD R65

Fresh salad greens topped with Rosa tomatoes, onion, cucumber, black olives & Danish feta

CAJUN CHICKEN SALAD R70

Grilled Cajun chicken strips on a bed of fresh salad greens, cucumber, onions, tomato & Danish feta

CHEFS CHOICE

Served with French fries.

CHICKEN ALFREDO R88

Tender chicken pieces tossed in a rich creamy garlic sauce, served over al dente pasta

CHICKEN & PRAWN PASTA R110

Tender chicken pieces tossed in an authentic Napolitana sauce & served over al dente pasta & topped with 3 Queen prawns.

JUNIOR T-BONE, EGG & CHIPS R117

Junior T-bone served with a fried egg, French fries & cheese OR mushroom sauce

HAKE R135

Grilled OR battered served with a lemon garlic butter

SWEET TREATS

ICE-CREAM & CHOCOLATE SAUCE R45 (3 scoops)

CAKE OF THE DAY R55

SWEET TREAT OF THE DAY R55

FROM THE BARISTA BAR

Espresso	R18
Americano	R20
Cappuccino	R24
Caffè Latte	R24
Caffè Macchiato	R22
Mochaccino	R23
Filter Coffee	R20

MILKSHAKES

Chocolate, Vanilla, Strawberry, Bubblegum,
Lime

Large	R35
Kiddies	R20
Fred's Freaky Shake	R50

FRESH JUICE

Orange	R22
Guava	R22
Fruit Cocktail	R22
Mango	R22
Cranberry	R26

HOT DRINKS

Hot Chocolate/Milo	R30
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TEA

Chai	R25
Ceylon	R20
Assorted herbal teas	R20
Five Roses	R17
Rooibos	R20

COCKTAILS

Mojito Bacardí & lime served with a mint syrup, crushed ice & soda	R60
Cosmopolitan Vodka, triple sec & lime served with cranberry juice & ice	R60
Strawberry Daiquiri White rum, triple sec, lime, strawberry liqueur & grenadine served with crushed ice	R65
Long Island Ice Tea Vodka, gin, tequila, Bacardí, cane & lime topped with crushed ice & coke	R75
Margarita Tequila, triple sec & lime, shaken not stirred	R60
Piña Colada Blended coconut rum infused with piña colada mix	R65

A selection of additional alcoholic beverages are available on request.



Fred KIDDIES MENU

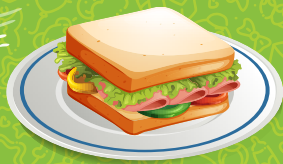
for kids under 12

I'm not hungry

Frank and Scrambled Egg R40

Kiddies Mini Farm Breakfast R45
1x egg, sausage, bacon, toast & fries

TASTY



Don't know what I want

Toasted Cheese R38

Toasted Chicken Mayo R42

Anything

Chicken Strips & Chips R48

Fish Bites & Chips R62

Ribs & Chips R65



Whatever

100g Beef or Crumbed Chicken R55
Burger with French Fries



Wherever

Margherita Pizza R45

Bacon & Cheese Pizza R50

Chicken & Pineapple R50

Spaghetti Bolognaise R55

Mac & Cheese R52



I'm still hungry

Ice Cream and Chocolate R22
Sauce

Fred's Freaky shake R55

Let's
-DRINK-





wine list

HOUSE WINE

	PER BOTTLE	PER GLASS
Bon Courage Like Father Like Son Merlot / Cabernet Sauvignon	R105	R35
Bon Courage Like Father Like Son Rosé (Semi-Sweet)	R105	R35
Bon Courage Like Father Like Son Chenin Blanc	R105	R35

WHITE WINE

Creation Whale Pod Sauvignon Blanc	R215
David Finlayson Sauvignon Blanc	R195
De Krans Wild Ferment Chardonnay	R175
Klauer Cellars Chenin Blanc	R120
Kleine Zalze Cellar Selection Chenin Blanc	R160

ORGANIC WINE

Reyneke Organic Shiraz / Cabernet Sauvignon	R199
Reyneke Organic Chenin Blanc	R199

RED WINE

Spier Signature Pinotage	R190
Klauer Cellars Pinotage	R120
Kleine Zalze Cellar Selection Cabernet Sauvignon	R200
Landskroon Cabernet Sauvignon	R208
Leeuwenkuil Shiraz	R160
David Finlayson The Berry Box Merlot	R215

ROSÉ WINE

Landskroon Blanc de Noir (Pinotage, Off-Dry)	R145
Robertson Winery Light Pinotage Rosé	R120

BUBBLY

Spier Secret Sparkling	R235
Bon Courage Blush Sparkling Vin Doux (Semi-sweet)	R199
Darling Cellars Blanc de Blanc Brut	R289
Darling Cellars Demi-Sec	R289

MANAGERS RESERVE

Ask your waitron

