

Breakfast




SCRAMBLED EGGS ON TOAST **R38**
3 Creamy scrambled eggs served on two slices of white OR brown toast

FRENCH TOAST & BACON **R65**
2 Slices of white OR brown bread dipped in egg and toasted until golden brown & served with 2 rashers of bacon

MUESLI HEALTH BOWL **R65**
A layered jar of muesli, plain yoghurt & fruit salad drizzled in honey

Toasties

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

CHEESE  **R46**
CHEESE & TOMATO  **R50**
CHICKEN & MAYO **R58**
CHEESE & HAM **R58**
BACON & EGG **R60**
CHEESE & MUSHROOM  **R65**
BACON, EGG & CHEESE **R70**
CLUB SANDWICH **R105**


3-layer Sandwich filled with chicken mayo, bacon, egg, lettuce, tomato, gherkin.

Wraps

served with French fries OR battered onion rings

SWEET CHILLI CHICKEN SALAD WRAP **R110**
GATSBY WRAP **R120**
Bolognaise mince, French fries, jalapeño & creamy cheese sauce
CHICKEN, AVO, BACON, MUSHROOM & CHEESE WRAP **R125**

Salads

GREEK - STYLE SALAD  **R75**
Fresh salad greens topped with rosa tomatoes, onion, cucumber, black olives & feta
CHICKEN & BACON CAESAR SALAD **R98**
Crisp cos lettuce topped with grilled chicken pieces, crispy bacon bits, hard-boiled egg, Parmesan & anchovies
CAJUN CHICKEN SALAD **R99**
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

MINCE ON TOAST **R75**
2 Slices of white OR brown toast topped with a bolognaise sauce and fried eggs

SURFER BREAKFAST **R78**
1 Egg, bacon, grilled tomato, sauteed mushroom & baked beans served with 1 slice of white OR brown toast

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 **R89**
CHEESE BURGER **R90**
PINEAPPLE & MUSHROOM BURGER **R105**
CHEESE & BACON BURGER **R105**
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
Add cheese slice **R10**

Baskets

All baskets are served with French fries OR battered onion rings & a dipping sauce
BASKET OF CHIPS  **R60**
BATTERED ONION RINGS  **R74**
FRANKFURTER (Pork) **R80**
SAMOOSA BASKET **R82**
4 Samosas (Curried fish / Beef mince / Peri-peri chicken & cheese / Potato / Jalapeño & cheese)
Additional samoosa
CRUMBED MUSHROOMS  **R105ea**
BREADED CALAMARI **R108**
CRUMBED CHICKEN STRIPS **R110**
SPICY CHICKEN WINGS **R125**
PORK RIBLETS (300g) **R165**

Extras

These extras are applicable to the whole menu

Garlic	R5	Feta	R20
Chilli	R5	Bacon	R22
Jalapeños	R10	Mozzarella	R22
Baked beans	R10	Mushrooms	R25
Pineapple	R10	French Fries	R25
Toast & butter	R10	Battered onion rings	R28
Egg	R12	Avo	R30
Cheddar	R15	BBQ/Cajun chicken pieces	R30
Olives	R18	Extra veg	R35
Breakfast Sausage	R20	Patty: Chicken/Beef/Veg	R35

From the grill

200G RUMP, EGG & FRENCH FRIES **R110**
CHEF'S SIGNATURE WOODFIRE-ROASTED HALF CHICKEN & FRENCH FRIES **R148**
Lemon butter OR peri-peri

JUNIOR SHISA NYAMA **R185**
200g Rump, 150g brisket, 150g boerewors & French fries OR pap & sheba

RIB & WING COMBO WITH FRENCH FRIES **R230**
300g Pork rib & 4 BBQ grilled chicken wings

RIB & CALAMARI COMBO WITH FRENCH FRIES **R235**
300g Pork ribs & 8 crumbed calamari rings served with tartare sauce

500G PORK RIBS & FRENCH FRIES **R249**
MEGA SHISA NYAMA **R275**
200g Rump, 150g boerewors, 300g pork ribs, 3 chicken wings & French fries OR pap & sheba

BIG DADDY SHISA NYAMA **R595**
500g Pork ribs, half woodfire-roasted chicken, 450g boerewors, 2x 200g Rump steaks, pap & sheba & French fries

Steaks

Served with French fries
300g RUMP STEAK **R175**
300g SIRLOIN STEAK **R175**
300g LAMB BRAAI CHOPS **R195**
250g FILLET STEAK **R220**
SAUCES: **R35**
jalapeño & cheese / mushroom / pepper / cheese / creamy lemon butter / peri-peri

Sides

BATTERED ONION RINGS **R22**
MASH **R25**
CREAMED SPINACH & BUTTERNUT **R30**
FRENCH FRIES (FULL PORTION) **R30**
SIDE SALAD **R38**

Kashmiri Curries Et Bunnies

Served with sambals, fruit chutney & poppadum
VEGETABLE (250g) **R75**
CHICKEN (300g) **R120**
BEEF (300g) **R160**
MUTTON (300g) **R175**



Pasta

Your choice of Penne, Spaghetti OR Linguine
Gluten-free; R15 EXCLUDING LASAGNE DISHES
Served with Parmesan, garlic & chilli

NAPOLITANA  **R60**
ARRABIATA  **R65**
AGLIO E OLIO  **R68**
BUTTERNUT & FETA LASAGNE **R90**
CHICKEN ALFREDO **R120**
BOLOGNAISE **R130**
CHICKEN & PRAWN **R138**
3 Queen prawns
BEEF LASAGNE **R140**

Pizza

Served with Parmesan, garlic & chilli
FOCACCIA  **R42**
Thin crispy base with garlic oil & origanum
Add mozzarella **R20**
MARGHERITA  **R85**
Fresh tomato & mozzarella
HAWAIIAN **R105**
Ham & pineapple pieces
REGINA **R115**
Ham & mushroom
RUSTICANA **R120**
Spicy chicken pieces, caramelised onions & jalapeños
SPICY CHICKEN **R120**
Spicy chicken pieces, mushroom & green peppers
CHICKEN SUPREME **R120**
BBQ chicken pieces, peppadews, green peppers, feta & drizzled with sweet chilli sauce
NONNA'S PIZZA **R122**
Bacon bits, feta & avo

CHICKEN MAYO **R128**
Creamy chicken mayo, mushrooms & green peppers
SPARE RIB, JALAPEÑO & PINEAPPLE **R130**
Deboned pork rib, pineapple pieces & jalapeños
MONTINELLI'S SUPREME **R149**
Bacon bits, spicy chicken pieces, chorizo, feta, olives & mushrooms
MEAT MANIA **R155**
Ground beef, spicy chicken pieces, bacon bits, mushroom, tomato & green peppers
SEAFOOD **R179**
Medley of mussels, shrimp, calamari, fresh tomato & olives

Fred Kiddies Menu

Kids 12 years and younger

MAC & CHEESE 	R42
CHEESE TOASTIE & CHIPS 	R45
FRANK-DOG & CHIPS	R55
MARGHERITA PIZZA	R65
CHICKEN STRIPS & CHIPS 	R68
BEEF/CHICKEN BURGER	R72

Barista Bar

THIRSTY'S HOUSE COFFEE	R18
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	R35
CRANBERRY	R35

Double Thick Shakes

Strawberry / bubble-gum / chocolate / lime

Small	R26
Large	R45
Fred's Freaky Shake	R55

Desserts

ICE CREAM & CHOCOLATE SAUCE	R50
CAKE OF THE DAY	R55
CHOCOLATE BROWNIE Served with a scoop of ice cream	R55
MALVA PUDDING Served with custard	R60
Extra: Chocolate sauce Scoop of ice cream	R9 R10

La Montagne

Palm Terrace • Thirsty's • Montinelli's • B-Bar
• Beach Bar



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.