

BREAKFAST

The health kick medley (V)

Create your own health combo for the day	
Yoghurt	R 26
Muesli	R 22
Fresh fruit	R 25

The early riser

2 eggs served with 2 rashers of crispy bacon, grilled tomato & 2 slices of toast	R62
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French omelette

Ham & cheese	R 85
Mushroom & cheese	R 68

Full english

2 eggs served with 1 pork banger, 2 rashers of bacon, grilled tomato, sautéed mushrooms, baked beans, French fries & 2 slices of toast	R88
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Mince on toast

Traditional mince on 2 slices of toast, topped with a fried egg	R79
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Extras:

Bacon	R 19
Pork banger	R 17
Mushrooms	R 17
Egg	R 10
Baked beans	R 7
French fries	R 10
Toast & butter	R 9

TOASTIES

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

Cheese	R48
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Cheese & tomato	R50
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Ham, cheese & tomato	R68
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Chicken & mayo	R60
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ISALADI

Calamari salad

Calamari rings, crisp lettuce, tomato, onion & cucumber	R65
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Chicken & bacon

Cajun chicken, bacon bits, lettuce, tomato, onion & cucumber	R60
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IVUMBA

Chicken livers

Portuguese style, finished with cream	R55
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Crumbed mushrooms

With French fries & tartare sauce	R47
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Crumbed chicken strips

With French fries & a sweet chilli or BBQ sauce	R50
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Garlic snails

Served with toasted bread fingers	R68
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Nachos

Tortilla chips, mince, chilli, Mexican style tomatoes and cheddar cheese	R87
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Calamari tubes

With salsa & tartare sauce	R105
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SMASH ïïHAMBHEGA

Served with french fries OR side salad

Chicken burger

Tender chicken fillet, lettuce, tomato, onion & cheddar cheese	R95
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Transkei beef burger

150g beef patty, lettuce, tomato, onion & cheddar cheese	R95
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Bacon & egg burger

150g beef patty, bacon egg, cheese, lettuce, tomato & onion	R108
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ZABA

Served with a sweet chili or tartar dipping sauce

Seafood platter

Calamari tubes, hake, mussels, 4 prince prawns & French fries	R220
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Hole in the wall shisa nyama platter

200g rump strips, 4 sticky ribs, meatballs, boerewors bites & french fries	R215
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Build your own basket

French fries	R 20
Chicken strips (2)	R 24
Crumbed mushrooms	R 25
Sticky ribs (2)	R 24
Boerewors bites	R 28
Rump strips 200g	R 68
Calamari rings (4)	R 21
Prince prawns (2)	R 55
Dipping sauce	R 16

Excludes R20 tray charge per order

PIZZA

Focaccia	R54
Margherita Tomato, oregano & mozzarella	R79
Spicy chicken Spicy chicken, mushroom, green pepper & mozzarella	R115
Four seasons Pepperoni, onion, green pepper, olives mushrooms & feta	R146
Regina Ham & mushrooms	R128
Hawaiian Ham, pineapple & mozzarella	R124
Esikhaleni Pizza Deboned sparerib, mushrooms, onion & mozzarella	R115
Build your own pizza R30 for base, pizza sauce & traditional accompaniments	
ADD:	
Spare rib	R 32
Mozzarella	R 35
Mushrooms	R 17
Peppers	R 15
Onions	R 4
Pepperoni	R 39
Chicken	R 23
Pineapple	R 12
Ham	R 22
Bacon	R 24

PASTA

Your choice of spaghetti, penne or tagliatelle pasta served with traditional accompaniments	
Alfredo Ham, mushrooms & cream	R105
Macaroni & cheese	R65
Bolognaise Tossed in our traditional meat sauce topped with cheese	R95

SWEETISH

Malva pudding & custard	R 60
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MILKSHAKES

Lime, banana, strawberry, chocolate, bubblegum	R 35
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MBANE

Mains served with french fries, rice, samp OR baked potato AND seasonal vegetables OR salad	
Hake Grilled or deep-fried and served with tartar sauce.	R115
Mthatha inkukhu Crispy quarter chicken in barbeque or Mozambican peri-peri sauce	R95
Spare ribs Pork ribs marinated & flame grilled - 400g	R145
Rump A prime cut, basted (or not)	
200g	R120
300g	R145
Surf & turf Calamari tubes & 200g rump	R150
T-bone 500g Flamed grilled (barbecue basted or not)	R175
Eisbein Smoked pork shank with sauerkraut & mustard From 800g	R175
Sauces	
Mushroom	R 27
Cheese	R 27
Garlic butter	R 27
Peri-peri	R 27

Fred’s Freaky Shake	R50
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BARISTA BAR

Filter	R 22
Cappuccino	R 26
Latte	R 26
Espresso	R 21

HOT DRINKS

Hot chocolate	R 35
Milo	R 26
Five roses	R 25
Rooibos	R 21

FRESH JUICE

Orange / guava / fruit cocktail	R 22
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FRED KIDDIES

KIDDIES BURGER

100g beef OR crumbed chicken patty served on a seeded bun & French fries

R54

CHICKEN STRIPS

Crumbed chicken strips & French fries

R48

FRANK ROLL

Pork Frankfurter & French fries

R42

CHEESE TOASTIE

Served on your choice of white OR brown bread & French fries

R32

CHICKEN MAYO TOASTIE

Served on your choice of white OR brown bread & French fries

R35

ICE CREAM & CHOCOLATE SAUCE

(2 scoops)

R20

FRED'S FREAKY SHAKE

Bubble-gum flavoured shake, loaded with an assortment of sweets

R50





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
Klawer 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
Klawer 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