

BREAKFAST

Full English Breakfast R 83

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

The Early Riser R 66

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

Scrambled eggs on toast R 54

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

French omelette trio R 92

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

Stewed Apples, Plain Yoghurt & Muesli R 55

Mince on toast & a fried egg R 90

Flapjacks & bacon with syrup R 50

Breakfast wrap R 62

TOASTIES

Served with potato spirals OR Homemade French Fries

Cheese & Tomato R 55

Chicken & Mayo R 61

Bacon, Egg & Cheese R 75

add a Side Salad R 29

BUILD A BASKET

Chip Basket R 62

add Crumbed Chicken Strips R 62

add Fish Bites R 79

add Frankfurter R 35

add Crumbed Mushrooms R 45

add Pork Ribs R 79

SWEET TREATS

Ice cream & chocolate sauce R 45

Cake of the day R 55

Sweet treat of the day R 55

SALADS

Greek-Style Salad R 60

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

Cajun Chicken Salad R 70

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

BURGERS

Served with potato spirals OR Homemade French Fries

Beef R 74

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

Chicken R 78

Tender chicken fillet, lettuce, tomato, onion & pickles

Bushpot Big Daddy R150

Two 150g beef patties, layered with pickles, caramelised onions, cheese, bacon, tomato and crisp lettuce.

add: Cheese R 18

add: Bacon R 28

add a Side Salad R 29

PASTA'S

Chicken Alfredo R 80

Chicken & Prawn Pasta R122

PIZZA'S

Margherita R 80

Classic fresh tomato & Mozzarella

Hawaiian R 90

Tandy pineapple, ham & Mozzarella

BBQ Chicken R125

BBQ chicken pieces, mushroom, green peppers & Mozzarella

Alcapone R105

Tikka chicken pieces, gherkins, onion, mushroom & Mozzarella

Bushman's R155

Bolognaise mince, chicken pieces, bacon, salami, green peppers, fresh tomato & Mozzarella

CHEF'S CHOICE

Served with potato spirals OR Homemade French Fries

Half Chicken R100

Lemon & Herb OR Peri Peri

Chicken Schnitzel R 98

Served with cheese sauce or mushroom sauce

Junior T-bone, egg & chips R117

Hake & calamari combo R170

Hake fillet & 125g crumbed or gilled calamari rings

SAUCES:

Cheese/Mushroom/Pepper/Lemon Butter

BARISTA BAR

Espresso (Single)	R 18
Americano	R 23
Cappuccino	R 25
Caffe Latte	R 26
Caffe Macchiato	R 23
Filter Coffee	R 22

MILKSHAKES

Chocolate, Vanilla, Strawberry, Bubblegum, Lime

Large	R 35
Kiddies	R 20
Fred's Freaky Shake	R 52

FRESH JUICES

Orange/Fruit Cocktail/Mango	R 22
Apple	R 23
Cranberry	R 28

HOT DRINKS

Hot Chocolate	R 30
Milo	R 36

TEAS

Chai	R 25
Ceylon	R 20
Assorted herbal teas	R 22
Five Roses	R 17
Rooibos	R 20

COCKTAILS

Mojito	R 65
Bacardi & lime served with a mint syrup, crushed ice & soda	

Cosmopolitan	R 60
Vodka, triple sec & lime served with cranberry juice & ice	

Strawberry Daiquiri	R 65
White rum, triple sec, lime, strawberry liqueur & grenadine served with crushed ice	

Long Island Ice Tea	R 75
Vodka, gin, tequila, Bacardi, cane & lime topped with crushed ice & coke	

Margarita	R 62
Tequila, triple sec & lime, shaken not stirred	

Piña Colada	R 72
Blended coconut rum infused with Piña Colada mix	

A selection of additional alcoholic beverages are available



NO ALCOHOL MAY BE SOLD TO
PERSONS UNDER THE AGE OF 18.

aware!org
www.aware.org.za

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	R110	R 40
Bon Courage Like Father Like Son Rosé (Semi-Sweet)	R110	R 40
Bon Courage Like Father Like Son Chenin Blanc	R110	R 40

WHITE WINE

Creation Whale Pod Sauvignon Blanc	R195
David Finlayson Sauvignon Blanc	R190
De Krans Wild Ferment Chardonnay	R160
Klawer Cellars Chenin Blanc	R126
Kleine Zalze Cellar Selection Chenin Blanc	R160

ORGANIC WINE

Reyneke Organic Shiraz / Cabernet Sauvignon	R190
Reyneke Organic Chenin Blanc	R190

RED WINE

Spier Signature Pinotage	R180
Klawer Cellars Pinotage	R125
Kleine Zalze Cellar Selection Cabernet Sauvignon	R185
Landskroon Cabernet Sauvignon	R200
Leeuwenkuil Shiraz	R180
David Finlayson The Berry Box Merlot	R200

ROSÉ WINE

Landskroon Blanc de Noir (Pinotage, Off-Dry)	R140
Robertson Winery Light Pinotage Rosé	R125

BUBBLY

Spier Secret Sparkling	R225
Bon Courage Blush Sparkling Vin Doux (Semi-sweet)	R185
Darling Cellars Blanc de Blanc Brut	R280
Darling Cellar Nectar	R280

MANAGERS RESERVE

Ask your waitron

