

BREAKFAST MENU

BREAKFAST

Served between 08h00 & 10h00

The Mid Brekkie

Fried egg on toast with 2 rashers of bacon and a portion of chips

R57

Scrambled Egg on Toast

2 eggs scrambled and served on a slice of toast

R20

The Health Kick

Yoghurt & muesli with berry coulis

R55

Grab & Go

Takeaway coffee/tea/hot chocolate & muffin

R35

Takeaway coffee/tea/hot chocolate & a brekkie bun (bacon and egg)

R64

The Early Riser

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

R67

Breakfast for Champions

Curried mince on toast topped with cheddar cheese

R85

Tasty Oats

Ask your waiter for the flavours available

R25

Vegetarian Full House (V)

2 Frey's vegetarian sausages, baked beans, grilled cherry tomatoes and mushrooms served with 2 slices of toast

R110

Veggie Sausage & Beans (V)

2 Frey's vegetarian sausages served with a slice of toast topped with baked beans

R70

Extras:

Bacon	R22
Pork Banger	R17
Mushrooms	R14
Egg	R10
Baked Beans	R7
French Fries (Half Portion)	R10
Toast & Butter	R9

FROM THE BARISTA BAR

Espresso

R18

Americano

R20

Cappuccino

R35

Caffe Latte

R24

Mochaccino

R23

TEA

Chai

R20

Ceylon

R20

Five Roses

R20

HOT DRINKS

Hot Chocolate

R34

Milo

R32

FRUIT JUICE

Glass of Juice

R20

Ask your waiter for available flavours

Opening Hours:

Mon - Sun - 08h00 - 11h00

The logo for 29° South, featuring the text "29° South" in a white, serif font on a dark, textured rectangular background.

TOASTIES/TRAMAZZINIS/WRAPS

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

	Toastie	Wrap	Tramezzini
Cheese & Tomato (V)	R45	-	R58
Ham, Cheese & Tomato	R60	-	R80
Chicken Mayo	R57	R70	R75
Cajun Chicken & Mozzarella	R70	R80	R85
Beef Strips, Tomato & Cheese	-	R110	R120
Mediterranean Veg & Feta	-	R75	R80
	Add a side salad		R25

PIZZARIA

Southern Italian-styled thin-base pizza accompanied by garlic, chilli & parmesan

Margherita (V) Classic fresh tomato & mozzarella	R80
Regina Tasty mix of ham, mushroom & mozzarella	R105
Hawaiian Tangy pineapple, ham & mozzarella	R92
Chicken (Spicy / BBQ) Grilled spicy/BBQ Chicken, mushroom, green peppers & mozzarella	R110
Pepperoni Sliced pepperoni and mozzarella	R120

Extras:

Mushroom	R14
Mozzarella	R25
Anchovies	R18
Bacon	R22
Feta	R18
Avocado (seasonal)	R15
Green pepper	R7
Olives	R14
Tomato	R5
Chilli	R5
Pineapple	R25

PLENTY OF PASTA

Chicken Alfredo Penne with a creamy chicken & mushroom sauce	R88
Arrabiata (V) Classic penne with a tomato sauce & fresh basil	R70
Spaghetti (V) Spaghetti with mushrooms, mixed peppers, roasted rosa tomatoes & fresh basil	R85

BURGERS

Served with French fries

Beef House-made ground beef patty (200g) layered with cheddar, pickles, caramelised onions, tomatoes & crisp lettuce	R120
Chicken chicken breast layered with cheddar, pickles, caramelised onions, tomatoes & crisp lettuce	R95
Vegetarian (V) Veggie patty layered with cheddar, pickles, caramelised onions, tomato & crisp lettuce	R80
	Add a side salad R25

Extras:

Bacon	R22
Avocado (seasonal)	R15
Cheddar	R16
Pineapple	R20
Egg	R10

SALADS

Cajun Chicken Grilled Cajun chicken strips on a bed of fresh salad greens with cucumber, onions, tomato & feta	R75
Greek-style Salad (V) Fresh salad greens topped with rosa tomatoes, red onions, cucumber, black olives & feta	R80
Caesar Salad Anchovy fillets & a boiled egg on a bed of fresh salad greens with garlic croutons Vegetarian option - remove anchovy, add broccoli florets	R65
ADD grilled chicken	R25

TAPAS PLATTERS

Create Your platter

Vegetarian Tapas

Crumbed Mushrooms (8)	R38
Jalapeño Poppers (4)	R75
Vegetable Samosas (4)	R15
Vegetable Spring Rolls (4)	R23
Veggie Sticks with Hummus - carrots, celery, cucumber & crackers	R65

Beef, Chicken, Seafood

Beef Samosas Mini (4)	R30
Chicken Samosas Mini (4)	R18
Chicken Spring Rolls Mini (4)	R32
Chicken Strips (4)	R45
Meatballs with Greek cucumber dip (8)	R55
Beef Cocktail Sausages (4)	R25
Calamari Rings (150g)	R70

Dipping Sauce

BBQ, Sweet Chilli, Sweet Chilli Mayo, Tartare, Sweet & Sour	R15
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Nachos

Traditional Nachos with tomato salsa, guacamole & cheese	R75
Add Chicken	R25
Add Beef Mince	R50

SOMETHING SWEET

Cake of the day	R68
Please ask your waitron	

Ice Cream & Chocolate Sauce	R35
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Ice Cream Surprise	R40
2 Scoops vanilla ice-cream served in an ice cream cone and with a sweet surprise.	

House-made Waffle	R50
Topped with vanilla ice cream or fresh cream & a choice of chocolate sauce, maple syrup, Bar-One sauce OR peppermint crisp sauce.	

Chocolate Brownie	R70
Decadent chocolate brownies served with chocolate sauce and a choice of cream or ice cream.	

MILKSHAKES

Chocolate, Vanilla, Strawberry, Bubblegum, Lime, Banana

Large	R50
Small	R20

Fred's Freaky Shake	R50
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Opening Hours:

Mon - Satur - 11h00 - 21h00
Sun - 11h00 - 16h00

29° South

Fred

KIDDIES MENU

for kids under 12



make it
SWEET

Yummy!

Chicken Nuggets & Chips (V)

R50

Bangers and Mash

R40

Pork or Fry's Veggie Sausage

Chicken Strips & Chips

R50

Viennas & Chips

R50



Kiddies Pizzas

Hawaiian

R50

Margherita

R50



Ice Cream

R30

(with sprinkles, Oreos, sauce ect)

Fred's Freaky Shake

R50

TASTY



Delicious



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