



Health Bar

BREAKFAST 8:00–10:30

Smoked salmon bagel R180

smoked salmon, smashed avo*, creme fraiche, cucumber, red onion, bagel

Breakfast bagel R155

fried egg, bacon/macon, fresh tomato, rocket, basil pesto

Avo on toast R130

avo*, chimichurri tomatoes, chilli flakes, mixed herbs, served on your choice of toast

Tropical brekkie R155

papaya, yoghurt, passion fruit compote, toasted almonds, sunflower and pumpkin seeds

Fruit plate R135

chef's choice of seasonal fruit

Mini croissants R130

with cheese, butter, and jam

Mini scones R95

with jam, butter, and whipped cream

Vegan banana bread R95

with peanut butter and jam

LIGHT BITES & SALAD 11:00-19:00

Hummus R105

za'atar, olive oil, tahina, grilled pita

Chicken Caesar salad R185

grilled chicken breast, boiled egg, bacon, anchovies, croutons, parmesan, greens, homemade caesar dressing

Haloumi & Strawberry salad R175

grilled haloumi, savoury chickpeas, avo*, toasted almond, toasted sunflower seeds, cucumber, greens, red onion, balsamic vinaigrette

Protein Bowl R160

grilled halloumi OR flame-grilled chicken thighs with roasted peppers, sweet corn and grilled onion, avo*, fresh coriander and creme fraiche

TOASTED SANDWICHES & WRAPS

Plain cheese R85

Cheese & Tomato R90

Chicken mayo R115

Smoked salmon wrap R175

smoked salmon, smashed avo, crème fraiche, cucumber, red onion

Grilled chicken wrap R130

mixed lettuce, tomato, red onion, harris mayo

Haloumi wrap R140

hummus, sweet chilli, mixed lettuce, tomato, red onion

CLASSICS Your choice of chips or side salad

Cheeseburger R175

BBQ-basted beef patty, cheddar cheese, pickles, burger mayo, lettuce, red onion, tomato

Chicken burger R170

flame-grilled basted chicken breast, avo*, feta, tomato, lettuce, peppadew pesto

Vegan Burger R165

homemade vegetable patty, harissa, hummus, avo*, lettuce, tomato, red onion, pickled jalapeno

Parmesan chicken strips R180

fried chicken strips topped with parmesan cheese, served with garlic aioli

Chicken wings R195

8 chicken wings, sticky glaze, or per-peri

SWEET TREATS

Cashew brownies R95

chocolate brownie, cashew nuts and ice-cream

SMOOTHIES

Green Monster (V) R78

avo* | spinach | pineapple | coconut milk | honey | lemon

Tropical Turmeric (V) R78

banana | mango | pineapple | coconut | turmeric | honey | ice

Babalas Buster (V) R78

banana | peanut butter | honey

Vegan Berry (VE) R90

banana | frozen berries | peanut butter | cinnamon | almond milk | maple syrup

CLASSIC COCKTAILS

Long Island Ice Tea R155

Tropical Sunset R128

Aperol Spritz R135

Mojito R128

Strawberry Daquiri R125

Chilli Margarita R115

Classic Cosmopolitan R120

SPARKLING WINES

Graham Beck Bliss Nectar NV R135 | R645

Graham Beck Brut R135 | R645

Graham Beck Rosé R135 | R645

WINES

Buitenverwachting Sauvignon Blanc R145 | R425

Kleine Zalze Chardonnay R115 | R330

Babylonstoren Chenin Blanc R145 | R425

Babylonstoren Rosé R160 | R470

MAN Vintners Ou Kalant Cab Sauv R125 | R365

Eagles Nest Little Eagle Merlot R150 | R435

SUSHI

Signature Sushi

Salmon crisp rice R175

salmon, spicy mayo, crispy rice, avo*, chilli, sweet soy, lettuce

Loaded rainbow R245

tempura prawn, avo*, cucumber, salmon rainbow outside, dressed in teriyaki, mayo, seven spice, spring onion, caviar

Spicy poke bowl R275

salmon, rice, nori, 7-spice, kewpie mayo, spring onion, cucumber, carrot, red cabbage, avo*, sweet soy, sesame

Salmon sushi salad R245

avo*, cucumber, lettuce, sesame seeds, sriracha mayo

Classic Sushi

Golden spring roll 2 pieces

chicken R98, prawn R105, Veg R85

Sashimi 3 pieces

salmon & avo R195, salmon R175

Rose 3 Pieces

salmon R135, salmon & avo R145

Nigiri 3-piece

salmon R115, prawn R98

Fashion sandwich 4 pieces

salmon R115, prawn R90, veg R70, salmon & cream cheese R120

California roll 5 pieces

salmon R125, prawn R115, prawn tempura R125, veg R80, salmon rainbow R140, salmon, strawberry & avo R155

Maki 10 pieces

salmon R125, prawn R95, avo R85, cucumber R80

Handroll 1 piece

salmon R120, salmon & avo R135, prawn tempura R110, veg R90, prawn R105

Drinks