

Garden vegetables with a basil pesto swirl for plant-based dinners.

SALADS

The Wholesome Chicken Tender chicken, avocado, broccoli, feta, carrots & greens.	N\$95
Pesto Protein Tender chicken, bacon, feta, tomatoes & greens.	N\$125
Rooted in Quinoa Roasted butternut & sweet potato, chickpeas, feta, greens, quinoa & toasted seeds.	N\$105
Cobb Salad Boiled egg, avocado, corn, tomatoes, onions, greens, chickpeas & feta Add bacon N\$30 chicken strips N\$35 , Beef strips N\$58	N\$110

EXTRAS

Bacon **35** | Gypsy Ham **40** | Smoked Salmon **45** | Beef Fillet 100g **75** | Mince **45** | Pork Sausage **40** | Boerewors **35** | Chicken Breast **55** | Egg **15** | Feta **20** | Gouda or Mozzarella Cheese **30** | Skinny Fries **40** | Sweet Potato Fries & Aioli **40** | Roasted Potatoes **30** | Mushrooms **25** | Side Salad **40** | Veggies of the Day **35** | Toast with Butter & Jam **25** | Chillies **20** | Tomato & Onion Salsa **20** | Grated Cheese **30** | Guacamole **35** | Cream Cheese **30** | Tortilla Chips **20** | Peppadew **15** | Salami **25** | Pepperoni **25** | Tomatoes **15** | Anchovies **25** | Parmesan **25** | Green, Red or Yellow Peppers **15** | Garlic **15**

DESSERT

Freshly Baked Cakes (whole)
Price on request

Freshly Baked Cakes (slice)	N\$75
Freshly Baked Cupcakes	N\$45 - N\$65

FRESH JUICE

Orange	N\$75
Apple	N\$95
Evergreen Spinach, apple, mint & pineapple.	N\$75
Immune Boost Orange, carrot & ginger.	N\$75
Antioxidant Beetroot, apple, carrot & ginger.	N\$95
Citrus Mint Orange, mint & lemon.	N\$80
Fruity Refresh Apple, mint, pineapple & lemon.	N\$85
Green Rush Spinach, apple, cucumber, lemon, ginger & mint.	N\$95

KIDS MENU

Scrambled Egg & Toast	N\$70
Toasted Cheese Sandwich & Chips	N\$95
Cheese Griller & Chips	N\$65
Chicken Strips & Chips Crumbed OR grilled.	N\$80
Kiddies Burger	N\$135
Cheesy Pasta	N\$85
Mixed Berry Crumpets	N\$85

SMOOTHIES

Berrylicious Mixed berries, banana & yoghurt.	N\$85
Tropical Mango, pineapple, passion fruit, banana & yoghurt.	N\$95
Vegan Tropical Mango, strawberries, banana, fresh apple juice & mint.	N\$95
Mango Mint Mango, mint, vanilla & yoghurt.	N\$95
Mango Turmeric Mango, turmeric, ginger, cinnamon & yoghurt.	N\$105
Chocolate or Berry Nut Butter Banana, peanut butter, yoghurt & strawberries OR chocolate.	N\$85
Green Boost Spinach, mint, fresh apple juice & banana.	N\$80
Burst Sunset Fresh apple juice, mint, ginger, pineapple & mango.	N\$95
Blueberry Chia Blueberries, banana, almond milk, fine desiccated coconut & chia seeds.	N\$95
Passion Fruit Passion fruit, mango, orange juice, banana & mint.	N\$115
Breakfast Oats, banana, cashew nuts, dates, fine desiccated coconut & almond milk.	N\$95

MILKSHAKES

Vanilla, Chocolate, Hazelnut, Caramel OR Strawberry	N\$60
Blueberry, Mint OR Charcoal	N\$65
Coffee Shake with banana & dates.	N\$75
Red Rooibos Espresso with cinnamon.	N\$75
Cookie Crush Shake	N\$75

COFFEE

Single Espresso	N\$30
Double Espresso	N\$40
Macchiato Espresso topped with foam.	N\$40
Americano Espresso poured over hot water.	N\$40
Cappuccino Espresso with steamed milk & thick layer of foam.	N\$45
Flat White A double shot espresso with steamed milk.	N\$45
Caffè Latte Espresso with steamed milk & a light layer of foam.	N\$50
Mochaccino Chocolate flavoured cappuccino.	N\$50
Dirty Chai Spiced infused espresso latte.	N\$55
Hazelnut, Vanilla or Caramel Latte Espresso latte with flavoured syrup.	N\$50
Frappe Iced latte (blended or not blended) Add hazelnut, vanilla or caramel syrup.	N\$45
Replace with: N\$20 almond milk N\$ 15 lactose milk.	

ALTERNATIVE HOT DRINKS

Hot Chocolate Cocoa powder with steamed milk.	N\$50
Red Cappuccino Ground rooibos espresso with steamed milk.	N\$50
Chai Latte Spice-infused steamed milk.	N\$50
Tumeric Latte Golden milk latte	N\$55
Charcoal Vanilla Latte Charcoal powder with steamed milk.	N\$45
Freshly Pressed Ginger 1/2 Shot	N\$25
Single Shot	N\$35
Double Shot	N\$55

TEA

Olivia's Fresh Mint, Lemon & Ginger	N\$45
Peppermint , Rooibo, Five Roses Ceylon English Breakfast Earl Grey, Green, Chamomile	N\$40



SOFT DRINKS

Coke	N\$30
Coke Zero	N\$30
Rauch Ice Tea Peach / Lemon / Berries.	N\$40
Dry Lemon / Ginger Ale, Lemonade / Soda Water	N\$30
Grapetiser	N\$50
Appletiser	N\$55
Rock Shandy / Malawi Shandy	N\$55
Rauch Cranberry	N\$75
Rauch Juice Orange, / Mango / Pineapple Multi-vitamin / Apple.	N\$45
Still & Sparkling Water 500ml	N\$30
Still & Sparkling Water 1L	N\$45

 **Take-Away Available**
Own collection/Tap-A-Meal
Delivery within the Estate

 **Platters Available**
Order 48 hours in
advance/collection only

 **Personalised Cake Order**
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