

The Café Grill

BREAKFAST

All our eggs are free range

- Café Breakfast** p d e **165**
crispy bacon | pork sausage | beef sausage | sautéed mushrooms | slow roasted tomato | two eggs (fried, poached or scrambled)
- Café Omelette** p d e **105**
3 egg omelette | choice of 3 fillings: cheddar | mozzarella | bacon | smoked ham | chorizo | plum tomatoes | onion | peppers | mushrooms | chunky herb salsa | chopped chilli
- Café Eggs Benedict** e p g f **120**
toasted English muffin | 2 poached eggs | home-made hollandaise sauce with:
crispy bacon - **120** | smoked salmon trout - **150** | sauté spinach - **R120**

SANDWICHES & WRAPS

Served with french fries or a side salad

- RCH Club Sandwich** g d p e **185**
smoked chicken breast | fried egg | bacon | avo | emmental cheese | baby gem lettuce | tomato
- Steak Sandwich** g d e **185**
tomato jam | caramelised onions | mixed baby leaves | mustard mayo | toasted ciabatta
- Smoked Salmon Trout Wrap** f g d **175**
wholewheat wrap | dill cream cheese | caper berries | fresh avocado | red onion
- Grilled Chicken Wrap** g **175**
wholewheat wrap | peppadew hummus | baby gem lettuce | avo | caramelised onion

BURGERS

- Buttermilk Fried Chicken Burger** g e **155**
crispy fried chicken breast | gherkins | baby gem lettuce | spicy mayonnaise | crispy fries
- 12A Veggie Burger** g e v **135**
homemade veggie patty | fresh avo | baby gem lettuce | salsa fresca | lemon aioli | crispy fries
- Café Beef Burger** g e d **145**
baby gem lettuce | sliced tomato | aioli | barbeque onions | crispy fries | cheddar or mozzarella

SALADS

- Prawn Cocktail** sf e c **185**
marinated queen prawns | mixed baby leaves | fresh avo | lime segments | marie rose dressing
- Chicken Cobb Salad** p e d **165**
baby gem lettuce | boiled egg | avo | grilled breast | crisp pancetta | blue cheese | Mrs T dressing
- Caesar Salad** g e f p **120**
baby gem lettuce | creamy Caesar dressing | anchovies | crispy bacon | parmigiana reggiano | croutons
with chicken - **165** | salmon - **195**
- 12A Fresh Vegetable Salad** f c d v **120**
mixed baby leaves | selected seasonal raw vegetables | house vinaigrette | avo | green goddess sauce
- Vegan Bowl** s g v **110**
chunky herb quinoa | grilled corn | roast carrots | marinated chickpeas | tomato concasse | avocado | pumpkin seed crumble | cider & mustard vinaigrette

SOUPS

Chicken Noodle Soup **g d c** 120

taken from her book 'A Life in Food', Bea Tollman's famous homemade chicken noodle broth, with carrots | celery | noodles | and a mini chicken pie

Rustic Tomato **g d c v** 110

slow roasted tomato soup | chunky herb salsa | onion flakes | toasted ciabatta

CURRIES

Cape Malay Chickpea, Potato & Lentil **g d c c v** 180

basmati rice | butter roti | poppadums | selection of sambals

Mozambique Coconut Chicken **g d c c** 215

basmati rice | butter roti | poppadums | selection of sambals

SEAFOOD

Classic Fish & Chips **f g** 170

hake fillets | crispy beer batter | tartare sauce | crispy fries | side salad

Catch of the Day **g d f** 245

grilled SASSI line fish | lemon salsa fresca | seasonal baby vegetables | crispy potato cake

Fish Cakes **g d f e** 185

homemade fish cakes from sustainable fish | lemon aioli | crispy fries | side salad

GRILLS

Mature Sirloin Steak **d** 230

café de paris butter | crispy fries | seasonal baby vegetables

Mature Beef Fillet **d** 265

café de paris butter | crispy fries | seasonal baby vegetables

PASTA

Chicken Linguine **d g** 175

grilled chicken breast | creamy mushroom sauce | pan roasted mushrooms | parmigiana reggiano

Pasta Primavera **d g c v** 175

lightly sautéed vegetables in a rich, creamy, tomato sauce | linguine pasta | parmigiana reggiano

DESSERTS

Bea's Cheesecake **c d g** 135

served with vanilla cream & strawberry gel

Trio of Ice-Cream / Sorbet 90

ice-cream:

vanilla | chocolate | strawberry |
honeycomb | peppermint crisp | coffee

sorbet:

please ask your waitron for details

Bea's Rice Pudding **d n v** 105

with candied assorted nuts | caramel

Seasonal Fruit Selection **d v** 90

sliced fruit | yogurt | berry gel

W-Cape Cheese Board 195

4 local cheeses | toasted ciabatta |

seed crackers |

homemade preserves **d s g**

Menu Dietary Indicators:

e + egg

d + dairy

p + pork

f + fish

sf + shellfish

g + gluten

sp + spices

c + coconut

s + seeds

n + nuts

c + celery

v vegetarian