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
Option: add grilled chicken breast or smoked salmon trout

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