

# B R 3 A K F A S T

## **HEARTY BREAKFAST R135**

pork sausage, 3 rashers of bacon, 2 eggs your way, grilled tomatoes, crispy potatoes, mushrooms

## **THE FOREST BREAKFAST R120**

grilled halloumi, 2 eggs your way, basil pesto, grilled tomatoes, crispy potatoes, mushrooms

## **SMALL BREAKFAST R85**

2 rashers of bacon with 2 eggs your way, grilled tomatoes, mushrooms

## **HEALTHY BREAKFAST R95**

homemade granola, Bulgarian yogurt, seasonal berries, honeycomb crumble

## **BREAKFAST BOWL R135**

2 eggs scrambled served with sourdough toast and topped with choice of  
bacon, mature cheddar  
**or**  
smoked salmon, crispy capers, feta

## **3 EGG OMELETTE R45**

Add any of the following:

bacon, cheese	R25 each
mushrooms, spinach, feta	R20 each
tomato, onion	R15 each

## **BREAKFAST ON BREAD**

toasted bagel, smoked salmon, cream cheese, crispy capers, lemon juice **R155**

3K Benedict - toasted English muffin topped with basil pesto, grilled tomatoes, bacon, poached egg, hollandaise **R115**

toasted English muffin with smoked salmon trout, spinach, 2 poached eggs, hollandaise **R130**

French brioche toast with seasonal berries, crème fraiche, maple syrup **R115**

## **ADDITIONS AND SIDES**

2 slices bacon	R25
egg	R20
sage pork sausage	R35
mushrooms	R20
2 slices toast - sourdough, seedloaf, rye or farmhouse	R25
preserves - jam, marmalade or butter	R20

## **BOTTOMLESS MIMOSAS**

Served 9 am til 11 am

Enjoy bottomless mimosas for just R175 when you purchase any breakfast meal for R130 or more

# THE GRILL KITCHEN

## TO START OR SHARE

### **VEGETABLE TEMPURA R95**

with Asian dipping sauce

### **OPEN CRISPY PORK WONTONS R115**

with Asian slaw

### **SMOKED TOMATO & CAMEMBERT TART R95**

baby salad bouquet

### **HOMEMADE PEPPER CRUSTED BEEF CARPACCIO R130/R155**

olive oil, parmesan shavings, balsamic reduction, red onions and crispy capers

### **RICH MUSHROOM RISOTTO R125/R180**

with exotic mushrooms, parmesan crisp & basil oil

### **HAZELNUT AND MUSHROOM CHEESECAKE R125**

with feta and parmesan crust

### **MOROCCAN CHICKPEA SOUP R95**

served with steam bread

## POKE BOWL

DESIGN YOUR NEXT CRAVING HERE AND NOW.  
YOU PICK IT, WE'LL TAKE CARE OF THE REST.

### **R235 PER BOWL | R10 PER EXTRA TOPPING**

All poke bowls includes julienne carrots and pickled cucumber and finished with a sprinkle of sesame seeds

(choose 1 base option)

Brown rice | Sushi rice | Mixed greens | Rice and greens combo

(choose one protein)

Fresh Norwegian salmon | Karange chicken | Marinated tofu

(choose 6 toppings)

Avo | Edamame | Crispy mung beans | Jalapeno | Red onion  
Pickled ginger | Crispy onion | Shredded red cabbage  
Pickled beetroot | Red radish | Shredded nori | Almond flakes  
Pumpkin seeds

(choose one delicious sauce)

Ponzu | 3 Kitch3ns spicy kewpie | Ginger garlic miso tahini



## **MAINS**

A COMPLETE MAIN MEAL FOR YOU TO ENJOY

### **PORK BELLY R275**

Asian salad, chilli ginger caramel sauce and vegetable spring roll

### **PERSIAN LAMB STEW R325**

with fragrant rice

### **KINGKLIP R285**

with coconut curry sauce, Thai potatoes, sambals and roti

### **PEPPERED FILLET OF BEEF R345**

pepper crusted 250 gm fillet steak with green fine beans, crushed potato & brandy mushroom sauce

### **PASTA PRIMAVERA R195**

mixture of colourful vegetables and a lemon parmesan cream

### **BEER BATTERED HAKE R195**

with homemade chips & tartar sauce



## **FROM THE GRILL**

ALL CHOICES SERVED WITH YOUR CHOICE OF SIDE DISH

### **GOURMET BURGER R175**

brioche bun with 200 gm beef patty, lettuce, tomato, mustard mayo, bacon, tomato relish, mature cheddar

### **BLUE CHEESE BURGER R185**

brioche bun with 200 gm beef patty, lettuce, tomato spicy mayo, bacon jam, blue cheese, mushroom

### **CHICKEN BURGER R185**

brioche bun with parmesan panko crust chicken fillet, lettuce, tomato, mature cheddar, pickled cucumber, spicy slaw

### **RUMP STEAK 300 GM R255**

### **FILLET STEAK 250 GM R295**

### **KINGKLIP R225**



## **SIDES**

### **SAUCES R35**

green peppercorn or mushroom

**TRUFFLE HOMEMADE FRIES R45**

**HOUSE SALAD R40**

**HOMEMADE CHIPS R38**

**TOMATO AND ONION SALAD R38**

**SKINNY FRIES R38**

**SEASONAL VEGETABLES R40**



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THYME CRÈME BRULLEE R95

RASPBERRY YOGURT CHEESECAKE R95

MALVA PUDDING R95

with toffee caramel sauce and vanilla bean ice cream



## DOM PEDRO

ALL R75 EACH

AMARULA DOM PEDRO

JAMESON DOM PEDRO

KAHLUA DOM PEDRO



## SPECIALITY COFFEE AND TEAS

Americano	R33	Macchiatto	R33
Cappuccino	R38	Iced Macchiato	R38
Ristretto	R28   R33	Dirty Chai	R38
Flat White	R35	Chai Latte	R35
Latte	R38	Hot Chocolate	R35
Tea	R35		
(Chamomile, English, Peppermint, Rooibos, Earl Grey, Green Tea)			

# PIZZA KITCHEN

HAND STRETCHED NAPOLI WOOD FIRED PIZZA BASES WITH OUR SECRET TOMATO SAUCE, ZANDAM MOZZARELLA, OREGANO AND GOURMET TOPPINGS

## THE ORDINARY ONE R115

No toppings just the secret sauce and delicious mozzarella

## THE WHOLE HOG R160

pulled pork, caramelised onions, salami, bacon, jalapenos

## THE CARNIVORE R155

salami, ham, bacon, smoked chicken

## THE ORCHARD R135

artichokes, blue cheese, pear, chilli oil, rocket

## THE BOMB R155

mozzarella balls, cherry tomato, garlic, rosemary, basil pesto

## THE PREDICTABLE R135

ham, pineapple

## THE WINELANDS R165

blue cheese, preserved fig, red onion topped with beef carpaccio, rocket olive oil

## THE SMOKEY R155

smoked chicken, basil pesto, avocado, feta

## THE VINEYARD R145

ham, smoked bacon, grapes, rocket, olive oil, balsamic reduction

## THE FISHTAKE R189

prawn, calamari, garlic, lemon chilli oil, crispy capers, coriander pesto

## THE QUATTRO R155

mozzarella, brie, blue cheese, parmesan

## THE DOM R135

bacon, avo, feta

## THE SOMBRERO R145

Mexican spice chicken, red and green roast peppers, onions, sour cream, cheddar cheese and jalapenos

NO CHEESE PIZZA WITH OUR SECRET TOMATO SAUCE, OREGANO AND TOPPINGS

## THE FUSSY ONE R135

artichoke, mushroom, red onion, black olives

## THE EXOTIC ONE R155

garlic, rosemary, grilled exotic mushroom, spinach, sundried tomato

## THE SIMPLE ONE R95

garlic, rosemary, olive oil

## 3XTRA TOPPINGS

### CHEESE R35

mozzarella, feta, blue cheese

### MEAT R35

chicken, salami, ham, pulled pork

### VEGGIES R30

tomato, caramelised onion, olives, mushroom, artichoke, red onion, roast peppers

### SEAFOOD R55

calamari, prawns

ALL OUR PIZZAS ARE MADE NAPOLI STYLE WITH HAND STRETCHED BASES MADE TO ORDER. Please be patient as our pizzaiolo works his magic. Your pizzas will be delivered fresh and hot from the wood fired oven when ready.