

BREAKFAST

Mini Breakfast

One Egg | Two Rashers of Bacon | Grilled Tomato | Slice of Toast

68

Farmhouse Breakfast

Two Eggs (any style) | Served with Bacon & a choice of Pork, Beef, Lamb or Chicken Sausages| Grilled Tomato | Chips

128

Classic Breakfast

Two Poached Eggs | Served on Toasted Ciabatta Bread | Crispy Bacon & Mushroom Bits | Topped with Hollandaise Sauce

122

The Gardens Omelette (V)

Three Eggs | Mozzarella & Cheddar Cheese | Tomatoes | Red Onion | Spinach | Peppers | Served with Chips

105

Berry Bowl (V)

Greek Double Yoghurt | Nuts | Berries | Granola

105

French Toast

Served with Crispy Bacon | Maple Syrup

90

Smashed Avocado on Toasted Ciabatta (V)

Topped with two Poached Eggs

95

Salmon Scrambled

Smoked Salmon | Scrambled Eggs | Avocado | Cottage Cheese | Served on Toasted Health Bread

145

The Gardens Health Breakfast (V)

Two Poached Eggs | Grilled Haloumi | Grilled Cherry Tomatoes | Baby Spinach

125

Basil Pesto Smashed Avo

Basil Pesto Smashed Avo | Fried Eggs | Served with 2 Rashers of Streaky Bacon

99

Beans on Toast (V)

Two slices of Toast | Topped with our delicious Chakalaka Beans

65

Add 2 Poached Eggs

20

Cafe Omelette

Three Egg Omelette | Served with Toast

50

Build Your Own

Fillings:

Bacon | Mince

30

Mushrooms

20

Tomato

10

Mozzarella | Cheddar

15

Feta

18

Onion

8

Peppers | Spinach

10

SMOOTHIES

Merry Berry

95

Strawberries | Blueberries | Cranberries | Vanilla Yoghurt | Chia Seeds | Banana

Peanut Butter Cup

95

Peanut Butter | Cocoa Powder | Plain Yoghurt | Dates | Chia Seeds | Banana

Power Protein

95

Chia Seeds | Flax Seeds | Peanut Butter | Rolled Oats | Banana | Protein Powder | Cocoa Powder | Berries

Delicious Dessert

95

Almond Nut Butter | Banana | Coconut Milk | Cacao Nibs | Dates | Cinnamon | Cocoa Powder | Chia Seeds | Almonds

Flu Buster

95

Carrot | Pineapple | Orange | Cinnamon | Turmeric | Pawpaw | Thyme | Dates | Ginger

Energizer

95

Beetroot | Coconut | Flax Seeds | Strawberries | Ginger | Berries | Red Apple | Mint

TOASTIES

Ask your waiter for bread options

Served with either chips or salad

Chicken Mayo

89

Ham, Cheese & Tomato

84

Cheese & Tomato (V)

79

Bacon & Egg

98

Spicy Mince & Cheese

98

STARTERS

WRAPS

Served with either chips or salad

Haloumi & Roasted Veggies (V) 95

Grilled Haloumi with Guacamole | Sun-Dried Tomato | Honey | Roasted Veggies

Pesto Chicken & Avocado Bacon 115

Grilled Chicken Strips | Lettuce | Tomato | Guacamole | Bacon | Pesto Mayo

Grilled Steak 120

Strips of Beef | Lettuce | Tomato | Carrots | Feta | Honey Mustard Mayo

LIGHT MEALS

Honey Mustard Chicken Schnitzel 120

Topped with Guacamole | Tomato | Cucumber | Homemade Relish | Feta | Served on a Panini with Chips

Beef Prego 128

180g Steak cooked in our famous Portuguese White Wine Sauce with Onions & Olives | Served on a Portuguese roll with Chips

Nachos

Mozzarella & Cheddar grilled in the pizza oven | Topped with Guacamole & Homemade Salsa

Plain (V) 99

BBQ Chicken 125

Spicy Mince 135

Optional Extras:

Pulled Pork	30
Bacon Bits	30
Sliced Jalapeños	20
Crispy Onion Rings	10
Sour Cream	15

Chicken Livers 99

Grilled Chicken Livers cooked in a Creamy Mild Peri Peri Sauce | Topped with an Onion Marmalade | Served with Toasted Ciabatta

Calamari Rings 115

Deep Fried Calamari Rings dusted with Flour & Spices | Served with Chips & Homemade Tartar Sauce

Red Thai Chicken 95

Grilled Chicken Strips cooked in a Red Thai Coconut Sauce | Served on Egg Noodles

Salmon Tartar 120

Salmon Tartar with Lemon & Capers | Served with Toasted Ciabatta

Beef Trinchado 110

Cubes of Fillet grilled & cooked with Red Wine | Olives | Bay Leaf | Dash of Cream | Served with Chips

Bacon Wrapped Jalapeño Poppers 82

Served with a Cheese Sauce

TRAMEZZINIS

Served with either chips or salad

Butter Chicken 120

Butter Chicken | Yoghurt | Coriander

Hickory Ham 110

Hickory Ham | Emmenthal Cheese | Onion Marmalade

Grilled Vegetables (V) 95

Grilled Vegetables | White Cheddar | Red Pepper Salsa

TAPAS

Korean Spicy Wings

Grilled & Basted with an Asian BBQ Sauce
Served with a Sriracha Sauce

110

Hake Goujons

Hake Goujons Deep Fried | Served with a Spicy
Homemade Mayo

99

Hot Haloumi Spring Rolls (V)

Hot Haloumi Spring Rolls topped with a Chilli
Honey Sauce

99

Flaming Chorizo

Flamed with Brandy | Served in a Mild Peri
Peri Sauce | Chips

90

Crispy Chicken Bao Buns

Crispy Chicken Bites | Served in a Bao Bun |
Topped with an Asian Slaw

95

Mushroom & Prawn Dumplings

Served with Wasabi | Ginger | Soya Sauce

95

Bang Bang Chicken Skewers

Served with a Tangy Homemade Mayo

95

Smoked Arancini Balls (3)

Hickory Ham | Peas | Parmesan | Mozzarella Balls
Crumbed & Deep Fried | Served with a
Tomato & Basil Sauce

79

BOWLS

All served with Sushi Rice | Carrots | Cucumber

Salmon

195

125g Salmon | Edamame Beans | Spring
Onions | Toasted Seeds | Avocado |
Teriyaki Sauce

Chicken

145

Sesame Seed Chicken | Edamame Beans |
Red Onion | Avocado | Teriyaki Sauce

Tuna

185

Seared Tuna | Edamame Beans | Radish |
Toasted Sesame Seeds | Cabbage | Avocado
Teriyaki Sauce



SALADS

Pear & Blue Cheese Salad

Caramelised Pear | Blue Cheese | Bacon bits | Lettuce
| Tomato | Served with a Blue Cheese Dressing

110

Cajun Chicken Salad

Grilled Chicken Strips | Served with Grilled Corn |
Lettuce | Sun-Dried Tomatoes | Crumbed Ricotta |
Creamy Herb Dressing

125

Smoked Salmon Salad

145

Salmon Ribbons | Cucumber | Roasted Cherry
Tomatoes | Red Onion | Avocado | Topped with a
Creamy Dressing

Caprese Salad (V)

105

Buffalo Mozzarella | Sliced Tomatoes | Topped with a
Basil Pesto Dressing

Ultimate Crunch (V)

85

Mixed Leaves | Red Onion | Cherry Tomatoes |
Cucumber | Grilled Corn | Feta | Avocado |
Topped with Toasted Seeds

PASTA

CURRIES

Served with Rice | Poppadom | Sambles

Butter Chicken Curry (Mild) 185

Grilled Chicken Strips | Cooked in our
Homemade Butter Chicken Sauce

Lamb Curry (Medium) 245

Deboned Lamb Cubes | Slow cooked in a
Rich Tomato Sauce | Carrots | Potatoes

Prawn & Calamari Curry (Mild) 195

Grilled Prawns & Calamari Tubes | Cooked
in a Mild Curry & Coconut Sauce

Chickpea & Potato Curry (V) 135

Cooked in a Red Thai Coconut Sauce

Choose from: Penne | Linguine | Spaghetti
Gluten Free on Request - Add R35
(Please allow extra time as prepared on order)

Creamy Chicken Pasta 145

Grilled Chicken Strips | Cream | Pesto | Sun-Dried
Tomatoes | Baby Spinach | Topped with Parmesan

Prawn & Chorizo 175

Grilled Queen Prawns | Chorizo Sausage | Olive
Oil | Garlic | Chilli | Topped with Parmesan

Alfredo 120

Hickory Ham | Mushrooms | Garlic | Cooked in a
Creamy White Wine Sauce | Topped with Parmesan

Pea & Porcini Risotto (V) 120

Porcini Mushrooms | Green Peas | Slow cooked
in Stock with a dash of Cream | Topped with
Toasted Pine Nuts & Parmesan

Seafood Risotto 155

Falklands Calamari Tubes | Mussels | Shelled
Prawns | Cooked in a delicious broth & White
Wine | Topped with Parmesan

Zucchini Tomato Pasta (V) 120

Grilled Cherry Tomatoes | Sliced Zucchini | Garlic |
Peppers | Oregano | Topped with Parmesan

SEASONAL SPECIALITIES

Soup of the Day 75

Served with Toasted Ciabatta

Beef & Guinness Pie 215

200g Beef Cubes cooked with Onions | Carrots
| Red Wine | Served with Mash or Chips

Chicken & Mushroom Pie 170

Cubes of Chicken cooked with Mushrooms &
Corn | Served with Mash or Chips

FLATBREADS

Malay Style Chicken 145

Feta | Roasted Tomatoes | Cheddar |
Toasted Seeds | Basil Pesto

Bacon, Feta & Avocado 145

Cheddar | Sliced Peppadews

Roasted Red Pesto (V) 135

Sun-Dried Tomatoes | Red Pepper Pesto |
Olives | Spring Onion | Parmesan Shavings

CHICKEN

Chicken Espetada

195

Chicken Thighs Skewered with Jalapeños | Basted with Sweet Chilli Sauce | Served with Chips | Allow 45 mins to cook

Chicken Parmigano

165

Crumbed Chicken Breast | Topped with our Homemade Napolitana Sauce | Melted Mozzarella Cheese | Served with Chips

Baby Chicken

185

Cooked for 45 mins on the Grill | Served with Chips
Choose from: BBQ | Lemon & Herb | Peri Peri

Stuffed Chicken Breast

165

Chicken Breast stuffed with Spinach | Mushrooms Feta | Creamy Sun-Dried Tomato Sauce | Served with Rice & Peas

SEAFOOD

Hake & Chips

135

Beer Battered | Plain Grilled | Panko
Served with Chips | Peas | Tartar Sauce

Grilled Calamari

194

Pan Fried Falklands Calamari Tubes | Cooked with Capers, Olives & Lemon | Served with Chips or Rice

Grilled Kingklip

225

Grilled Kingklip | Served on a Pumpkin Risotto | Roasted Tomatoes | Green Beans

Prawns

Grilled Prawns | Served with either rice or chips | Creamy Lemon & Herb or Creamy Peri Peri

6..... 180

8..... 240

12..... 360

GRILLS

Grilled to your liking
Served with chips & onion rings

Fillet

250g..... 248

Rump

200g..... 170

300g..... 198

Sirloin

200g..... 170

300g..... 198

Beef Espetada 450g

238

Rump Cubes | Cracked Pepper | Rock Salt or BBQ Basted

Ribs 700g

265

BBQ Basted Pork Ribs | Served with our Famous Chips & Onion Rings

Lamb Chops 360g

285

3 Grilled Lamb Chops | Garlic & Rosemary Basting | Served with Chips & Onion Rings

SPECIALITY STEAKS

The Zulu

243

300g Rump or Sirloin topped with
Grilled Chorizo | Mushroom | Onion |
Jalapeño | Tomato Gravy |
Served with Pap & Chakalaka Beans

Steak Blue Royale

235

300g Rump or Sirloin topped with
Mushrooms | Crispy Bacon Bits | Blue
Cheese Mousse with chips & onion rings

Perini

235

300g Rump or Sirloin topped with
creamy peri peri chicken livers | Served
with chips & onion rings

Surf & Turf

243

300g Rump or Sirloin topped with a
Creamy Prawn Bisque | Served on mash



SIDES

Sweet Potato Chips

45

Roasted Butternut | Feta |
Beetroot | Toasted Seeds

55

Zucchini Fries

55

Stir Fry Vegetables

55

Pap & Tomato Gravy

45

SAUCES

Biltong & Brandy

38

Blue Cheese & Bacon

38

Spicy Jalapeño

38

Trio of Mushroom with Port

38

Creamy Honey Mustard

38

PIZZA

FOCACCIA

Garlic & Herb 70

Mozzarella & Garlic 85

Mozzarella & Onion Marmalade 85

Bases 45

Gluten Free

Pumpkin

Cauliflower

Margarita (v) 95

Tomato | Mozzarella

Hawaiian 140

Ham | Pineapple

Regina 140

Ham | Mushroom

Sweet Chilli Chicken 155

Sweet Chilli Chicken | Feta

Mexicana 160

Mince | Chilli | Green Pepper | Onion

Vegetarian (V) 120

Baby Spinach | Olives | Feta | Onion
Marmalade

Spicy Delight 160

Butter Chicken | Yoghurt | Coriander |
Crispy Onions

BBQ CHICKEN 155

Chicken | Bacon | BBQ Sauce

Big Boy 185

Pulled Pork | Bacon | Ham | Crumbled Feta |
Sun-Dried Tomatoes | Caramelised Onions

Portuguese Chicken 165

Peri Peri Chicken | Chorizo | Onion
Marmalade

Our pizzas are hand-rolled to order with fresh herbs and our signature homemade Napolitana sauce. Please allow for extra time.

The Boss 170

Gorgonzola | Salami | Sun-Dried Tomatoes |
Onions | Olives | Avocado

Stagioni 150

Ham | Mushroom | Olives | Artichokes

Sicilian 155

Salami | Anchovies | Olives | Artichokes |
Capers

Pepperoni 155

Pepperoni | Mushrooms | Chilli

The Bistro 160

Bacon | Sun-Dried Tomatoes | Feta | Onions

Miss Piggy 180

Garlic | Bacon | Salami | Peppadew |
Mushrooms | Onions

Full House 185

Mince | Bacon | Pepperoni | Ham | Red
Onion | Green Pepper

Cheeky Chorizo 155

Chorizo | Brie | Caramelised Onions | Rocket

Mediterranean 155

Chicken | Caramelised Onions | Olive | Feta |
Fresh Rocket

Italian Job (V) 165

Buffalo Mozzarella | Basil

BURGERS

CLASSICS

All served on a seeded bun with Lettuce | Tomato | Gherkins | Homemade Relish | Mayo | Chips or Side Salad

The Gardens Beef Burger 120
180g Homemade Beef Patty

The Gardens Chicken Burger 105
180g Chicken Fillet

The Gardens Veg Burger (V) 110
Black Bean Burger | Topped with Mushrooms | Red Onion | Homemade Salsa | Guacamole

Naked Burger 145

Sweet Potato & Butternut Rosti | Topped with our Homemade Beef Patty | Black Mushroom | Avocado | Crispy Onion Rings

Buttermilk Burger 125

Deep Fried Chicken Breast | Topped with Slaw | Slice of Emmenthal Cheese

Mushroom Wizz 145

Mozzarella | Emmenthal Cheese | Mushrooms | Homemade Mayo

Chilli Bacon & Feta Burger 145

Beef Patty with Bacon | Crumbed Feta | Hot Honey

The Texan 165

Two Smashed Beef Patties | Cheddar | Smoky BBQ Mayo | Gherkins | 3 Cheese Jack Daniel's Sauce

Smashed Burger 165

Two Smashed Patties | Mozzarella | Cheddar | Bacon | Onion Rings

Ultimate Chicken Burger 145

Grilled Chicken Breast | Grilled Pineapple | Guacamole | Aged Cheddar

Sassy Vegan (V) 145

Vegan Patty | Spicy Vegan Mayo | Guacamole | Red Onion



KIDS MEALS

Scrambled Egg & Soldiers (V)

One Egg Scrambled | Toast

60

Chicken Strips & Chips

Served with Cucumber | Carrot Fingers | Homemade Sauce

78

Mac & Cheese with Bacon Bits

Delicious Cheese Sauce | Served with Penne | Crispy Bacon Bits

68

Mini Beef Burger & Chips

Homemade Patty | Lettuce | Tomato

68

Spaghetti Bolognese

Traditional Beef Mince in our Homemade Napolitana Sauce

68

DESSERTS

Chocolate Brownies

Served with Ice Cream

85

Deep Fried Oreo's

Served with Ice Cream

85

Passionfruit Cheesecake

Fridge Cheesecake | Served with Ice Cream or Cream

85

Sticky Malva Pudding

Served with Custard

85

Crème Brûlée

85

Also Available:

Paul's Homemade Ice Cream | Magnums
& Cornetto | Soft Serve with Toppings |
Pancakes | Waffles



SUSHI

THE CLASSICS

Sashimi (4 Pcs)

-Salmon	95
-Tuna	90

California Rolls (8 Pcs)

-Salmon	115
-Prawn	125
-Avocado/Cucumber (V)	95

Fashion Sandwiches (8 Pcs)

-Salmon	135
-Prawn	145
-Avocado/Cucumber (V)	95

Hand Rolls

-Salmon	95
-Prawn	95
-Avocado/Cucumber (V)	75

Maki (8 Pcs)

-Salmon	105
-Prawn	100
-Avocado/Cucumber (V)	75

Nigiri (4 Pcs)

-Salmon	95
-Tuna	95
-Prawn	95

Roses (3 Pcs)

-Salmon	95
-Tuna	95

SIGNATURE

Tokyo Roll (6 Pcs)	125
Tempura Fried Prawns Avo Teriyaki Sauce	

Crunchy Roll (6 Pcs)	145
California Rolls Deep Fried Salmon Prawn Avo Sweet Chilli 7 Spice Spring Onions	

Yummy Roll (8 Pcs)	145
Prawn & Kiri Cheese Roll Fried Topped with Smoked Salmon Sriracha Mayo Sweet Soya Sauce	

Prawn Avalanche (8 Pcs)	135
Prawn Avo Tempura Prawn Avalanche Sauce	

Rainbow Reloaded (8 Pcs)	145
Salmon Tuna Spicy Mayo Teriyaki 7 Spice Spring Onion Tempura Crumbs Sesame Seeds	

The Yuppie (8 Pcs)	135
California Roll Smoked Salmon Cream Cheese Avo	

Dragon Roll (8 Pcs)	158
Rainbow Roll Rolled with Tempura Prawn Topped with our Famous Sauce	

Bamboo Tempura (4 Pcs)	89
Cucumber Roll with Tempura Prawn Avocado Topped with Kewpie Mayo Caviar	

PLATTERS

Combo Platter (23 Pcs)	295
8 Prawn California 2 Salmon Hand Rolls Tuna Sashimi 6 Prawn Maki 4 Vegetarian Fashion Sandwiches	

Green Platter (18 Pcs) (V)	185
6 Avo Maki 8 Vegetarian Rainbow Rolls 4 Vegetarian Fashion Sandwiches	

The Gardens Platter (16 Pcs)	325
4 Crunchy Roll 4 Prawn Avalanche 4 Crispy Salmon Fashion Sandwiches 4 Panko Rolls	

The Boss Platter (20 Pcs)	285
6 Prawn Maki 4 Rainbow California Rolls 4 Salmon Roses 4 Tuna Fashion Sandwiches 1 Spice Prawn Hand Roll	

Salmon Platter (22 Pcs)	320
8 Salmon California Rolls 3 Salmon Sashimi 2 Salmon Nigiri 3 Salmon Roses 6 Salmon Maki	