

Breakfast

[SERVED ALL DAY]

EGG & TOAST OR OMELETTE & TOAST [two eggs & two slices of toast] R 36

| | | | |
|----------|--|---|------------------|
| + | Bacon (2 rashers) / Avo (if available) / Smoked Chicken | } | R 22 /portion |
| + | Pork Sausages / Pork Bangers / Russians / Beef Sausages | } | R 28 /portion |
| + | Grilled Mushrooms / Sliced Tomato / Caramelized Onions / Pan-fried Spinach / Sun-dried Tomato / Jalapeños / Cheddar / Feta / Grilled Baby Tomatoes / Cream Cheese / Hash Brown | } | R 16 /portion |

VEG OMELETTE R 77
Two egg omelette stuffed with veggies of the day and a choice of cheddar, cream cheese or feta.

CREAM CHEESE & SALMON OMELETTE [served with two slices of toast] R 105
A two egg omelette filled with smoked salmon & cream cheese. Topped with chopped chives.

CAND'S BENEDICT R 95
Toasted ciabatta topped with bacon, grilled baby tomatoes, and two poached eggs.
Smothered with freshly-made hollandaise sauce.

ROYAL BENEDICT R 110
Ciabatta topped with smoked salmon, chives and two poached eggs & our famous
freshly-made hollandaise sauce.

AVO BREAKFAST R 71
Two slices of toasted ciabatta topped with avo (if available) and grilled cocktail tomatoes, poached eggs
and baby spinach. Finished with a drizzle of garlic oil.

VEG STACKER R 77
A selection of grilled seasonal vegetables served with avo (if available).

| | | | |
|----------|-------------|---|------|
| + | Poached egg | } | R 10 |
|----------|-------------|---|------|

HASHPAN BREAKFAST [served with two slices of toast] R 77
Pan-fried veggies topped with crispy potatoes, two eggs, melted cheese & a sprinkle of paprika.

If toast is specified, you have a choice of white, brown, rye, or ciabatta. Served with strawberry and lemon jam.
For gluten-free option, replace toast with grilled aubergine or grilled tomatoes at no additional cost.
Gluten-free artisan toast available for R20 per slice.
We use free-range locally sourced eggs. Eggs are done your way: fried, poached or scrambled.
Croissants & scones baked fresh daily. Subject to availability.

Breakfast

[CONTINUED, 'CAUSE ONE PAGE IS NOT ENOUGH]

BREAKFAST BURRITO R 85
Bacon, cheesy chilli scrambled eggs, roasted cherry tomatoes, and grilled mushrooms wrapped in a grilled flour tortilla. Switch bacon for spinach as a vegetarian option.

HASHBROWN BREAKFAST R 66
A tower of two crispy hash browns with caramelized onions, two rashers of bacon & a poached egg.

HASHBROWN SUPREME R 125
Two hash browns topped with two poached eggs, smoked salmon, avo (if available) and sour cream.

FRENCH TOAST STACKER R 65
Two slices French Toast, sandwiched with marmalade. Topped with slices of fried banana & bacon. Served with Maple syrup.

OATS R 55
Cinnamon oats topped with maple apple compote & toasted almonds.

CROISSANT R 26

+ Jam & Cheese } R 17

+ Nutella } R 20

+ Scrambled eggs & bacon /
Scrambled eggs, pan-fried spinach & grilled baby tomatoes } R 35

BUTTERMILK SCONES [served with strawberry & lemon jam and butter] R 28

+ Cheese or Cream } R 13
/portion

Pancakes

[SERVED ALL DAY]

SAVOURY R 38
Bacon, mushroom & cheddar / Spinach & Feta / Chicken Mayo

SWEET R 30
Nutella / Banana & bacon

CLASSIC R 8
Cinnamon & sugar

Sandwiches

[SERVED ON HAND-MADE WHITE OR BROWN BREAD]

CHICKEN MAYO R 65

BACON, EGG & CHEESE R 65

CHEESE & TOMATO R 50

BACON & CHEESE R 58

'BRAAIBROODJIE' [tomatoes, red onions & cheese] R 53

CHEESE R 49

+ Bacon (2 rashers) / Avo (if available) / Smoked Chicken } R 22
/portion

+ Grilled Mushrooms / Sliced Tomato / Caramelized Onions / } R 16
Pan-fried Spinach / Sun-dried Tomato / Jalapeños / Cheddar / } /portion
Feta / Grilled baby tomatoes / Cream Cheese

Open Sandwiches

[SERVED ON HAND-MADE WHITE OR BROWN BREAD]

BACON, EGG & CHEDDAR CHEESE R 105

Toast topped with four slices of crispy bacon, two fried eggs and melted cheddar cheese.

SMOKEHOUSE CHICKEN R 80

Cubes of in-house smoked chicken fillet in a yogurt & mustard dressing, topped with sun-dried tomatoes.

SALMON SUPREME R 143

Toast slices spread with cream cheese decked out with smoked salmon, slices of avo (if available) and cucumber. Drizzled with garlic-infused oil.

HEAVENLY BITES R 115

Two slices of toast topped with crispy bacon, avo (if available), feta & melted cheddar cheese.

VEGGIE DELIGHT R 110

Toast decked out with grilled aubergine, peppers, spinach, and finished off with cream cheese.

Exchange the bread for a artisan panini roll for an additional cost of R 15.

For gluten-free option, replace toast with grilled aubergine or grilled tomatoes at no additional cost.

Gluten-free artisan toast available for of R20 per slice.

Add side chips or salad for R 25.

Harvest Table

[SERVED FROM 11:00]

| | |
|---------------------------|------|
| INDIVIDUAL QUICHE | R 40 |
| MINI QUICHE / SPANAKOPITA | R 12 |
| SPANAKOPITA | R 30 |
| SIDE SALAD | R 25 |
| MEDIUM SALAD | R 38 |
| LARGE SALAD | R 48 |

Salads: Greek / Green / Coleslaw / Asian Coleslaw /
Spinach with sun-dried tomatoes, olives & seeds

Lunch

[SERVED FROM 11:00]

BUILD-YOUR-OWN-BURGER [served with chips] **R 80**

STEP 1 -> Choose beef or chicken. The chicken has a choice of grilled or crumbed.

STEP 2 -> Sauce it! Choose between BBQ, Garlic or Chilli Aioli, Sun-Dried Tapenade, Sour Cream & Bacon Sauce or Sour Cream & Mushroom Sauce.

STEP 3 -> Add your own toppings

| | | | |
|----------------------------|---|---|------------------|
| <input type="checkbox"/> + | Bacon (2 rashers) / Avo (if available) | } | R 22 /portion |
| <input type="checkbox"/> + | Grilled Mushrooms / Caramelized Onions / Pan-fried Spinach / Sun-dried Tomato / Jalapeños / Cheddar / Feta / Pickles / Grilled Baby Tomatoes / Cream Cheese | } | R 16 /portion |

PORK BURGER **R 100**
100% Pork patty topped with chilli aioli, BBQ sauce and pineapple salsa. Served with chips.

FISH & CHIPS **R 100**
Beer-battered hake served with chips, tartare sauce and a lemon wedge.

FISH TACOS **R 100**
Two beer-battered hake goujons in a soft shell taco topped with Asian slaw and chilli aioli.

CALAMARI & ASIAN COLESLAW **R 100**
Deep-fried calamari strips, served with garlic aioli, chips & Asian Coleslaw.

We try to remove all bones from fish, but small bones may remain.

Vegan Menu

[SERVED ALL DAY]

VEG STACKER

A selection of grilled seasonal vegetables topped with avo (if available).

R 77

OATS

Cinnamon oats served with a blueberry compote and toasted almonds.

R 55

VEGAN DELIGHT OPEN SANDWICH

Choice of white or brown bread topped with grilled tomato, aubergine, spinach & peppers. Finished with a dollop of caramelised onion.

R 105

RAW VEGGIE SALAD

A selection of raw seasonal vegetables, served with avo (if available) on a bed of baby spinach & mixed leaves. Sprinkled with seeds & drizzled with a lemon dressing.

R 88

BUILD-YOUR-OWN-BURGER-WITH A TWIST [served with chips]

R 80

STEP 1 -> Choose grilled sliced tomatoes or grilled aubergine.

STEP 2 -> Sauce it! Choose between BBQ, Garlic Aioli or Sun-Dried Tapenade.

STEP 3 -> Add your own toppings

| | | | |
|----------------------------|---|---|------------------|
| <input type="checkbox"/> + | Avo (if available) | } | R 22 /portion |
| <input type="checkbox"/> + | Grilled Mushrooms / Caramelized Onions / Pan-fried Spinach / Sun-dried Tomato / Jalapeños / Grilled Baby Tomatoes / Pickles | } | R 16 /portion |

Sides

BLOOMING ONION

Perfect for sharing. Served with sour cream or sweet chilli sauce.

R 50

RISOTTO BALLS

Crumbed & deep-fried mushroom & parmesan balls, served sour cream dip.

R 50

SIDE CHIPS

R 25

SIDE SALAD

Greek / Green / Spinach with sun-dried tomatoes, olives & seeds / Coleslaw / Asian Coleslaw

R 25

If you have any special requests, let us know. | Please inform us if you have any dietary restrictions or allergies.

10% gratuity added to tables with 8 or more guests. | Follow us @candskitchen

For the Mini Adults

[SERVED ALL DAY]

The "I AM NOT HUNGRY!"
Sugar & cinnamon pancake.

R 8

The "I DON'T WANT THAT"
Mini breakfast burrito, filled with a scrambled egg, bacon & cheddar cheese. Served with chips.

R 38

The "I DON'T CARE"
Deep-fried hake goujons served with chips or a side salad.

R 45

The "I AM STARVING"
Choice of a russian or a beef sausage with chips and tomato sauce.

R 45

Platters for home

[PLEASE NOTE: 48hours notice]

MEAT PLATTER

Includes two bites for each person of the following: Meatballs / Salmon Mousse on Cucumber / Chicken Kebab / Bobotie Samosas / Chicken Pies / Chicken Spring Roll

R 115
PER PERSON

VEG PLATTER

Includes two bites for each person of the following: Shortbread with pesto, cocktail tomatoes & feta / Mini Spanakopitas / Mushroom Risotto Balls / Vegetable Spring Rolls / Mini Puff Pastry Snacks

R 85
PER PERSON

QUICHE PLATTER

Includes one quiche of a variant of the following (choose 5): Bacon, mushroom & cheddar cheese / Smoked Chicken, sundried-tomato & chives / Caramelised onion & cream cheese / Spinach & feta / Spinach, mushroom & red pepper / Tomato, feta & olives / Baby Marrow, onion & feta / Peppers, onion & feta / Mixed Veg

R 75
PER PERSON

SALADS FOR HOME

[48 hours notice | Minimum two portion order]

GREEK / CHUNKY SALSA / CLASSIC POTATO / GERMAN POTATO / ASIAN COLESLAW /
CLASSIC COLESLAW / SPICED AUBERGINE & SPINACH / ASIAN AUBERGINE /
BALSAMIC AUBERGINE / MAYO BROCCOLI & CHEDDAR /
GREEN BEAN WITH MINT YOGURT / GREEN BEAN WITH TOMATO /
SEEDED SPINACH & TOMATO / PICKLED BABY MARROW / LEAFY BABY MARROW /
VEGGIE COUSCOUS, BARLEY OR RICE / BEETROOT & APPLE /
BEETROOT & BUTTERNUT / LEAFY BUTTERNUT / LENTIL / BLACKBEAN

R 25
/PORTION



Tummy Love Food Co. is the sister company of CanD's Kitchen. It supplies CanD's Kitchen with jams, hand-made pork sausages & patties and a variety of freezer meals. Ask your server for more information. Follow us @tummylovefoodco.

FREEZER MEALS

| | <u>SIZES</u> | <u>PRICES</u> |
|------------------------------|--------------|---------------|
| BEEF, CHICKEN OR VEG LASAGNE | 350g / 700g | R 50 / R 100 |
| BEEF OR LENTIL BOBOTIE | 300g / 600g | R 45 / R 90 |
| BEEF OR LENTIL COTTAGE PIE | 300g / 600g | R 45 / R 90 |
| CHICKEN BROCCOLI BAKE | 300g / 600g | R 45 / R 90 |
| ITALIAN CHICKEN BAKE | 300g / 600g | R 45 / R 90 |
| CHICKEN PIE | 300g / 600g | R 45 / R 90 |
| HADDOCK PIE | 300g / 600g | R 65 / R 130 |
| 100% PORK SAUSAGE RANGE | per kilogram | R 109 |

Classic, Bangers or Russians

VEGAN MEALS

VEGAN MEALS AVAILABLE ON PRE-ORDER. 48 HOURS NOTICE.
PLEASE PLACE ORDER WITH YOUR SERVER.

JAMS

| | <u>SIZES</u> | <u>PRICES</u> |
|------------------------|--------------|---------------|
| STRAWBERRY & LEMON JAM | 230g | R55 |
| ORANGE MARMALADE | 230g | R55 |

SEASONAL JAMS

WE ALSO MAKE A RANGE OF SEASONAL JAMS THAT MAY NOT BE LISTED
ON THE MENU.

ASK YOUR SERVER FOR MORE INFORMATION.

Hot Beverages

| | <u>SINGLE</u> | <u>DOUBLE</u> |
|---|---------------|---------------|
| ESPRESSO | R 20 | R 25 |
| AMERICANO | R 25 | R 30 |
| CAPPUCCINO | R 28 | R 33 |
| FLAT WHITE | R 28 | R 33 |
| CAFÉ LATTE | R 32 | |
| Substitute any coffee for decaf or red espresso | | R 9 |
| HOT CHOCOLATE | | R 35 |
| RED HOT CHOCOLATE | | R 37 |
| WHITE HOT CHOCOLATE | | R 39 |
| CHOCOCINO | | R 40 |
| CHAI LATTE | | R 32 |
| DIRTY CHAI | | R 49 |
| TEA - CEYLON OR ROOIBOS | | R 25 |
| EARL GREY | | R 27 |
| SELECTION OF FLAVOURED TEA | | R 28 |

+

Plant based milk alternative - Almond milk

}

R 15

Cold Beverages

| | |
|--|------|
| SODA | R 25 |
| Coke / Coke Light / Coke Zero / Fanta / Cream Soda / Sprite / Iced Tea - Lemon or Peach | |
| WATER | R 18 |
| STILL / SPARKLING | |
| APPETIZER / RED GRAPETIZER | R 27 |
| 100% FRUIT JUICE | R 35 |
| Orange / Apple / Granadilla & Apple | |
| MILKSHAKE | R 44 |
| Strawberry / Belgium Chocolate / Blueberry & Buttermilk / Vanilla / Peanut Butter / Banana / Granadilla & Apple / Coffee | |
| SMOOTHIE / CRUSHER | R 44 |
| Strawberry / Mixed Berry / Blueberry / Banana / Granadilla & Apple | |
| SODA FLOAT | R 44 |
| Coke / Fanta / Cream Soda | |
| ICED COFFEE / ICED ROOIBOS TEA | R 33 |

Wine List

[SERVED FROM 11:00]

HOUSE WINES

WHITE BLEND - DRY OR OFF-DRY

GLASS

R 40

BOTTLE

R 105

RED

R 45

R 150

WHITE WINES

CAPE ATLANTIC SAUVIGNON BLANC

R 87

Aromas of tropical fruit such as gooseberries and pear with grassy notes coming through. A crisp wine with lingering fruit flavours and a mouth-watering zesty

STETTYN STONE WHITE

R 107

Aromatic, showing floral notes of frangipani and orange blossoms. A dynamic palette with a grippy bramley apple acidity and wet pebble minerality.

SECATEURS CHENIN BLANC

R 120

Well defined bouquet of lemon curd and light white flower aromas. Slightly viscous on the entry, very pure with fine acidity, and honeyed toward the finish.

CREATION SAUVIGNON BLANC

R 150

Tropical fruit, follows through to the full-bodied palate with crisp, well-integrated acidity.

ROSÉ WINES

STETTYN

R 120

Chardonnay / Pinot Noir. Light and fresh, with low tannin.

HPF BLOOS

R 130

The only South African Premium Rosé comprising all five Bordeaux varietals. An abundance of fresh fruit, finesse and layered complexity.

LOCALLY SOURCED CRAFT BEER

BIRKENHEAD LAZY LEOPARD LAGER

BIRKENHEAD POT BELLY PILSNER

BIRKENHEAD LAUGHING CROC BELGIAN PALE ALE

BIRKENHEAD WEISS

OLD HARBOUR LAGER

}
}

R 38

R 38

Wine List

[SERVED FROM 11:00]



RED WINES

STETTYN STONE RED R 107

Light-bodied easy-drinking fruity wine. Best served slightly chilled.

EXCELSIOR MERLOT R 100

The nose shows lovely ripe cherry characters, backed up by smoky coffee and spice notes. The palate is soft, yet has a good structure.

BRUCE JACK DAILY BREW PINOTAGE R105

Soft, almost creamy mouth feel and lots of cherry, ripe plum with hints of chocolate and a tiny mocha zing on the finish – very balanced and more-ish.

BRUCE JACK CABERNET SAUVIGNON R 105

A classic Cape Cabernet nose, full of cassis and black fruit. Soft, chocolate tannins on palate with ripe blackcurrant fruit.

FELICITE PINOT NOIR R 142

Radiant red fruit of ripe cherries broadening into deeper blueberry and currants, perked up with rich baking spices. The palate is structured with fine, salivating tannins balanced with plump and silky red fruit flavour.

METHODE CAP CLASSIQUE

SPIER SECRET SPARKLING WINE R 143

12 months on the lees. The citrus and yeasty aromas carry through from the nose to the palate, making for a refreshing finish.

DOMAINE DES DIEUX CLAUDIA R 270

48 months on the lees. Keenly balanced with a long finish of citrus fruits and toasty brioche notes.

CHARLES FOX BRUT RESERVE R 225

24 months on the lees. Hints of pears and apples, follow through with a slight savoury tone and a generous finish.

BOTTEGA PROSECCO R 200

Apple, peach and floral notes. Lively and fresh, yet quite soft, with balanced acidity.

