

# MENU



...for breakfast, lunch and tea...

A Cape Sugarbird (*Promerops cafer*) catches a bee against a backdrop of pincushion proteas (*Leucospermum cordifolium*).

Bruce J Robinson

## WE USE ONLY THE BEST!

We bake everything on the premises, including our special breads.

We use only real, high cocoa butter chocolate in our cakes, desserts and hot chocolate.

Only butter – no margarine.

Extra virgin olive oil and canola oil.

Apple cider vinegar, rice vinegar and pure lemon juice in our dressings.

Our fruit salad and juices are FRESH and preservative-free.

## KIDS' CHOICES . . .

All kids' items on the menu are indicated by a (K)

## ALLERGY-FRIENDLY

Refer to the menu or ask your waitron for information on allergy-friendly dishes.

## GIVE THE PERFECT GIFT

Share a memorable moment . . . Tea for two vouchers and meal vouchers (for any amount) are available.

## PRIVATE PARTIES . . .

Choose from our special party menus and we will cover your entrance fee. Booking essential.

Party menus are available from your waitron or visit our website [www.ktr.co.za](http://www.ktr.co.za)

## GARDEN GOURMET PICNICS . . .

Choose from our Picnic Menu. We pack your selection to be enjoyed under the trees or on the lawn.

Our menu has been carefully created to satisfy the greatest variety of tastes.

We regret that substitutes or changes to the menu items may not be made.

All persons entering the Tea Room do so at their own risk. The Kirstenbosch Tea Room and its employees do not accept responsibility or liability for loss or injury.



### **The use of laptop computers is not permitted.**

Please avoid the use of cellphones in  
The Tea Room.

Escape from every day stress and  
help maintain the tranquility of  
the Garden . . .

We love children, but children  
on the run are a hazard.

**Please supervise your children!**



# TRADITIONAL BREAKFAST

Last order at 11:15am

ENGLISH BREAKFAST - <i>the full monty!</i> .....	R74
2 eggs, bacon, beef or pork banger, grilled tomato, mushrooms & 2 hash browns	
VEGETARIAN BREAKFAST .....	R73
Grilled vegetables on a bed of spicy tomato topped with basil pesto & feta, 2 eggs, grilled tomato, grilled mushrooms & 2 hash browns	
MINI BREAKFAST .....	R49
1 egg, bacon, grilled tomato & 1 hash brown.	
<i>All of the above served with your choice of our special bread, toasted or plain and home-made strawberry jam or marmalade</i>	
Substitute a free range egg in place of your regular egg .....	each R5
Ⓚ EGGY ON TOAST Fried, scrambled or poached, garnished with rocket & cherry tomatoes	
2 Slices .....	R36
1 Slice .....	R21
MUSHROOMS ON TOAST In sour cream & dill, garnished with rocket & cherry tomatoes	
2 Slices .....	R42
1 Slice .....	R25
FRENCH TOAST	
2 Slices of our home-made milk loaf served with cinnamon sugar & golden syrup or honey .....	R39
Ⓚ 1 Slice .....	R21
OPEN SANDWICH BACON OR HAM & EGG	
2 Slices with side salad or chips .....	R65
1 Slice with side salad or chips .....	R49
2 Slices with cheese and side salad or chips .....	R69
1 Slice with cheese and side salad or chips .....	R52
SIDE ORDERS	
Mushrooms .....	R19
Bacon .....	R18
Bowl of grilled vegetables on a bed of spicy shakshuka tomato with basil pesto & feta .....	R29
40g Smoked salmon with creme fraiche .....	R38

# All-Day Breakfast

## ALL-DAY BREAKFAST

Served until 4.30pm

### SHAKSHUKA

Eggs poached in a spicy Moroccan tomato sauce served with crusty home-made Italian bread & a side salad or chips

For 1 ..... R66  
For 2 ..... R125

### OPEN PAN OMELETTE ..... R64

With your choice of 3 toppings from the following:

Cheddar, feta, tomato, fried onion, bacon, ham, Mexican chicken, mushrooms or grilled vegetables, served with a side salad or chips

### HEALTH BREAKFAST ..... R64

Home-made granola, fresh fruit salad & Bulgarian yoghurt

### ANCHOVY TOAST ..... R39

Anchovy butter made with real Italian anchovies served with 2 slices of toast or bread, sliced tomato & a side salad

### MARMITE TOAST ..... R34

Marmite & butter served with 2 slices of toast or bread, sliced tomato & a side salad

### Ⓚ ONE SLICE OF ANCHOVY OR MARMITE TOAST ..... R17

Served with anchovy butter, anchovette or Marmite and sliced tomato

### BREAD BASKET ..... R37

3 Slices of bread or toast served with butter, cheese, home-made marmalade & strawberry jam

All-Day Breakfast  
Menu items for the 'not-so-hungry' and for the kids are indicated with a Ⓚ

# Salads SALADS

*Served with a basket of bread or toast. Served until 4.30pm*

## HOUSE MIXED SALAD

An assortment of greens & vegetables with sprouts & toasted seeds served with our famous fresh herb & honey dressing .....	R62
As a side salad .....	R43
Feta cheese & olives .....	R22
Feta cheese .....	R16
Olives .....	R16

## MEXICAN GRILLED CHICKEN AND AVOCADO SALAD .....

R78

With corn, celery, cucumber, tomatoes, croutons on a bed of lettuce & spinach, with our lemon & coriander dressing	
With bacon .....	R85

## MIDDLE EASTERN VEGETARIAN PLATTER .....

R78

Falafel, humus, labaneh (yoghurt cheese), roast eggplant, tabouleh  
& spicy Turkish tomato salad served with warm pita bread

## SMOKED SALMON PLATTER .....

R96

The finest local salmon (85g) served with dill crème fraîche, capers,  
a side salad & bread of your choice

## THAI VEGETABLE SALAD WITH FRUIT & CASHEW NUTS .....

R78

Julienne vegetables, sprouts & fresh fruit on a bed of fresh greens, topped with crispy rice noodles  
with our sweet chilli, soya, sesame oil and coriander dressing

## THAI CALAMARI SALAD .....

R89

Thai vegetable salad served with tender strips of calamari stir-fried in a soya and sweet chilli sauce

## THAI CRISPY FISH SALAD .....

R89

Thai vegetable salad served with crispy nuggets of hake served with a soya and sweet chilli dipping sauce

# SCRUMPTIOUS SANDWICHES

Served with a side salad &/or chips. Served until 4.30pm

Sandwiches either toasted or plain on our special home-made breads:  
Italian white, wholewheat seed, 100% rye or gluten-free.

Ⓚ TOASTED CHEESE OR BACON WITH CHIPS OR SMILEYS .....	R36
CHEDDAR WITH TOMATO	
3 Slices .....	R49
2 Slices .....	R37
GRILLED VEGETABLES, FETA & BASIL PESTO	
3 Slices .....	R67
2 Slices .....	R49
SPICY CHICKEN MAYONNAISE	
3 Slices .....	R71
2 Slices .....	R52
EGG & HORSERADISH MAYONNAISE WITH DILL	
3 Slices .....	R49
2 Slices .....	R37
TOASTED BACON OR HAM & CHEESE	
3 Slices .....	R67
2 Slices .....	R49
OPEN FACED BLT	
Grilled bacon OR ham, with lettuce & tomato.	
2 Slices .....	R63
1 Slice .....	R46
OPEN HEALTH SANDWICH	
For the calorie conscious: Chunky cottage cheese, grilled mushrooms, sundried tomatoes, sprouts & toasted seeds	
2 Slices .....	R67
1 Slice .....	R49

# COMFORT FOODS

Served from 11.45am until 3.45pm daily

CATCH OF THE DAY (when available) (200g) . . . . .	R109
Grilled and served with lemon garlic butter	
Fried in a crispy beer batter served with sauce tartar	
FRESH HAKE (200g) . . . . .	R89
Grilled and served with lemon garlic butter	
Fried in a crispy beer batter served with sauce tartar	
RUMP STEAK (250g) . . . . .	R105
Charcoal grilled to perfection - plain or BBQ basted	
BANGERS & MASH . . . . .	R78
3 Beef or pork bangers with a brown onion OR spicy tomato sauce	
CRUMBED CHICKEN SCHNITZEL . . . . .	R81
served with sauce of your choice	
<i>All of the above are served with a side salad, seasonal vegetables of the day plus your choice from one of the following: chips, baby potatoes, mash or yellow rice</i>	
BEEF BOBOTIE . . . . .	R78
Served with yellow rice and sambals: tomato & onion, banana yoghurt, chutney. & papadum	
CAPE PICKLED FISH (200g) . . . . .	R89
Served with a bread basket & a side salad	
SPINACH & FETA DEEP-PAN QUICHE . . . . .	R74
Made with low-fat cottage cheese, fresh dill & nutmeg, served with salad &/or chips	
BBQ CHICKEN BREAST BURGER & CHIPS . . . . .	R79
Served with a side salad	
HOME-MADE BEEF BURGER & CHIPS (200g) . . . . .	R79
Served with a side salad	
BEAN BURGER (gluten, dairy and egg-free patty) . . . . .	R77
Chickpeas and black beans, with grilled vegetables, tomato, spinach and butternut	
Served as a regular hamburger with chips and side salad	

# FOR THE NOT-SO-HUNGRY

Ⓚ	CRISPY FISH NUGGETS (120g)	R52
Ⓚ	LADIES HOME-MADE BEEF BURGER (135g)	R58
Ⓚ	LADIES BANGERS & MASH 2 Beef or pork bangers with a brown onion OR spicy tomato sauce	R52
Ⓚ	LADIES BBQ CHICKEN BREAST BURGER	R58
Ⓚ	CRUMBED CHICKEN NUGGETS. served with spicy mayo or plain mayo	R52

All of the above are served with a salad garnish, plus your choice from one of the following:  
chips, baby potatoes, mash or yellow rice

## SAUCES & SIDE ORDERS

	SAUCES:	R19
	Creamy green & black peppercorn	
	BBQ sauce	
	Spicy tomato	
	Mushroom	
	Extra cheese	R19
	Plate of chips	R38
Ⓚ	Bowl of chips or smiley chips	R29
	Salad bowl	R29
	Plate of vegetables of the day, including grilled vegetables	R42
	Bowl of vegetables of the day	R29

## SOUPS

A meal in a bowl, served with your choice of bread

VEGETABLE BARLEY SOUP	(Starter portion R38)	R61
NORTH AFRICAN BLACK BEAN SOUP	(Starter portion R38)	R61
BEEF GOULASH SOUP	(Starter portion R40)	R65
PEA & GAMMON SOUP	(Starter portion R40)	R65

*Pamela's Famous Cakes & Desserts*  
**PAMELA'S FAMOUS  
 CAKES & DESSERTS**

ENGLISH TEA FOR 2 .....	R155
Pot of tea of your choice	
Cucumber & cream cheese OR egg & horseradish on your choice of bread	
2 mini spinach & feta quiches	
Home-made scones with strawberry jam & clotted cream	
1 cake, cut into 2.	
ASSORTED HOME-MADE CAKES OF THE DAY .....	R33
Extra cream, clotted cream OR ice-cream.....	R10
Ⓚ FROSTED CUP CAKES .....	R19
TWO OF OUR FAMOUS TEA SCONES SERVED WARM .....	R33
With home-made jam & clotted cream	
TWO HOME-MADE RAISIN & BRAN MUFFINS .....	R33
Served with butter, cheese & marmalade OR strawberry jam	
TWO BRAN-RICH SUCROSE-FREE MUFFINS .....	R38
Sweetened with dates & grated apple, served with sucrose-free marmalade or jam & grated cheese	
TWO CHOC-CHIP BANANA MUFFINS .....	R33
Egg & dairy free	
CARAMEL FLORENTINES .....	R22
CINNAMON BUTTER BUN .....	R25
Plain or toasted	
BELGIAN WAFFLES <i>Thick, light &amp; crispy!</i> .....	R44
With ice-cream or whipped cream PLUS your choice of one of the following: chocolate & fudge sauce, fresh berry sauce or syrup/honey on the side	
HOT APPLE PIE .....	R44
With cream or ice-cream	

MALVA PUDDING .....	R44
With custard	
CRÈME BRÛLÉE .....	R44
With fresh fruit salad	
CHOCOLATE MOUSSE CAKE .....	R44
CHOCOLATE RUM PUDDLE CAKE .....	R44
With vanilla ice-cream	
FRESH FRUIT SALAD .....	R44
with cream, ice-cream OR yoghurt	
GELATO BOWL .....	R44
3 scoops of the flavour of your choice with hot chocolate, caramel fudge or berry sauce	
Ⓚ GELATO CONES	
1 scoop.....	R16
2 scoops.....	R26
TOPPINGS (each) .....	R3

## *Allergy-friendly options* ALLERGY-FRIENDLY OPTIONS

### GLUTEN-FREE!

Chocolate mousse cake  
 Chocolate rum puddle cake with ice-cream  
 Caramel florentines  
 Crème brûlée

### SUCROSE-FREE!

Two bran-rich muffins sweetened with dates & grated apple, served with sucrose-free jam and grated cheese

### DAIRY-FREE!

Raisin and bran muffins, date and apple muffins (without the cheese)  
 Carrot cake without the frosting  
 Choc-chip banana muffins

### EGG-FREE!

Caramel nut tart  
 Choc-chip banana muffins  
 Caramel florentines

# Hot Drinks

## HOT DRINKS

### TEA

Dilmah Ceylon or Earl Grey tea .....	R15
Clanwilliam export rooibos tea .....	R15
Assorted Dilmah herb teas .....	R15
Refill (extra tea bag) .....	R7

### FILTER COFFEE Strong and fresh

Cup - regular or decaf .....	R15
Mug - regular or decaf .....	R18
Refill coffee .....	R10

ESPRESSO .....	R15
Regular, decaf or red	

CAPPUCCINO GRANDÉ <i>275 ml cup, double shot</i> regular, decaf or red .....	R19
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LATTÉ .....	R19
Regular, decaf or red	

CHOCOCCINO .....	R27
Layers of latté, espresso, French hot chocolate, topped with fluffy chino foam	

FAMOUS FRENCH HOT CHOCOLATE .....	R34
<i>With real chocolate – extra thick &amp; very rich, topped with milk foam</i>	

Espresso size - the perfect end to a meal .....	R16
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HOT CHOCOLATE .....	R26
With real chocolate	

Ⓚ KIDS' HOT CHOCOLATE .....	R19
A little more milk & not so HOT!	

MILO HOT OR COLD .....	R26
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HORLICKS .....	R29
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IRISH COFFEE OR DOM PEDRO .....	R38
Served with a home made chocolate whiskey truffle	

# Cold Drinks

## COLD DRINKS

FRANKIE'S TRADITIONAL GINGER BEER .....	R25
NESTEA ICED TEA .....	R16
ICED COFFEE <i>Coffee milkshake</i> .....	R28
PAMELA'S ICED COFFEE double shot espresso on ice with milk .....	R19
MILKSHAKES <i>Extra thick</i>	
Assorted flavours (Horlicks: extra R5) .....	R28
(K) Kids' Shakes (Horlicks: extra R4) .....	R19
Banana milkshake with real banana .....	R33
Kids' banana milkshake .....	R23
FRULATTA	
Fresh Fruit Salad Frulatta – yoghurt or ice-cream .....	R39
(K) Kids' Frulatta .....	R29
FRUIT JUICE	
Regular .....	R19
(K) Small .....	R16
SOFT DRINKS	
Coca-Cola & assorted carbonated drinks (330ml) .....	R16
Appletiser / Grapetiser / Peartiser (330ml) .....	R19
Powerade .....	R19
TOMATO COCKTAIL .....	R19
MINERAL WATER Still or Sparkling	
500 ml .....	R15
1 Litre .....	R26

# Sparkling Wine

## SPARKLING WINE

VILLIERA CAP CALSSIQUE TRADITION BRUT NV .....	R180
<p>This 'Methode Cap Classique' (bottle-fermented sparkling wine) is a blend of red &amp; white grapes displaying the full, balanced, yeasty complexity synonymous with a wine made in this style. The wine retains its fresh, racy zestiness that is a result of crispy acidity and rich fruit</p>	
ROOIBERG BRUT .....	R110
<p>A carbonated sparkling wine from Sauvignon Blanc. Fresh grassy flavours with a clean, dry aftertaste</p>	
ROOIBERG VIN DOUX .....	R110
<p>A carbonated sparkling wine for those with a sweeter tooth. It has rich, lingering sweetness and is produced using Muscadel grapes, enlivened by the zesty bubbles</p>	
J. C. LE ROUX SAUVIGNON BLANC "DINKY" .....	R38
<p>A carbonated sparkling wine from Sauvignon Blanc. Naturally crisp &amp; dry</p>	

# Red Wine

## RED WINE

LEOPARD'S LEAP LOOKOUT RED .....	R95
<p>A unique blend of three red varieties, resulted in a medium-bodied, sumptuous wine, showing attractive, spicy berry flavours. A succulent, quaffable wine, to be enjoyed on its own or with light meals, pastas and salads</p>	
By the glass .....	R28
BO VLEI CABERNET SAUVIGNON .....	R98
<p>A bouquet of grassiness and mintiness, medium-bodied with soft tannins lead to a smooth, long finish</p>	
VILLIERA MERLOT 2009 .....	R130
<p>Punchy, plum flavours, touch of oak and a velvet texture finish. Medium to full-bodied with a delicate wood treatment that does not shield the fruit.</p>	
By the glass .....	R32
BEYERSKLOOF PINOTAGE .....	R130
<p>Dark fruit and red cherry flavours with hints of oak aromas. A balanced wine with impressive consistency that will leave you with a good all-round mouth feel</p>	
Corkage fee per bottle .....	R30

## DRY WHITE WINE

BOLAND CHENIN BLANC .....	R85
This crisp dry wine with green fig & slight tones of guava that plays in the aroma and palate, with a crisp lemon-fresh finish	
BO VLEI CHARDONNAY .....	R90
A smooth balance between concentrated lemon-lime fruit characters that harmonises with the subtle toasty flavours of French oak	
By the glass .....	R28
LEOPARD'S LEAP SAUVIGNON BLANC .....	R102
Hints of lime and grapefruit flavours are delicately combined with a light greenpepper mouth-feel. A zesty after-taste completes the experience	
By the glass .....	R30

## OFF-DRY WHITE WINE

VILLIERA GEWÜRZTRAMINER .....	R120
Typically aromatic with intense lychee character and floral - rose petal - undertones. It is rich and ripe with a soft, off-dry finish ensuring good balance.	
By the glass .....	R32
BUITENVERWACHTING BLANC DE NOIR .....	R125
An attractive salmon pink colour. This blend of noble red varieties offers a combination of fresh strawberry characters with aromatic peach-like flavours	
By the glass .....	R32

## SEMI-SWEET WHITE WINE

LEOPARD'S LEAP LOOKOUT WHITE .....	R95
This well-balanced wine captures the essence of South Africa – friendly, expansive, bright as sunshine, with a bonus of ripe, tropical fruits and the pleasant presence of lime. The after-taste lingers softly	
By the glass .....	R28

# Beers BEERS

AMSTEL .....	R19
CASTLE LAGER .....	R18
HEINEKEN .....	R21
WINDHOEK DRAUGHT .....	R23
WINDHOEK LAGER .....	R19
WINDHOEK LIGHT .....	R19
SAVANNAH DRY .....	R21
SAVANNAH LIGHT .....	R21

*For any other alcohol requests please ask your waitron*

THE KIRSTENBOSCH TEA ROOM THANKS ALL THEIR SPONSORS



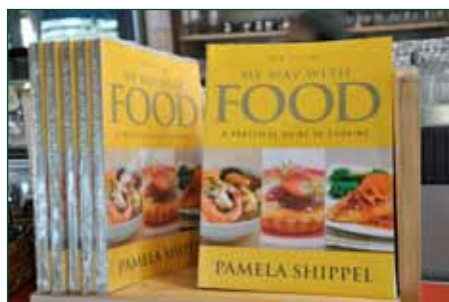
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LEOPARD'S LEAP is a proud sponsor of The Cape Leopard Trust, which seeks to protect the magnificent Cape Mountain Leopard.  
The endangered leopards make their home in part of the Cape Winelands.



FOR MORE INFORMATION  
OR TO MAKE A  
RESERVATION, CONTACT:

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PLEASE NOTE:

Bills may not be split.

Cheques are not accepted.

A 10% service charge will be added  
for groups of 10 or more visitors.

All prices include 14% VAT.

