

PAMELA'S FAMOUS CAKES & DESSERTS

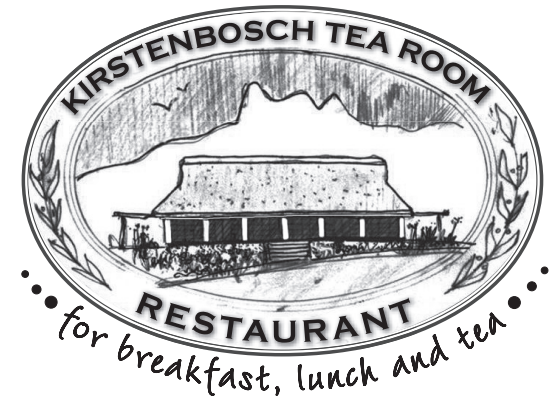
ENGLISH TEA FOR TWO <i>Served until 4.30pm daily</i> _____	R 290
Tea of your choice	
Cucumber and cream cheese OR egg and horseradish on your choice of bread	
2 mini spinach and feta quiches	
Home-made scones with strawberry jam and clotted cream	
1 cake, cut into 2 OR 2 cupcakes	
ASSORTED HOME-MADE CAKES OF THE DAY _____	R 58
FROSTED CUP CAKE _____	R 20
TWO OF OUR FAMOUS TEA SCONES <i>Served warm</i> _____	R 58
With home-made jam and clotted cream	
TWO HOME-MADE RAISIN AND BRAN MUFFINS _____	R 58
Served with butter, cheese and marmalade OR strawberry jam	
TWO GLUTEN-FREE CRANBERRY AND CINNAMON MUFFINS _____	R 58
Served with jam and grated cheese	
TWO CHOC-CHUNK BANANA MUFFINS (<i>vegan</i>) _____	R 58
TWO BRAN-RICH SUCROSE-FREE MUFFINS _____	R 64
Sweetened with dates and grated apple, served with sucrose-free jam and grated cheese	
EXTRAS Cream, clotted cream, ice-cream OR grated cheese _____	R 8
FLORENTINES (<i>gluten-free</i>) _____	R 36
CHOCOLATE BROWNIE _____	R 38
Made with Callebaut Belgian chocolate – rich and moist	
MEGA BISCUIT _____	R 30
• Double choc-chunk	
• Granola (<i>dairy and egg-free</i>)	
• Tahini and pistachio nut	
CINNAMON BUTTER BUN plain or toasted _____	R 43
SAVOURY MUFFINS _____	R 58
2 Savoury muffins of the day. Ask your waitron	
BELGIAN WAFFLE thick, light and crispy _____	R 65
With ice-cream or whipped cream PLUS your choice of one of the following: chocolate and fudge sauce, fresh berry sauce or syrup/honey on the side	
HOT APPLE PIE with cream or ice-cream _____	R 65
MALVA PUDDING with custard _____	R 58
CRÈME BRÛLÉE with fresh fruit salad (<i>gluten-free</i>) _____	R 58
CHOCOLATE MOUSSE CAKE (<i>gluten-free</i>) _____	R 58
FRESH FRUIT SALAD with cream, ice-cream OR yoghurt _____	R 58
GELATO BOWL _____	R 65
3 Scoops of the flavour of your choice with hot chochoate, caramel fudge or berry sauce	
GELATO CONE _____	R 32
2 Scoops _____ R 48	
GLUTEN-FREE!	
• Bread, Muffins • Chocolate mousse cake • Florentines • Crème brûlée	
• Orange almond cake	
SUCROSE-FREE!	
Two bran-rich muffins sweetened with dates and grated apple, served with sucrose-free jam and grated cheese	
DAIRY-FREE!	
• Raisin and bran muffins • Date and apple muffins (without the cheese)	
• Choc-chunk banana muffins • Mega granola biscuit	
EGG-FREE!	
• Caramel nut tart • Choc-chunk banana muffins • Florentines • Mega granola biscuit	
VEGAN	
• Choc chunk banana muffin • Mega granola biscuit	

HOT DRINKS

TEA	
Classic Ronnefeldt Tea – English Breakfast (pure Ceylon),	
Earl Grey, Organic Rooibos _____	R 24
Ronnefeldt LeafCup Speciality Herbal Teas _____	R 28
FILTER COFFEE Strong and fresh	
Cup - regular or decaf _____	R 24
ESPRESSO _____	R 22
AMERICANO _____	R 24
CAPPUCCINO Regular, decaf, red or chai _____	R 29
LATTÉ Regular, decaf, red or chai _____	R 29
CHOCOCCINO _____	R 42
Layers of latté, espresso, French hot chocolate, topped with fluffy chino foam	
FAMOUS FRENCH HOT CHOCOLATE _____	R 52
Made with Callebaut Belgian milk and dark chocolate - extra thick and very rich, topped with milk foam	
• Espresso size - the perfect end to a meal _____	R 26
• Regular - the same hot chocolate with extra milk _____	R 40
KIDS' HOT CHOCOLATE _____	R 26
A little more milk and not so HOT!	
IRISH COFFEE OR DOM PEDRO _____	R 53
Served with a home-made mini choc brownie	

COLD DRINKS

FRANKIE'S TRADITIONAL GINGER BEER _____	R 44
ICED TEA _____	R 24
HOME-MADE ICED ROOIBOS TEA	
Sweetened with apple juice; no sugar added	
500 ml _____	R 40
1,3 litre jug _____	R 80
ICED COFFEE Coffee milkshake _____	R 48
PAMELA'S ICED COFFEE double shot espresso on ice with milk _____	R 30
MILKSHAKES Extra thick	
Assorted flavours _____	R 48
Kids' Shakes _____	R 30
Banana milkshake with real banana _____	R 52
Kids' banana milkshake _____	R 35
SMOOTHIES	
Fresh Fruit Salad with yoghurt and ice-cream _____	R 58
Mixed berry with yoghurt and ice-cream _____	R 58
Kids' Smoothie _____	R 42
FRESHLY SQUEEZED ORANGE JUICE (in season)	
'SIR JUICE' FRESH JUICES	
Regular _____	R 28
Small _____	R 24
SOFT DRINKS	
Assorted carbonated drinks (330ml) _____	R 24
Appletiser / Grapetiser / Peartiser (330ml) _____	R 29
KTR traditional home-made lemonade, sweetened with sucralose	
500 ml _____	R 40
1,3 litre jug _____	R 80
KTR sparkling strawberry lemonade – regular or sugar-free (500ml) _____	R 45
TOMATO COCKTAIL _____	R 28
KIRSTENBOSCH SPRING WATER (still or sparkling)	
750ml glass bottle to the table (NOT for take-away) _____	R 24
500ml plastic take-away bottle _____	R 24



RESTAURANT MENU 2018

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 15% VAT.

This menu is valid from 1 April 2018 and supercedes all previous menus.

For more information or to make a reservation contact:

T: 021 797 4883

email: t424u@ktr.co.za

www.ktr.co.za

TRADITIONAL BREAKFAST

Last order at 11:15am

CLASSIC BREAKFAST _____	R 76
2 eggs, bacon, grilled tomato, mushrooms and 1 hash brown	
THE FULL MONTY BREAKFAST _____	R 109
2 eggs, lots of bacon, beef or pork banger, grilled tomato, mushrooms and 2 hash browns	
VEGETARIAN BREAKFAST _____	R 109
Grilled vegetables on a bed of spicy tomato topped with basil pesto and feta, 2 eggs, grilled tomato, grilled mushrooms and 2 hash browns.	
<i>All of the above served with your choice of our special bread, toasted or plain and home-made strawberry jam or marmalade.</i>	
EGGY ON TOAST fried, scrambled or poached	
2 Slices _____	R 53
1 Slice _____	R 33
MUSHROOMS ON TOAST in sour cream and dill	
2 Slices _____	R 66
1 Slice _____	R 42
FRENCH TOAST with a hot berry coulis	
2 Slices of our home-made milk loaf served with cinnamon sugar and golden syrup or honey _____	R 58
1 Slice _____	R 36
OPEN SANDWICH BACON OR HAM AND EGG	
With side salad or chips _____	R 85
With cheese and side salad or chips _____	R 89
SIDE ORDERS	
Mushrooms _____	R 26
Bacon _____	R 26
Bowl of grilled vegetables on a bed of spicy shakshuka tomato with basil pesto and feta _____	R 45
40g Smoked trout with crème fraîche _____	R 55

ALL-DAY BREAKFAST

Served until 4:00pm

SHAKSHUKA _____	R 104
TOMATO Eggs poached in a spicy North African tomato sauce	
SPINACH Eggs poached in a spinach, cream and yoghurt sauce	
Both served with crusty home-made Italian bread and a side salad or chips	
Add extra bacon _____	R 12
For 2 _____	R 198
OPEN PAN OMELETTE served with a side salad or chips _____	R 98
With your choice of 3 toppings from the following: Cheddar, feta, tomato, fried onion, bacon, ham, Mexican chicken, mushrooms, steamed spinach or grilled vegetables	
HEALTH BREAKFAST _____	R 98
Home-made granola, fresh fruit salad and Bulgarian yoghurt	
ANCHOVY TOAST _____	R 62
Anchovy butter made with real Italian anchovies served with 2 slices of toast or bread, sliced tomato and a side salad (or an extra slice of toast)	
MARMITE TOAST _____	R 49
Marmite and butter served with 2 slices of toast or bread, sliced tomato and a side salad (or an extra slice of toast)	
ONE SLICE OF ANCHOVY OR MARMITE TOAST _____	R 28
Served with anchovy butter, anchovette or Marmite and sliced tomato	
BREAD BASKET _____	R 49
3 Slices of bread or toast served with butter, cheese, home-made marmalade and strawberry jam	

SALADS

Served until 4:00pm

HOUSE MIXED SALAD _____	R 108
An assortment of greens and vegetables with sprouts and toasted seeds serve with our famous fresh herb and honey dressing	
GREEK SALAD _____	R 124
House salad with feta cheese and olives	
FATTOUSH SALAD WITH CRUMBED FETA, OLIVES AND GRILLED EGGPLANT _____	R 124
Chopped vegetable salad, fresh mint and parsley with toasted za'atar pita pieces, dressed with fresh lemon juice and olive oil	
Add chicken schwarma strips _____	R 18
MEXICAN GRILLED CHICKEN AND AVO (in season) SALAD _____	R 142
With corn, celery, cucumber, tomatoes and croutons on a bed of lettuce and spinach with our lemon and coriander dressing	
Add bacon _____	R 160
MIDDLE EASTERN VEGETARIAN PLATTER _____	R 142
Falafel, humus, labaneh (yoghurt cheese), roast eggplant, tabouleh and spicy Turkish tomato salad served with warm pita bread	
SMOKED TROUT PLATTER _____	R 178
The finest Franschhoek cold-smoked trout (80g) served with dill crème fraîche, capers, side salad and bread of your choice.	
THAI VEGETABLE SALAD WITH FRUIT AND CASHEW NUTS _____	R 132
Julienne vegetables, sprouts & fresh fruit on a bed of shredded cabbage, topped with crispy rice noodles with our sweet chilli, soya, sesame oil and coriander dressing	
Add crispy fried prawns OR calamari OR fish _____	R 160
SUSHI SALAD _____	R 132
Sushi rice with shredded nori and veggies in a ginger, wasabi and rice vinegar dressing with avocado served on a bed of greens with a wasabi mayo dip	
Add smoked trout OR crispy fried prawns OR fish OR calamari _____	R 160

SOUPS

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

VEGETABLE SOUP OF THE DAY _____	R 74
MEAT SOUP OF THE DAY (Winter only) _____	R 80

SCRUMPTIOUS SANDWICHES

Served with a side salad and/or chips or smileys.

Served until 4:00pm. Sandwiches either toasted or plain on 2 slices of our special home-made breads: Italian white, wholewheat seed, 100% rye. Add extra R5 for gluten-free or banting bread

CHEESE OR BACON _____	R 64
CHEDDAR WITH TOMATO _____	R 66
CUCUMBER AND CREAM CHEESE _____	R 66
EGG AND HORSERADISH MAYONNAISE WITH DILL _____	R 66
BACON OR HAM AND CHEESE _____	R 88
GRILLED VEGETABLES, BASIL FETA PESTO AND MOZARELLA _____	R 88
SPICY CHICKEN MAYONNAISE _____	R 95
OPEN-FACED BLT _____	R 85
Grilled bacon OR ham with lettuce & tomato	
OPEN HEALTH SANDWICH For the calorie conscious: Chunky cottage cheese, grilled mushrooms, sun-dried rosa tomatoes, sprouts and toasted seeds.	
1 Slice _____	R 88
ROAST BEEF _____	R 98
Slices of roast sirloin in our barbecue sauce served with mayo and mustard on a bed of lettuce and tomato, topped with our home-made bread and butter pickles	
SAVOURY MUFFINS _____	R 58
2 Savoury muffins of the day. Ask your waitron	

COMFORT FOODS

Served from 11:45am until 4:00pm daily

FRESH HAKE _____	R 162
• Grilled, lightly dusted in seasoned coconut flour, served with lemon garlic hollandaise sauce	
• Fried in a crispy beer batter, served with sauce tartar	
SIRLOIN STEAK _____	R 190
Charcoal grilled to perfection – plain or BBQ-basted	
BANGERS _____	R 138
3 Beef or pork bangers with a brown onion OR spicy tomato sauce	
CRUMBED CHICKEN SCHNITZEL _____	R 148
Served with a sauce of your choice	
<i>All of the above are served with seasonal vegetables of the day, plus your choice of one of the following: chips, sweet potato chips, baby potatoes, mash, brown rice with lentils or roasted cauli mash</i>	
BEEF BOBOTIE _____	R 138
Served with yellow Basmati rice and lentils with sambals: tomato and onion, banana yoghurt, chutney and papadum	
CAPE PICKLED FISH _____	R 162
Served with a bread basket and a side salad	
SPINACH AND FETA DEEP-PAN QUICHE _____	R 134
Made with low-fat cottage cheese, fresh dill and nutmeg, served with salad and/or chips	
BBQ CHICKEN BREAST BURGER AND CHIPS _____	R 142
Served with beer-battered onion rings	
HOME-MADE BURGER AND CHIPS _____	R 142
Served with beer-battered onion rings	
Add bacon OR cheese OR sauce of your choice _____	R 12
BEAN BURGER AND CHIPS _____	R 142
Chickpeas and black beans, with grilled vegetables, tomato, spinach and butternut	
Served with beer-battered onion rings and a spicy tomato sauce	
• Crispy fried in homemade crumbs	
• Lightly dusted in coconut flour and pan fried (vegan and gluten-free)	

FOR THE NOT-SO-HUNGRY (NSH)

CRISPY FISH NUGGETS _____	R 79
NSH HOME-MADE BEEF BURGER _____	R 89
NSH BANGERS _____	R 79
2 Beef or pork bangers with a brown onion OR spicy tomato sauce	
NSH BBQ CHICKEN BREAST BURGER _____	R 89
CRUMBED CHICKEN NUGGETS _____	R 79
Served with spicy or plain mayo	
<i>All of the above are served with garnish, plus your choice of one of the following: chips, sweet potato chips, smileys, baby potatoes, mash, brown rice with lentils or roasted cauli mash</i>	
PLATE OF CHIPS OR SWEET POTATO CHIPS _____	R 54
PLATE OF VEGETABLES OF THE DAY with pesto _____	R 54
PORTION OF BEER BATTERED ONION RINGS _____	R 15

SAUCES AND SIDE ORDERS

SAUCES _____	R 12
• Creamy green and black peppercorn • Spicy tomato • Mushroom	
• Piquant cheese • Brown onion sauce	
SIDE ORDERS _____	R 39
• Bowl of chips	
• McCain sweet potato chips	
• Buttered baby potatoes	
• Brown rice with lentils and caremelised onions - Megadara (vegan and gluten-free)	
• Bowl of house salad	
• Bowl of vegetables of the day with pesto	
• Roasted cauli mash	
• Bowl of smileys	