

Breakfast

SCRAMBLED EGGS ON TOAST	R45
3 Creamy scrambled eggs served on two slices of white OR brown toast	
FRENCH TOAST & BACON	R65
2 Slices of white OR brown bread dipped in egg and toasted until golden brown & served with 2 rashers of bacon	
MUESLI HEALTH BOWL	R65
A layered jar of muesli, plain yoghurt & fruit salad drizzled in honey	

Toasties

Served with French fries OR side salad, on your choice of white OR brown bread

CHEESE 	R45
CHEESE & TOMATO 	R50
CHICKEN & MAYO	R58
CHEESE & HAM	R58
BACON & EGG	R60
CHEESE & MUSHROOM 	R65
BACON, EGG & CHEESE	R70
CLUB SANDWICH	R105
3-layer Sandwich filled with chicken mayo, bacon, egg, lettuce, tomato, gherkin.	

Wraps


served with French fries OR battered onion rings	
SWEET CHILLI CHICKEN SALAD WRAP	R110
GATSBY WRAP	R120
Bolognaise mince, French fries, jalapeño & creamy cheese sauce	
CHICKEN, AVO, BACON, MUSHROOM & CHEESE WRAP	R125

Salads

GREEK - STYLE SALAD 	R75
Fresh salad greens topped with rosa tomatoes, onion, cucumber, black olives & feta	
CHICKEN CAESAR SALAD	R98
Crisp cos lettuce topped with grilled chicken pieces, hard-boiled egg, Parmesan & anchovies	
CAJUN CHICKEN SALAD	R99
Grilled Cajun chicken strips on a bed of fresh salad greens, cucumber, onions, tomato & feta	

THE EARLY RISER	R68
2 Eggs, bacon, grilled tomato & a slice of white OR brown toast	
MINCE ON TOAST	R75
2 Slices of white OR brown toast topped with a bolognaise sauce and fried eggs	
SURFER BREAKFAST	R80
1 Egg, bacon, grilled tomato, sauteed mushroom & baked beans served with 1 slice of white OR brown toast	

Burgers

All burgers come on a toasted seeded bun with lettuce, tomato, onion, gherkins & French fries. Choose between 150g beef pattie, veg pattie  OR grilled chicken breast

THE BASIC BURGER	R85
CHEESE BURGER	R90
PINEAPPLE & MUSHROOM BURGER	R105
CHEESE & BACON BURGER	R105
BACON, AVO & CHEESE BURGER	R120
THE BIG BOY BURGER	R160
Double grilled beef patty OR chicken breast topped with cheese, bacon, mushroom sauce and 3 large, battered onion rings	
	R10
Add cheese slice	

Baskets

All baskets are served with French fries OR battered onion rings & a dipping sauce	
BASKET OF CHIPS 	R60
BATTERED ONION RINGS 	R74
FRANKFURTER (Pork)	R80
SAMOOSA BASKET	R92
4 Samosas (Curried fish / Beef mince / Peri-peri chicken & cheese / Potato / Jalapeño & cheese) Additional samoosa	
CRUMBED MUSHROOMS 	R10ea
BREADED CALAMARI	R106
CRUMBED CHICKEN STRIPS	R108
SPICY CHICKEN WINGS	R110
PORK RIBLETS (300g)	R129
	R165

Extras

These extras are applicable to the whole menu			
Garlic	R5	Feta	R20
Chilli	R5	Bacon	R22
Jalapeños	R10	Mozzarella	R22
Baked beans	R10	Mushrooms	R25
Pineapple	R10	Avo	R30
Toast & butter	R10	BBQ/Cajun chicken pieces	R30
Egg	R12	Patty: Chicken/Beef/Veg	R35
Cheddar	R10		
Olives	R18		
Breakfast Sausage	R20		

From the grill

200G RUMP, EGG & FRENCH FRIES	R112
CHEF'S SIGNATURE WOODFIRE-ROASTED HALF CHICKEN & FRENCH FRIES	R148
Lemon butter OR peri-peri	
JUNIOR SHISA NYAMA	R185
200g Rump, 150g brisket, 150g boerewors & French fries OR pap & sheba	
RIB & WING COMBO WITH FRENCH FRIES	R235
300g Pork rib & 4 BBQ grilled chicken wings	
RIB & CALAMARI COMBO WITH FRENCH FRIES	R245
300g Pork ribs & 8 crumbed calamari rings served with tartare sauce	
500G PORK RIBS & FRENCH FRIES	R275
MEGA SHISA NYAMA	R275
200g Rump, 150g boerewors, 300g pork ribs, 3 chicken wings & French fries OR pap & sheba	
BIG DADDY SHISA NYAMA	R635
500g Pork ribs, half woodfire-roasted chicken, 450g boerewors, 2x 200g Rump steaks, pap & sheba & French fries	
<h1>Steaks</h1>	
Served with French fries	
300g RUMP STEAK	R175
300g SIRLOIN STEAK	R175
250g FILLET STEAK	R220
SAUCES:	R35
jalapeño & cheese / mushroom / pepper / cheese / creamy lemon butter / peri-peri	
<h1>Sides</h1>	
BATTERED ONION RINGS	R22
MASH	R25
CREAMED SPINACH & BUTTERNUT	R30
FRENCH FRIES (FULL PORTION)	R30
SIDE SALAD	R38
<h1>Bunnies</h1>	
Served in a soft bunny bread bun, sambals & a poppadum.	
VEGETABLE (250g)	R80
CHICKEN (300g)	R120
BEEF (300g)	R170
MUTTON (300g)	R185
<h1>Curries</h1>	
Served with white rice, sambals, chutney & a poppadum.	
VEGETABLE (250g)	R75
CHICKEN (300g)	R110
BEEF (300g)	R160
MUTTON (300g)	R180



Pasta

Your choice of Penne, Spaghetti OR Linguine
Gluten-free pasta - extra R24 EXCLUDING LASAGNE DISHES
Served with Parmesan, garlic & chilli

NAPOLITANA 	R60
ARRABIATA 	R65
AGLIO E OLIO 	R60
BUTTERNUT & FETA LASAGNE	R90
CHICKEN ALFREDO	R120
BOLOGNAISE	R130
CHICKEN & PRAWN	R138
3 Queen prawns	
BEEF LASAGNE	R140

Pizza

Served with Parmesan, garlic & chilli	
FOCACCIA 	R42
Thin crispy base with garlic oil & origanum Add mozzarella	
	R22
MARGHERITA 	R85
Fresh tomato & mozzarella	
HAWAIIAN	R90
Ham & pineapple pieces	
REGINA	R105
Ham & mushroom	
RUSTICANA	R115
Spicy chicken pieces, caramelised onions & jalapeños	
SPICY CHICKEN	R120
Spicy chicken pieces, mushroom & green peppers	
CHICKEN SUPREME	R120
BBQ chicken pieces, peppadews, green peppers, feta & drizzled with sweet chilli sauce	

NONNA'S PIZZA	R122
Bacon bits, feta & avo	
CHICKEN MAYO	R128
Creamy chicken mayo, mushrooms & green peppers	
SPARE RIB, JALAPEÑO & PINEAPPLE	R130
Deboned pork rib, pineapple pieces & jalapeños	
MONTINELLI'S SUPREME	R149
Bacon bits, spicy chicken pieces, chorizo, feta, olives & mushrooms	
MEAT MANIA	R155
Ground beef, spicy chicken pieces, bacon bits, mushroom, tomato & green peppers	
SEAFOOD	R179
Medley of mussels, shrimp, calamari, fresh tomato & olives	

Fred Kiddies Menu

Kids 12 years and younger

MAC & CHEESE 	R42
CHEESE TOASTIE & CHIPS 	R45
FRANK-DOG & CHIPS	R55
MARGHERITA PIZZA	R65
CHICKEN STRIPS & CHIPS	R72
BEEF/CHICKEN BURGER	R72

Barista Bar

THIRSTY'S HOUSE COFFEE	R18
ESPRESSO	R22
AMERICANO	R25
CAFFE MACCHIATO	R28
CAPPUCCINO	R35
CAFE LATTE	R35
MOCHACCINO	R35
MILO	R35
HOT CHOCOLATE	R38

Tea

FIVE ROSES	R17
ROOIBOS	R20
HERBAL TEAS	R20

Fruit Juice

ORANGE / FRUIT COCKTAIL	R35
CRANBERRY	R35

Double Thick Shakes

Strawberry / bubble-gum / chocolate / lime


Small	R26
Large	R45
Fred's Freaky Shake	R55

Desserts


ICE CREAM & CHOCOLATE SAUCE	R50
CAKE OF THE DAY	R55
CHOCOLATE BROWNIE Served with a scoop of ice cream	R55
MALVA PUDDING Served with custard	R60
Extra: Chocolate sauce Scoop of ice cream	R9 R10

La Montagne

Palm Terrace • Thirsty's • Montinelli's • B-Bar
• Beach Bar



Perfect SPA-TY



Treat your little one to a deluxe poolside spa birthday.

ASK YOUR WAITRON FOR DEETS.



Best Kiddies Party in town!

ASK YOUR WAITRON FOR DEETS.