



Woodlands

Gluten Free Bread +12
Swap Egg with Tofu +15

BREAKFAST 8am - 11:30am

Smashed Avo & Egg on Toast 70

Sourdough toast topped with smashed Avo, poached Egg, Dukkah & fresh Herbs

Breakfast Stacker 90

#Brown, Spicy Beans, Herbed Spinach, Avo, Coriander Chutney

Benny 70 Half portion 35

English Muffin with poached Egg, grilled Tomato & Hollandaise.

- add Bacon 28
- add Salmon 40

Coffee
Freezo -47

Creamiest Scramble on Toast 49

Three Eggs, Cream cheese & Spring onion on your toast of choice

Spanish eggs 90

2 Eggs baked in delicious tomato Beef mince, topped with cheese & Toasted Sourdough

Greek Yoghurt Parfait 49

Granola, Fresh seasonal fruit, plain Yoghurt

Woodlands Brekkie 70

2 eggs, 2 rashers Bacon, grilled Mushroom, Tomato & Toast of your choice

Orange,
Chocolate &
Espresso
Crusher 45

Pancakes 47

2 Fluffy pancakes filled with Nutella & fresh Banana

Basic three Egg Omelette & Cheddar 50

Your choice of White or Brown Toast

Add

- Roasted Tomatoes 15
- Herb Mushroom 25
- Mince 35
- Spinach 20
- Bacon 25
- Avo 25
- Cheese 20
- Salmon 40

Affogato
Espresso &
Vanilla Ice
cream 35

Pensioner's Brekkie 45

2 Eggs, 2 Rashers Bacon, grilled Tomato,
Choice of white or brown toast
Add Cappuccino +25

SMOOTHIE BOWLS

Acai 75

Acai Powder/Banana/Berries/Coconut
Cashew/Seeds/Goji Berries/Dates

Peanut Butter & Banana 75

Banana/Peanut Butter/Cacao/Pea Protein/Berries/
Peanuts/Chia

*Add Superfood 30

*Add Protein 30

Green
Matcha 50

FOR THE KIDDOS

Under 12

1 Egg, rasher Bacon, toast 40

Single pancake with Nutella & Banana 29

Piggy in a blanket - Bacon & Cheese wrapped in
a 2 Egg Omelette 45

Kiddies Smoothies 35

Chocolate Peanut Butter
Berry Cheesecake

None of the
bad stuff

TOASTIES

Your choice of Fries or Salad

Cheese 55

Cheese & Tomato 59

Ham, Cheese 60

Chicken Mayo 72

Bacon & Egg 60

Pepperoni & Cheese Dill Cucumber 60

Club -Chicken Mayo, Bacon, Tomato, Lettuce 90

SMOOTHIES Propa™

BERRY CHEESECAKE 65

Strawberry, pineapple, banana, cashew, coconut,
pea protein, beetroot juice & dates

MANGO & COCONUT (not nut!) 65

Mango, coconut, banana, coconut milk, dates,
tumeric & Himalayan salt

GREEN MATACHA 65

banana, avocado, almond, coconut, matcha,
dates, moringa, spirulina & green tea

CHOCOLATE PEANUT BUTTER 65

Banana, peanut butter, cocoa, pea protein & dates

ACAI BLISS 65

Banana, strawberries, blueberries, acai, cashew,
coconut, beetroot juice & dates



CHECK OUT OUR DELI
SECTION FOR MORE ON THE
GO SNACKS

**While every care is taken to minimize risk and safely handle foods that contain potential allergens, please be advised that cross contamination may occur, as factors beyond our reasonable control may alter the formulations of the food we serve

MAINS

Beer Battered Hake 99

Crispy beer battered Hake served with herbed Mayo, Slaw, fries OR salad

Grilled Calamari 135

Grilled Patagonian Calamari with your choice of lemon & herb or Cajun served with fries OR salad

Taco Bowl 89

Black Bean, Brown Rice, Corn/ Bell Peppers & Mexican Flavours in a baked Tortilla

*Add Grilled Chicken +40

Lamb Curry 140

Deboned Chicken Curry 130

Slow braised Lamb OR Chicken served with Basmati rice, roti & sambals

Grilled Kebabs Chicken- 200g 120

Grilled Kebabs Beef- 200g 125

On a toasted Tortilla with Tzatziki, Tomato & Red Onion

Bao Buns

Soft steamed Buns filled with shredded Slaw, Coriander, toasted Sesame and your choice of

Crispy Chicken 80

Tempura Prawn 95

Chimichurri Steak Salad OR Wrap 135

200g Fillet steak sliced, topped with homemade Chimichurri on a bed of brown rice and freshly shredded seasonal Veggies.

Mushroom & Spinach Stacker 105

Layers of Black Mushroom, Creamed Spinach, baked with Mozzarella and Breadcrumbs

Chicken Livers 62

Spicy Tomato Livers on toasted Sourdough

KIDS MEALS

U/12

Kids Margherita 55

Kids Hawaii 65

Chicken Strips & fries 65

Spaghetti Bolognese 65

Cheese Griller & Fries 60

Add a
Milkshake
25

PIZZA

Gluten free + 20

MARGARITA 95

Marinara & Mozzarella Cheese

ITALIANO 135

Prosciutto, Olives, Feta, Pesto & Rocket

MELANZANE 130

Aubergine, Feta, Mushroom & Rocket

PEPPERONI 130

Pepperoni, & Mozzarella

TREE HUGGER 125

Olives, Feta, Mushroom & Avocado

HAWAIIAN 120

Mozzarella, Pineapple & Ham

REGINA 120

Mozzarella, Mushroom & Ham

CHICKEN PIQUANTE 135

Chicken, Feta, Peppadews & Mushroom

EL PERRO 135

Beef Mince, Jalapeno & Red Onion

THE CLASSICAL 135

Crispy Bacon, Avocado & Feta Cheese

BUTTER CHICKEN PIZZA 135

Butter Chicken curry, Sour Cream, Red Onion, Dukkah & Coriander

EVERY DAY PENSIONER'S SPECIAL

Beer Batter Hake & Chips 75

200g Rump steak with Chips 99

**With a glass of House Red/White wine OR Juice +20

→**Available between 12 - 2pm

DESSERT

Nutella Pancakes 49

2 Fluffy Pancakes filled with Nutella, Vanilla Ice cream & Chopped Peanuts

Chocolate Volcano 55

Decadent Chocolate Cake with a smooth molten Chocolate centre.

Ice Cream & Chocolate Sauce 39

Try an Affogato
or Dom Pedro

Ask your Waitron about other Desserts in
our Deli section

SMALL PLATES

Crispy Calamari 75

Served with Herb Mayo & fresh Lemon wedges

✓ Grilled Halloumi 70

With Toasted Sesame & Honey

Smoked Trout & Cream cheese 90

Fresh smoked Trout roses filled with Cream cheese Lemon zest & Dill on a toasted Crostini

✓ Spinach & Feta parcels 47

4 Crispy Spinach and Feta Rissoles

✓ Woodfire Focaccia

Garlic & Herb 55

Caramelized Onion & Feta 65

✓ Loaded Sweet Potato Fries 65

Topped with Coriander Chutney, diced Tomato, Spring Onion and Mayo

Diemersfontein Sauvignon Blanc
Alvis Drift Merlot

SALADS & WRAPS

Chicken Ceaser Salad 115

Crisp Romaine Hearts tossed in a homemade Ceaser dressing, topped with Croutons, grilled Chicken, Parmigiano, Capers & a boiled egg

Grilled Calamari Salad 130

Grilled Patagonian Calamari served with freshly shredded lettuce, Cucumber, Peppers, Carrots & Capers. Choose between Lemon & Herb or Cajun

Crescent Wrap 98

Grilled Chicken, Halloumi, Avo, Tomato, fresh Greens, red Onion & Herb Mayo with your choice of fries or salad

✓ Falafel Wrap 90

Falafels, Smokey Hummus, Caramalised Onion, Tomato & Mayo with your choice of fries or salad

Diemersfontein Rose
Matcha Iced Crusher

TOASTIES

Sourdough +10

GF Bread +15

Served with your choice of Fries or Salad

Cheese 55

Cheese & Tomato 59

Ham, Cheese 65

Chicken Mayo 72

Bacon & Egg 60

Tofu Scramble 60

Club - Chicken Mayo, Bacon, Tomato, Lettuce 90

PASTA

Choice of Tagliatelle or Penne
GF + 20

✓ Melanzane 120

Layers of Aubergine, Napoletana sauce and parmigiano cheese

Chicken & Fungi 105

Grilled Chicken breast, Mushroom and fresh spinach in creamy Garlic & White wine sauce.

Seafood Napoletana 130

Prawns and Calamari in a creamy Napoletana sauce

Mamas Bolognese 105

Slow cooked Tomato beef Ragu with fresh herbs and Parmasan cheese

✓ Creamy Cashew 110

Mushroom and spinach with a creamy Garlic cashew sauce

FROM THE GRILL

Your choice of Fries or Salad

Sub with sweet potato fries - 10

250g Fillet 170

Add Mushroom
or Pepper Sauce
30

250g Rump 150

750g Pork Ribs 140

1/2 Pir Piri Chicken 135

Beef Burger 110

200g Patty served on a fresh toasted Bun with Lettuce, Pickle, Tomato and Burger Mayo

Maple Bacon & Cheese Burger 125

Beef burger topped with Melted Cheese and Crispy Maple Syrup Bacon

Buttermilk Chicken Burger 110

Crispy fried Chicken served on a freshly toasted bun topped with curry mayo and garnish

✓ Mexican Burger 100

Black & Red bean herbed patty topped with Slaw, Chipotle Mayo, Avocado and Pickels

Bunless Burger 115

Black Mushrooms, Beef- or Chicken Patty, Rocket, Tomato, Avocado and Burger Mayo

Extras:

Side Salad 30

Small Fries 30

Large Fries 50

Sweet Potato Fries 30

Veg of The Day 25

✓ Vegan

✓ Vegetarian

HOT DRINKS

	S	D
Americano	27	32
Espresso	23	26
Cappuccino	29	34
Flat White	33	
Cortado	27	
Latte	36	
Spiced Chai	41	
Dirty Chai	46	
Red Cappuccino	28	33
Mochaccino	41	
Hot Chocolate	38	

Five Roses/Rooibos/Green Tea	15	
Add Dairy Free Milk		+10
Decaff		+5

COLD DRINKS

300ML SOFT DRINKS	28
STILL/SPARKLING WATER	22
ICED TEA PEACH/LEMON	30
APPLE/GRAPETIZER	30
REDBULL	36
FRUIT JUICE	30

OTHER COOL DRINKS

COFFEE FRAPPE	47
CHAI	47
GREEN MATCHA - Hot OR Freezo	50
ORANGE, CHOCOLATE & ESPRESSO ON ICE	45

MILKSHAKES 39

VANILLA
STRAWBERRY
CHOCOLATE
LIME
BUBBLEGUM

Nutella Milkshake 60



COCKTAILS

CLASSIC MOJITO	65
Lemon, Mint, Soda, Bacardi	
GIGGLE JUICE	65
Berries, lemonade, vodka, bacardi	
PINA COLADA	55
white Rum, Pineapple Juice, Coconut milk	
LONG ISLAND	80
Variety of spirits, citrus & cola	
Strawberry Daquiri	60
White Rum, Strawberry Juice, Strawberries	
TIPSY SLUSH	60

ON TAP

CBC LAGER	47
BLOEDLEMOEN GIN	62
VARIETY OF SAB BEERS AND CIDERS	31-36
