

Breakfast

Omelettes

Classic two egg omelette filled with the following choices:	
Vegetarian (V) Artichoke, Tomato, peppers, onion and cheese	R90
Bolognaise	R85
Smokey Bacon & cheese	R85
Smoked Chicken	R90

Sunrise Breakfast

2 Eggs cooked to order, bacon, 2 beef sausages, grilled tomatoes, crispy potato rosti and a slice of toast	R80
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Eggs Benedict

Crispy potato rosti, two poached eggs, creamed spinach with hollandaise sauce	
With Bacon and Mushroom	R110
With Smoked Salmon	R130

Avo on Rye (V)

Smashed avo and feta on toasted rye	R95
Add poached egg	R10

The Full Moon

Tenderised Rump Steak, bacon, 2 eggs, cheese grillers, potato rosti, grilled tomato, grilled mushrooms	R150
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French O - La - La

French toast with crispy bacon, cream cheese and drizzled with maple syrup.	R85
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Health Kick (V)

Honey granola,muesli, yoghurt, seeds, seasonal nuts and fruit	R85
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Croissant (V)

Served with jam and Cheddar cheese	R60
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Wraps

Served with shoestring fries or a side salad	
Smoked Salmon	R140
Smoked Salmon, scrambled egg, creamy spinach, cherry tomato and cream cheese served with a crispy potato rosti and basil pesto	
Chicken	R115
Grilled chicken strips, basil pesto, feta, shredded lettuce, baby tomatoes, avo and spicy mayo.	
Vegetarian (V)	R110
Grilled artichoke, cherry tomato, basil pesto, olives, peppers and cheddar cheese	
Pulled Pork	R120
Pork shoulder, smokey BBQ sauce, german mustard, feta and herb slaw.	

Light Meals

Chip n Dip

Served with 1000 Island sauce	R50
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Chicken Strips

Crumbed chicken strips, chips and 1000 Island dip	R75
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Chicken Wings

Fried Chicken wings tossed in a spicy prego sauce with tzatziki and chips	R100
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Chicken Livers en Crouete

Fried chicken livers in a tomato and chilli sauce on toasted ciabatta and topped with a fried egg	R110
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Escargo

Snails, creamy garlic sauce, cheddar cheese and toasted ciabatta	R110
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Fish Cakes

Crispy Fish Cakes, seasonal salad and horseradish sauce	R90
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Nacho's

Cajun flavoured corn chips, spicy tomato salsa, grilled cheese and guacamole	R145
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Toasted Sandwiches

Choice of brown, white or ciabatta toasted bread	
Cheese	R55
Bacon and Avo	R65
Chicken Mayo	R65
Tuna Mayo	R65

Fish Sticks

Crispy fried fish sticks, chips and tartar sauce	R70
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Seafood Basket

A selection of crumbed seafood (hake, calamari, prawn, crab and scallops) with a zesty lime tartar sauce and shoestring fries	R155
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Panko Prawns

Prawns crumbed in panko bread crumbs, citrus and feta salad with sweet chilli sauce	R140
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Mussels

Steamed in white wine and a garlic cream sauce with toasted ciabatta	R100
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Salads

Seasonal House Salad (V)

Seasonal fruit and veg, avo, seeds, nuts and parmesan shavings on a bed on leafy greens	R55	R90
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Chicken and Avo

Grilled chicken strips, celery, cucumber, seeds, nuts, feta, avo and spicy mayo on a bed of leafy greens	R70	R130
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Smoked Salmon

Smoked Salmon, apples, asparagus, avo, dill, capers (seasonal) on a bed of leafy greens	R80	R150
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Chickpea and Lentil (V)

Chickpeas, butternut, lentils, pumpkin, sunflower and sesame seeds, couscous, zucchini, brinjal, parsley, peppers and lime zest	R65	R115
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Nicoise

Boiled baby potatoes, sliced boiled egg, tuna, baby tomatoes, red onion, olives, green beans, anchovies with a Dijon mustard dressing	R70	R135
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Pizza

Tomato base with mozzarella	Small	Large
Focaccia (V)	with garlic and herb	R65
	with garlic and mozzarella	R75
Margherita (V)	R60	R95
Pomodoro, Mozzarella, fresh tomato and basil pesto		
Regina	R90	R135
Smoked ham and mushroom		
Pollo	R100	R150
Marinated chicken strips and roasted peppers, avo and feta		
El' Mexicana	R90	R125
Ground beef, onion, peppers, chilli and garlic		
Hawaiian	R95	R140
Pineapple and smoked ham		
Bacon and Feta	R90	R135
Smokey bacon, feta and avo		
The Fat Pig	R115	R170
Pulled pork, Chorizo, bacon, pepperdews, onion, feta, avo and garlic		
Carciofi (V)	R95	R140
Grilled artichokes, sundried tomato, olives, basil pesto, feta and rocket		

Burgers

A bed of lettuce, tomato and onion salsa on a toasted sesame bun with a choice of fries or salad

Cradle Moon Beef Classic R115
(180g pure beef patty)

Cradle Moon Chicken Classic R120

Mushroom (V) R125
(Large mushroom and caramelised onion)

Crumbed Brinjal (V) R125
(Crumbed brinjal and cucumber)

Add: Avo R25
Mushrooms R25
Cheese R18
Bacon R28
Battered onion rings R20

Pasta

Served with a choice of Linguine or penne

Penne Pomodoro (V) R100
Penne pasta, cherry tomatoes, pomodoro and basil pesto

Alfredo R110
Ham, mushroom, garlic with a white wine cream

Alitalia R135
Grilled chicken, chorizo, sundried tomato, basil pesto and chilli

Salmon and Prawn R160
Smoked salmon and prawns all cooked up in a creamy tomato sauce

Bolognaise R120
Linguine, beef bolognaise and cheddar cheese

Milkshakes and Crushers

Standard R60
Chocolate, Strawberry, Lime, Banana,
Bubble gum, Coffee

Gourmet R70
Salted Caramel, Oreo, Astro, Chocolate
Brownie

Fruit Crusher R60
Mango, Mixed Berry

Mains

With a choice of shoestring chips or rustic chips, and side salad or veg of the day

Flame Grilled
Beef Fillet Milano (220g) R250
Beef Rump (300g) R215
Beef Sirloin (250g) R225

Add: Mushroom Sauce R20
Pepper Sauce R20
Cheese Sauce R20

Lamb Chops R245
3 Karoo char grilled lamb chops with black pepper.

Pork Ribs R230
Rack of flame grilled ribs basted with a smokey BBQ sauce

Chicken Schnitzel R135
Panco crusted chicken breast fillets with Napolitana sauce

Portuguese style chicken R145
Half a chicken with Mozambican peri peri sauce

Fish R180
Choice of grilled or fried hake or fish of the day (linefish) with a zesty lime tartar sauce

Desserts

Bread and Butter Pudding R75
Baked with home-made custard, cranberries and almonds

Chocolate Mousse R70

Vanilla Ice-Cream and Chocolate Sauce R60

Crunchy Milk tart Pancakes R60
Served with Vanilla Ice-Cream

Chocolate Brownie R70

Creme Brule R70

Cafe

ESPRESSO SGL/DBL R20/25 HOT CHOCOLATE R40
AMERICANO R25 POT OF TEA R30
CAPPACHINO R35 Black Tea, Rooibos,
RED CAPPACHINO R40 Earl Grey, Green Tea,
IRISH COFFEE R40 English Breakfast
DOM PEDRO R35 FILTER COFFEE R35
Add: R10

Beers and Ciders

Beer on Tap: CASTLE LITE HALF/FULL R40/50
HEINEKEN HALF/FULL R45/60
WINDHOEK HALF/FULL R45/60
COPPERLAKE HALF/FULL R50/65
COPPERLAKE LIME GIN and TONIC R65

Beer in a Bottle:

Local Brews : Castle Light, Castle Lager, Black Label, Hansa R32

Imported Brews : Amstel R32
Corona R40
Windhoek Lager R35
Heineken R38
Windhoek Draught R38

Flavoured Beer : Flying Fish Lemon..... R34

Ciders : Hunters Dry, Hunters Gold R34
Savanna Dry, Savanna Light R34
Smirnoff Storm, Smirnoff Spin Corona R40

Non Alcoholic : Heineken R38
Savanna Free R34

Cocktails

All our cocktails are made using Monin Syrups

COSMOPOLITAN..... R65

Vodka, Fresh Lime, Curacao and Cranberry

LONG ISLAND ICED TEA R80

4 half shots white spirits, Lemon, Curacao and Cola

MARGARITA - FROZEN OR SHAKEN R80

Blanco Tequila, Fresh Lime and Curacao

MOJITO R70

White Rum, Pineapple, Coconut, Fresh Lime

PINA COLADA R80

White Rum, Wild Mint, Fresh Lime and Cane Sugar

STRAWBERRY DAIQUIRI R80

White Rum, Fresh Lime, Strawberry

BLUEBERRY and MINT MARGARITAR90

Blanco Tequila, Blueberry, Mint, Fresh Lime

MANGO DAIQUIRI R80

White Rum, Fresh Lime and Mango

Drinks

Soda's (Coke, Fanta, Sprite, Soda Water, Creme Soda, Lemon Twist, Stoney) R25

Grapetizer / Appletizer R30

Still / Sparkling Water R25

Cold Pressed Vegetable Juice R45

Liptons Ice Tea (lemon/peach) R25

Fresh Fruit Juice R45

Liqui-fruit (orange/apple) R25