



FOOD & BEVERAGE MENU

BREAKFAST MENU

Champagne and Orange Juice
 Muesli with Fresh Fruit and Yoghurt
 Croissant
 Muffin
 Butter, Cheese and Jam on the side

Price: R100 per person

SOMETHING LIGHT

Served with crisps on white or brown bread

Toasted Sandwiches

Toasted Cheese	R35
Toasted Cheese and Ham	R35
Toasted Cheese and Onion	R35
Toasted Cheese, Ham and Onion	R35
Toasted Tuna Mayonnaise	R40

Cheese Platter for One

4 Cheeses, Biscuits, Fig Preserve and Onion Marmalade	R90
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LUNCH MENU

Includes meal, dessert, fruit juice and a tea/coffee

Choose a Main Meal

Quiche Lorraine and Salad
 Chicken Kebabs and Salad
 Chicken Salad
 Tuna Salad
 Chicken Wrap
 Beef Fillet Wrap
 Thai Green Chicken Curry
 Chicken Pie and Veggies or Salad
 Cottage Pie and Veggies or Salad

Choose a Dessert

Pavlova
 Fruit Salad and Ice Cream
 Malva Pudding with Custard, Cream or Ice Cream
 Apple Pie with Cream or Ice Cream
 Milk Tart

Price: R150 per person

Toasted sandwiches and refreshments are available on request. Breakfasts and lunches require a 24 hour notice period prior to your appointment.

We also provide platters on request, please ask your therapist for prices, 24 hour notice period prior to your appointment applies.

REFRESHMENTS

Cold Drinks

Coke, Tab, Fanta Orange, Lipton Ice Tea, Sprite and Fruit Juice	R18
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Alcoholic Beverages

Beer	R20
Glass of Wine	R25
Leopard's Leap Sauvignon Blanc (Dry White)	
Nederburg Baronne (Cabernet Sauvignon Shiraz)	
Robertson Rose	

Hot Beverages

Cappuccino	R18
Hot Chocolate	R18



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