
FOOD & BEVERAGE MENU

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.

BREAKFAST MENU

Champagne and Orange Juice
Muesli with Fresh Fruit, Yoghurt and Berry Coulis
Croissant
Muffin
Butter, Cheese and Jam on the side
Tea or Coffee

Price: R150 per person

MINI BREAKFAST

Croissant, Muffin, Cheese, Butter and Jam
Tea or Coffee

Price: R100 per person

SOMETHING LIGHT

Toasted Sandwiches

Served with crisps on white or brown bread

Toasted Cheese	R40
Toasted Cheese and Ham / Tomato	R40
Toasted Cheese and Onion	R40
Toasted Cheese, Ham and Onion	R40
Toasted Tuna Mayonnaise	R45

Cheese Platter for One

4 Cheeses, Biscuits, Fig Preserve, Onion Marmalade, Grapes and Olives	R150
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HIGH TEA PLATTER

Selection of savoury and sweet

Price: R170 per person

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
Halloumi Salad
Beef Fillet Salad
Chicken Pie and Veggies or Salad
Cottage Pie and Veggies or Salad
Chicken Wrap
Halloumi Wrap
Beef Fillet Wrap
Thai Green Chicken Curry

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: R200 per person

Dessert Only: R50

REFRESHMENTS

Cold Drinks

Coke, Coke Light, Fanta Orange, Ice Tea, Sprite, Sparkling Water and Fruit Juice	R20
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Alcoholic Beverages

Gin	R40
Beer (Castle Light or Windhoek)	R25
Glass of Wine	R30
Val Di Terra (Dry White)	
Val Di Terra (Red - Cabernet Sauvignon)	
Robertson Rose	

Hot Beverages

Cappuccino	R25
Hot Chocolate	R25