

Breakfast

Served until 11.30am

Traditional Breakfast R115.00
2 Fried or Scrambled Eggs, 2 Rashers Bacon, Pork Sausage, Grilled Tomato & 2 slices of Toast and Jam.
Add Mushrooms R20.00

D.I.Y. Scrambled Eggs on Toast R 65.00
Scrambled Eggs on toasted White/Whole Wheat/50% Rye, Cherry Tomatoes.
Substitute Toast for Croissant - R15.00 Add Bacon - R20.00
Add Mushrooms - R20.00 Add Avocado - R20.00 Add Salmon - R45.00

Bacon & Egg Roll R 65.00
2 Fried eggs, 2 Rashers Bacon with a light Spicy Mayo on a Sesame Bun.
Add Avocado - R20.00 Add Cheddar Cheese - R10.00

Smashed Avocado on Rye R 65.00
Seasoned Smashed avocado, on 1 large slice of 50 % Rye topped with slices tomato, basil pesto, feta crumbs, baby spinach and toasted seeds. **Add Avocado - R20 .00 Add Mushrooms - R20.00**

Poached Eggs & Creamy Mushrooms on Toast (V) R110.00
Herbed Mushrooms in Light Cream, 2 Poached Eggs, Baby Spinach, Cherry Tomatoes, Toasted Pumpkin Seeds on 50% Rye Toast. **Add Bacon - R20.00**

Classic Eggs Benedict R110.00
2 Poached Eggs with Gypsy Ham served on a crispy English Muffin and Hollandaise Sauce. **Substitute Smoked Salmon - R35.00**

Eggs Florentine (V) R105.00
2 Poached Eggs served with Creamy Spinach on a crispy English Muffin with Hollandaise Sauce.
Add Mushrooms - R20.00

Eggs Rancheros R110.00
2 Poached Eggs served with Bacon and Tomato Salsa on a Toasted English Muffin and Hollandaise Sauce.

3 Flapjack Stack R 95.00
3 Flapjacks stacked with either
- Mix Berry Compote and Crème Fraiche **OR**
- Crispy Bacon & Banana with Maple Syrup
Extra Maple Syrup - R 15.00

French Toast Croissant R 95.00
French Croissant sprinkled with Orange and Cinnamon Sugar and Maple Syrup. **Add Bacon - R 20.00**

Croissant with Gypsy Ham and Emmenthaler Cheese R 79.00

Plain Croissant with Butter and Preserves R 40.00
Add Cheddar Cheese - R 10.00

Homemade JUMBO Bran Muffins R 38.00
Muffin with Butter and Preserves. **Add cheese - R 10.00**

Fresh Fruit Breakfast Sundae R 85.00
Homemade Muesli, Fresh Fruit in Season, with Yoghurt and Honey, Chia Seeds, Toasted Coconut.

Warm Breakfast Oats R 85.00
Creamy Rolled Oats, sliced Banana, Cranberries, Cinnamon, Honey, Chia Seeds.

Light Lunches

Smoked Salmon Whole-Wheat Bagel R 95.00

Filled with Smoked Salmon, Rocket, Tomato, Red Onion, Cucumber, Dill Pickles and zesty Crème Fraiche.

(V) Mediterranean Grilled Vegetable Wrap R 95.00

Roasted Butternut, Aubergine, Peppers, Herb Pesto, Feta, Baby Spinach, Crème Fraiche.

Add Chicken - R25.00 Add Avocado - R20.00

Add Halloumi - R20.00

Thai Crunch Wrap R 89.00

Baby Spinach, Carrot, Mint, Coriander, Bean Sprouts, Red Cabbage, Toasted Peanuts, Marinated Cucumber, Cherry Tomatoes, Mango Dressing.

Add Chicken - R25.00 Add Sirloin Steak - R30.00

Toasted Sandwiches served with Potato Crisps and Side Salad (on Whole Wheat, White or 50% Rye) All Sandwiches

Toasted Cheese and Tomato R 69.00

Toasted Ham, Cheese and Tomato R 72.00

Toasted Chicken Mayonnaise R 85.00

Toasted Tuna and Gherkin Mayonnaise R 85.00

Substitute Crisps for Hot French Fries - R20.00

Add Avocado - R20.00 Add Halloumi - R20.00 Add Bacon - R20.00

Thai Prawn 'Som Tam' Salad R135.00

6 Pan Fried Prawns, Fresh Mint, Coriander, Bean Sprouts, Toasted Peanuts, Marinated Cucumber, Cherry Tomatoes served with a Mango Lime Chilli Dressing.

(V) Roasted Mediterranean Bowl R115.00

Grilled Aubergine, Peppers, Courgettes, Spiced Chickpeas, Feta, Baby Spinach, Tzatziki, Olives, Lemon Vinaigrette, mixed Roasted Seeds.

Add Chicken - R25.00 Add Avocado - R20.00

Add Halloumi - R20.00

(V) Roasted Butternut and Feta Salad R105.00

Mixed leaves topped with Roasted Butternut, Beetroot, Feta, Toasted Pumpkin Seeds, Sprouts and Rocket Dressed with Honey Mustard Vinaigrette.

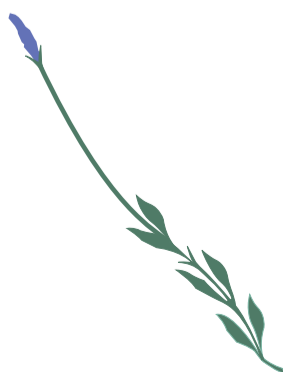
Add Chicken - R25.00 Add Avocado - R20.00

Add Halloumi - R20.00

Smoked Salmon and Caper Salad R135.00

Premium Oak Smoked Salmon Trout, Gherkins and Capers, Cucumber, Cherry Tomatoes on Salad Greens and Crème Fraiche and Spring Onion Dressing.

Add Avocado - R20.00



Seafood

Fresh Line Fish of the Day - Ask your waitron R165.00
Locally sourced Line Fish, Grilled and served with Vegetables, Lemon and Caper Butter Sauce.

Crumbed Calamari Strips R125.00
Deep Fried in Turmeric crumb, served with Chips and Tartare Sauce.

Crispy Battered Hake & Chips R135.00
In light batter, served with Chips, Salad and Tartare Sauce.

Homemade Thai Fish Cakes R115.00
Three Fishcakes, with Lemon, Coriander, Sesame, and Herbs, served on Salad Greens with Tartare and Sweet Chilli Sauce.

Sirloin Steak & Chips R165.00
350g Sirloin Steak served with Chips or Salad and Mustard cream sauce

PASTA OF THE DAY

Homemade Pesto Penne Pasta R 95.00
Rosa Tomatoes, Grilled Courgette, Herb Pesto in a light Cream Sauce served with Baby Spinach & 8-month Aged Parmesan.
Add Chicken - R25.00 Add Bacon - R20.00

Mushroom & Spinach Linguine Napolitana R 95.00
Rosa Tomatoes & Mushrooms, Homemade Napolitana Sauce Cream Sauce served with Baby Spinach & 8-month Aged Parmesan.
Add Chicken - R25.00 Add Bacon - R20.00

Quiche of the Day (Ask your Waiter) R105.00
Served with a large side salad

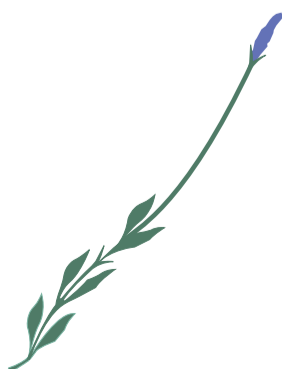
Portuguese Prego Rolls
Succulent Beef or Chicken marinated in Spiced Prego Sauce and served on Ciabatta with Chips or Side Salad.
Grilled Chicken R115.00
Beef AAA Sirloin Steak R125.00

Homemade Beef Burger R115.00
200g Pure Beef Burger Patty, Tomato, Pickles, Mayo served with Real Chips and Salad.

Add Creamy Mushrooms R20.00
Add Avocado R20.00
Add Halloumi R20.00
Add Cheddar Cheese R10.00

Crumbed Chicken Burger R105.00
200g Crumbed Chicken Fillet, Slaw, Tomato, Pickles, Mayo served with Real Chips and Salad.

Add Creamy Mushrooms R20.00
Add Avocado R20.00
Add Halloumi R20.00
Add Cheddar Cheese R10.00



Desserts

Fresh Baked Scone 1 Scone with Butter, Strawberry Jam and Cream <i>Extra Cheese - R10.00</i>	R 40.00
Lemon Meringue Pie	R 56.00
Apple Crumble with Cream or Ice Cream	R 65.00
Chocolate Cake	R 65.00
Baked Cheesecake with Berry Topping	R 64.00
Carrot Cake	R 56.00
Fresh Fruit Salad with Cream or Ice Cream	R 59.00
Ice Cream and Chocolate Sauce	R 55.00



Please note that our take-away boxes are bio degradable/eco friendly and hence carry R3 surcharge.

We Cater for small events, birthdays, baby showers and corporate lunches. We also offer whole cakes, quiches, confectionary and sandwich platters.

For Enquiries & Reservations - Please call 021-686-6004
Fraicheayres@mweb.co.za
www.fraicheayres.co.za

All items are subject to availability. Dishes may contain nut / nut derivatives. All our food is freshly prepared and cooked to order, if you have any allergens please inform / ask a Staff member who will advise of all ingredients used.