



We cater for small events, birthdays, baby showers and corporate lunches. We also offer whole cakes, quiches, confectionery 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.

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

Breakfast Served until 11.30am

Traditional Breakfast R125
 2 Fried or Scrambled Eggs, 2 Rashers Bacon, Pork Sausage, Grilled Tomato & 2 slices of Toast and Jam.
Add Mushrooms: R20

D.I.Y. Scrambled Eggs on Toast R69
 Scrambled Eggs on toasted White/Whole Wheat/50% Rye, Cherry Tomatoes.
Substitute Toast for Croissant: R15 | Add Bacon: R30
Add Mushrooms: R20 | Add Avocado: R20
Add Salmon: R45

Bacon & Egg Roll R69
 2 Fried eggs, 2 Rashers Bacon with a light Spicy Mayo on a Sesame Bun.
Add Avocado: R20 | Add Cheddar Cheese: R15

Smashed Avocado on Rye R75
 Seasoned Smashed avocado, on 1 large slice of 50% Rye topped with sliced tomato, basil pesto, feta crumbs, baby spinach and toasted seeds.
Add Bacon: R30 | Add Mushrooms: R20 | Add egg: R8

Poached Eggs & Creamy Mushrooms on Toast (V) R125
 Herbed Mushrooms in Light Cream, 2 Poached Eggs, Baby Spinach, Cherry Tomatoes, Toasted Pumpkin Seeds on 50% Rye Toast. *Add Bacon: R30*

Classic Eggs Benedict R125
 2 Poached Eggs with Gypsy Ham served on a crispy English Muffin and Hollandaise Sauce.
Substitute Smoked Salmon: R35

Eggs Florentine (V) R125
 2 Poached Eggs served with Creamy Spinach on a crispy English Muffin with Hollandaise Sauce.
Add Mushrooms: R20

Eggs Rancheros R125
 2 Poached Eggs served with Bacon and Tomato Salsa on a Toasted English Muffin and Hollandaise Sauce.

3 Flapjacks stacked with either R105
 - Mix Berry Compote and Crème Fraiche *OR*
 - Crispy Bacon & Banana with Maple Syrup
Extra Maple Syrup: R15

French Toast Croissant R99
 French Croissant sprinkled with Orange and Cinnamon Sugar and Maple Syrup. | *Add Bacon: R30*

Croissant with Gypsy Ham and Emmenthaler Cheese R89

Plain Croissant with Butter and Preserves R42
Add Cheddar Cheese: R15

Homemade JUMBO Bran Muffins R42
 Muffin with Butter and Preserves. | *Add Cheese: R10*

Fresh Fruit Breakfast Sundae R89
 Homemade Muesli, Fresh Fruit in Season, with Yoghurt and Honey, Chia Seeds, Toasted Coconut.

Warm Breakfast Oats R85
 Creamy Rolled Oats, sliced Banana, Cranberries, Cinnamon, Honey, Chia Seeds.

Light Lunches

Smoked Salmon Whole-Wheat Bagel R109
 Filled with Smoked Salmon, Rocket, Tomato, Red Onion, Cucumber, Dill Pickles and zesty Crème Fraiche.

(V) Mediterranean Grilled Vegetable Wrap R105
 Roasted Butternut, Aubergine, Peppers, Herb Pesto, Feta, Baby Spinach, Crème Fraiche.
Add Chicken: R35 | Add Avocado: R20
Add Halloumi: R30

Thai Crunch Wrap R105
 Baby Spinach, Carrot, Mint, Coriander, Bean Sprouts, Red Cabbage, Toasted Peanuts, Marinated Cucumber, Cherry Tomatoes, Mango Dressing.
Add Chicken: R35 | Add Sirloin Steak: R40

Toasted Sandwiches served with Potato Crisps and Side Salad (on Whole Wheat, White, Sourdough or 50% Rye)
Substitute Crisps for Hot French Fries: R20
Add Avocado: R20 | Add Halloumi: R30 | Add Bacon - R30

Toasted Cheese and Tomato R79
 Toasted Ham, Cheese and Tomato R85
 Toasted Chicken Mayonnaise R95
 Toasted Tuna and Gherkin Mayonnaise R95

Thai Prawn 'Som Tam' Salad R145
 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 R125
 Grilled Aubergine, Peppers, Courgettes, Spiced Chickpeas, Feta, Baby Spinach, Tzatziki, Olives, Lemon Vinaigrette, mixed Roasted Seeds.
Add Chicken: R35 | Add Avocado: R20 | Add Halloumi: R30

(V) Roasted Butternut and Feta Salad R120
 Mixed leaves topped with Roasted Butternut, Beetroot, Feta, Toasted Pumpkin Seeds, Sprouts and Rocket Dressed with Honey Mustard Vinaigrette.
Add Chicken: R35 | Add Avocado: R20 | Add Halloumi: R30

Smoked Salmon and Caper Salad R145
 Premium Oak Smoked Salmon Trout, Gherkins and Capers, Cucumber, Cherry Tomatoes on Salad Greens and Crème Fraiche and Spring Onion Dressing.
Add Avocado: R20

Burgers & Pasta

Homemade Beef Burger

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

Add Creamy Mushrooms: R20 | Add Avocado: R20

Add Halloumi: R30 | Add Cheddar Cheese: R15

Crumbed Chicken Burger

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

Add Creamy Mushrooms: R20 | Add Avocado: R20

Add Halloumi: R30 | Add Cheddar Cheese: R15

Portuguese Prego Rolls

Succulent Beef or Chicken marinated in Spiced Prego Sauce and served on Ciabatta with Chips or side salad.

Grilled Chicken

Beef AAA Sirloin Steak

Sirloin Steak & Chips

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

Homemade Pesto Penne Pasta

Rosa Tomatoes, Grilled Courgette, Herb Pesto in a light Cream Sauce served with Baby Spinach & 8-month Aged Parmesan. Add Chicken: R35 | Add Bacon: R30

Mushroom & Spinach Linguine Napolitana

Rosa Tomatoes & Mushrooms, Homemade Napolitana Sauce Cream Sauce served with Baby Spinach & 8-month Aged Parmesan. Add Chicken: R35 | Add Bacon: R30

Quiche of the Day (Ask your Waiter)

Served with a large side salad

Seafood

Fresh Line Fish of the Day - Ask your waitron

Locally sourced Line Fish, Grilled and served with Vegetables, Lemon and Caper Butter Sauce.

Crumbed Calamari Strips

Deep Fried in Turmeric crumb, served with Chips and Tartare Sauce.

Crispy Battered Hake & Chips

In light batter, served with Chips, Salad and Tartare Sauce.

Homemade Thai Fish Cakes

Three Fishcakes, with Lemon, Coriander, Sesame, and Herbs, served on Salad Greens with Tartare and Sweet Chilli Sauce.

R135

Fresh Baked Scone

1 Scone with Butter, Strawberry Jam and Cream

Extra Cheese: R10

Lemon Meringue Pie

Apple Crumble with Cream or Ice Cream

Chocolate Cake

Baked Cheesecake with berry topping

Carrot Cake

Fresh Fruit Salad with Cream or Ice Cream

Ice Cream and Chocolate Sauce

R125

R125

R135

R185

R115

R115

R115

Dessert

R44

R59

R65

R65

R65

R59

R59

R55

Shakes & Smoothies

Milkshakes: Strawberry, Chocolate, Caramel, Lime, Banana, Mango

R49

Chai / Iced Coffee

R52

Banana and Honey Smoothie

R52

Frozen Banana, Honey and Yoghurt | Add Peanut Butter: R5

Mixed Berry Smoothie

R55

Frozen Mixed Berries, Cranberry Juice, Honey and Yoghurt

Mango Health Shake

R55

Frozen Mango, Mango Juice, Honey and Yoghurt

Beers & Ciders

Castle, Castle Light

R36

Devils Peak Hero 0%

R35

Heineken, Windhoek Draught

R44

Savannah, Hunters Dry

R44

CBC Crystal Weiss (340ml)

R44

Devils Peak Lager (340ml)

R40

Wine per Glass

Premium Sauvignon Blanc: Bruce Jack - Franschoek

R60

Chenin Blanc: AA Badenhorst - Secateurs - Swartland

R60

Merlot: Bruce Jack - Bredekloof Valley

R60

Shiraz: Bruce Jack - Bredekloof Valley

R60

Rosé: Arabella - Ashton

R60

Bubbles

L'Ormarins MCC Brut

R420

& L'Ormarins Brut Rosé

R420

Hot & Cold Beverages



COFFEE SELECTION - All Double Shot Measurement

Decaffeinated available | Add Oat Milk: R12

Americano / Macchiato	R34	Espresso	R24
Flat White / Cappuccino		single	R24
regular	R38	double	R26
large	R40	Chocochino	R42
Café Latte	R40	Hot Chocolate	R40
Rooibos Cappuccino	R38	Spiced Chai	R40
Rooibos Latte	R40	Dirty Chai	R42

TEA SELECTION

Pure Ceylon / Rooibos Tea	for one	R26
	for two	R30
Twinings: Earl Grey, English Breakfast		R26
Herbal Teas: Green, Green & Mint, Camomile		R28

COLD FAVOURITES

Still / Sparkling Water	regular	R26
	large	R38
Fresh Fruit Juice per glass: Orange, Mango, Fruit Cocktail		R30
Fresh Cranberry Juice		R35
Appletizer / Grapetizer		R34
Cola Tonic / Passionfruit and Lemonade		R34
Rock Shandy		R44
Tomato Cocktail		R40
Coke Float - Coke with a scoop of Ice Cream		R38
Iced Tea: Peach & Lemon		R32
Soda: Coke, Coke Light or Zero, Fanta, Lemonade,		R28
Dry Lemon, Ginger Ale		R25

Wine per Bottle

WHITE WINE

Sauvignon Blanc: Bruce Jack - Bredekloof Valley	R195
Chardonnay: Kruger KlipKop Chardonnay	R285
Chenin Blanc: AA Badenhorst - Secateurs - Swartland	R225
Rosé: Kruger Family Wine - Grenache Rosé	R210

RED WINE

Merlot: Bruce Jack - Bredekloof Valley	R195
Shiraz: Bruce Jack	R195