

Fredenhof Organic Estate Coffee Shop

Lunch Menu

***Service Hours:** Breakfast service: 08:00 – 11:30 & Lunch service: 12:00 – 15:00*

Please note that every dish is made fresh, to order & may take a little longer than usual to prepare.

We kindly thank you for your patience & hope you enjoy your meal.

Salads

***Pork Belly Salad* : R110**

Thinly sliced free range pork belly, grilled and glazed with apricot jam, organic lettuce, carrot, cabbage, cherry tomatoes, spring onion, a boiled egg, bacon, pickled broad beans, emmentaler cheese and mustard pickled turnip, dressed in a pork bone broth reduction.

***Mediterranean Lamb Salad* : R110**

Braised free range lamb shank, sliced & sautéed in lamb bone broth reduction, organic spinach, carrot, spring onion, grilled beetroot, cherry tomato, feta, capers, olives, topped with olive tapenade.

***Duck Salad* : R110**

Confit of duck breast, sliced and sautéed in a duck bone broth reduction, organic lettuce, carrot, spring onions, cherry tomato, pickled fennel, toasted spelt flakes, sunflower seeds pumpkin seeds and topped with a poached egg.

***Middle Eastern Chicken Salad* : R100**

Spiced free-range chicken, organic lettuce, lentils, chickpeas, carrot, spring onion, cherry tomato, spinach and lentil sprouts, dressed with tahini, olive oil and balsamic vinegar and topped with hummus.

***Smoked Chicken & Papaya Salad* : R100**

Oak smoked chicken breast, organic lettuce, papaya, nectarine (seasonal), carrot, spring onions, tomato and roasted cashew nuts, dressed with olive oil and balsamic vinegar.

***Smoked Trout Salad* : R110**

Hot smoked trout, organic lettuce, spring onion, tomato, fresh chives, dill and tarragon, roasted almonds, deep fried capers and crispy trout skin, served with a dill infused mayonnaise dressing.

***Health Salad* : R95 (vegan)**

Organic lettuce, carrot, spring onion, vegetables, spinach, sprouts, pumpkin seeds, sunflower seeds, spelt flakes and pecan nuts garnished with a selection of, edible flowers picked fresh from *The Chef's Garden*.

***Vegetarian Salad* : R80**

Organic lettuce, carrot, spring onion, cherry tomatoes, sprouts and served with an assortment of pickled and grilled vegetables and feta cheese.

Main Course

Beef Burgers : Regular (1x100g Patty) R100 or Large (2x100g Patties) R130
beef patty in an organic butter roll, with cheddar cheese, lettuce, rocket, tomato, gherkins and smokey onion relish. Served with organic tomato sauce and fries.

Lamb Burgers : Regular (1x100g Patty) R100 or Large (2x100g Patties) R130
lamb patty in an organic butter roll, with mozzarella cheese, lettuce, rocket, tomato, feta, gherkins and a smokey onion and tomato relish. Served with organic tomato sauce and fries.

Chicken Burgers : Regular (1 chicken breast) R90 or Large (2 chicken breast) R110
Chicken breast, basted and grilled in an organic butter roll, with cheddar cheese, lettuce, rocket, tomato, gherkins and a smokey onion and tomato relish. Served with organic tomato sauce and fries.

Mushroom Burger (vegetarian) : R90
Pan-fried portobello mushroom in an organic butter roll, mozzarella cheese, lettuce, rocket, tomato, gherkins, feta, peppadew, grilled peppers and a smokey onion and tomato relish. Served with organic tomato sauce and fries.

Braised Free Range Pork Belly : R150
Braised free range pork belly served with baked apple and cabbage topped with crispy bacon bits, chips, steamed organic vegetables and a pork bone broth reduction.

Karoo Lamb Shank : R150
Free range lamb shank marinated with olives, peppers, capers, aubergines and tomato, served with a potato bake, steamed organic vegetables and a lamb bone broth reduction.

Free Range Duck Breast : R150
Confit of free range duck breast served with steamed organic vegetables, braised fennel, fresh spelt spaghetti and a duck bone broth reduction.

Free Range Chicken Schnitzel : R130
Chicken schnitzel served with fried polenta, steamed organic vegetables and your choice of a mushroom sauce or an emmentaler cheese sauce.

Crumbed & Stuffed Chicken Breast : R155
Free range chicken breast, lightly crumbed with toasted almond crumbs, stuffed with bacon, feta, onion, garlic, dried figs and dates, served with steamed vegetables, white rice and a date and chicken bone broth reduction.

Seared Smoked Trout : R130
Seared cold smoked trout served with boiled spelt kernels, sautéed spinach and cherry tomatoes, and béarnaise sauce.

Classic Fish & Chips : R110
Fresh hake, dipped in beer batter and deep fried in coconut oil, served with a salad, chips and tartare sauce.

Bacon Hake : R125
Pan-fried hake, wrapped in bacon, finished off in our wood-fired oven, served with sautéed green beans, mashed potato and a hollandaise sauce.

***Seed & Mushroom Risotto* : R90**

Sunflower, pumpkin, poppy and sesame seeds, barley and oat kernels, spelt flakes and parmesan cheese cooked in vegetable stock and white wine, topped with grated parmesan and chopped parsley.

***Fish Cakes* R90**

Two hake and potato fish cakes deep fried in coconut oil served with a salad of rocket, lettuce, watercress, tomato, carrot and spring onion, served with tartar sauce.

Pasta

***Duck Pasta* : R95**

Freshly made spelt spaghetti served with a rich slow braised duck and preserved fig sauce.

***Mediterranean Lamb Pasta* : R95**

Freshly made spelt spaghetti with a tomato based sauce with cubed braised lamb shank, capers, feta, olives and anchovies, garnished with fresh parsley and grated parmesan cheese.

***Smoked Trout Pasta* : R95**

Freshly made spelt spaghetti with oak smoked trout cooked in a creamy tarragon, dill and caper sauce, topped with fresh chives, tarragon and dill and crispy trout skin.

***Spaghetti Alfredo* : R90**

Freshly made spelt spaghetti served with a creamy ham and mushroom sauce, (garnished with fresh parsley and grated parmesan cheese).

***Spaghetti Bolognese* : R90**

Freshly made spelt spaghetti served with a Bolognese sauce, (garnished with fresh parsley and grated parmesan cheese).

***Mushroom Pasta*: R80**

Freshly made spelt spaghetti served with a creamy mushroom sauce, (garnished with fresh parsley and grated parmesan cheese).

***Vegetarian Pasta* : R80**

Freshly made spelt spaghetti served with an assortment of grilled & pickled vegetables with olives and feta, in a tomato sauce, garnished with fresh parsley and grated parmesan cheese.

***Spinach Pasta* : R80**

Freshly made spelt spaghetti served with sautéed spinach in a creamy garlic sauce, garnished with fresh parsley and grated parmesan cheese.

Light Meals

***Quiches* R60**

Freshly baked meat and vegetarian quiches served with a fresh organic side salad.

***Pies* R60**

Freshly made meat and vegetarian pies served with a fresh organic side salad.

Side orders

Potato Chips: R40 - small portion & R50 – large portion

Onion Rings: R40 - small portion & R50 – large portion

Fried in coconut oil.

Pizza

Margarita Regular: R60 or Large: R80

Thin based, wood fired pizza with Vredenhof organic tomato base and mozzarella cheese.

Regina Regular: R70 or Large: R95

Thin based, wood fired pizza with Vredenhof tomato base, mozzarella cheese, ham and mushrooms.

Hawaiian Regular: R70 or Large: R95

Thin based, wood fired pizza with Vredenhof tomato base, mozzarella cheese, free range ham and pineapple.

Mexican Regular: R80 or Large: R100

Thin based, wood fired pizza with Vredenhof tomato base, cheddar cheese, bolognaise, mild chillies and fresh garlic.

Milano Pizza Regular: R80 or Large: R105

Thin based, wood fired pizza with Vredenhof tomato base, mozzarella cheese, smoked and cured Milano salami sausage, onion, mushroom, olives, garlic and feta.

Pork Belly Pizza Regular: R80 or Large: R105

Thin based, wood fired pizza with Vredenhof tomato and onion base, mozzarella cheese, braised free range pork belly and sliced onion.

Chicken & Mushroom Pizza Regular: R80 or Large: R100

Thin based, wood fired pizza with Vredenhof tomato base, mozzarella cheese, smoked chicken, portabellini mushrooms, pickled peppadews and spring onion.

Smoked Chicken Regular: R80 or Large: R100

Classic thin based, wood fired pizza with Vredenhof tomato base, mozzarella cheese, smoked free-range chicken, nectarines (seasonal), fresh rocket and balsamic reduction.

The Vredenhof Regular: R80 or Large: R105

Thin based, wood fired pizza with Vredenhof tomato base, mozzarella cheese, bacon, onion, green peppers, mushroom and feta.

Calzone Regular: R80 or Large: R105

Fold over pizza with Vredenhof tomato base, ham, mushroom, mozzarella cheese and a poached egg.

Vegetarian Regular: R70 or Large: R95

Thin based, wood fired pizza with Vredenhof tomato base, mozzarella cheese, char-grilled and pickled vegetables, olives and feta cheese.

Mark's Choice Regular: R80 or Large: R100

Thin based, wood fired pizza with Vredenhof tomato base, bacon, banana, chilli, garlic and mozzarella cheese.

Italian Regular: R70 or Large: R95

Thin based, wood fired pizza with Vredenhof tomato base, spinach, feta, sundried tomatoes and mozzarella cheese.

Georgie B Regular: R80 or Large: R105

Thin based, wood fired pizza with Vredenhof tomato base, ham, cherry tomatoes, garlic, capers, onion and mozzarella cheese.

Proudly South African Regular: R75 or Large: R100

Thin based, wood fired pizza with Vredenhof tomato base, boerewors, peppadew, caramelised onion, cherry tomatoes and mozzarella cheese.

Jamaican Regular: R80 or Large: R105

Thin based, wood fired pizza with Vredenhof tomato base, smoked chicken, green pepper, pineapple, cherry tomato, onions and mozzarella cheese.

Slick Vic Regular: R85 or Large: R110

Thin based, wood fired pizza with Vredenhof tomato base, salami, feta, mushrooms, pineapple, spring onions and mozzarella cheese.

Mediterranean Regular: R85 or Large: R110

Thin based, wood fired pizza with Vredenhof tomato base, lamb, feta, olives, sundried tomatoes, anchovies, brinjals and mozzarella cheese.

Papa G Regular: R80 or Large: R105

Thin based, wood fired pizza with Vredenhof tomato base, salami, green pepper, garlic, onion olives, cherry tomatoes and mozzarella cheese.

Toppings: Regular / Large

mushrooms R10 / R14, ham R14 / R18, bacon R14 / R18, smoked chicken R14 / R18
tomato R6 / R10, onion R6 / R10, green pepper R8 / R12, garlic R5 / R7, spinach R6 /
R10, feta R10 / R14, olives R10 / R14, cheddar cheese R12 / R16, cherry tomatoes
R10 / R14, salami R14 / R18, sundried tomatoes R12 / R16, banana R8 / R12, capers
R8 / 12, peppadew R10 / R14, pineapple R8 / R12, anchovies R10 / R14

Desserts

Cake slices:

Freshly baked Vredenhof cake slices R45 per slice

Vredenhof Fruit *Rawsome* cake slices: fruit R45

: chocolate R50

Sweet Tarts:

Sweet fruit tart: R40 each

Swiss chocolate tart: R45 each

Organic Sorbet

(Ask for availability)

A trio of fresh organic sorbets.

R45

Crème Brûlée

Served with ice cream and fresh seasonal fruit.

R70

Dark Chocolate Mousse

(Please ask your waiter)

Served with ice cream and fresh seasonal fruit.

R70

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Reservations & Inquiries:

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