



MENU

LIGHT, FRESH & TASTY

BREAKFAST

HEALTH <i>Homemade Granola, Greek Yoghurt, Honey & Fresh Berries</i>	R50	CHURROS <i>with Belgian Hot Chocolate</i>	R45
OATS <i>Organic - with Vanilla Pod & Glazed Apples</i>	R40	FLAPJACKS <i>Blueberry & Maple Stack</i>	R45
ENGLISH BREAKFAST <i>Eggs-your-way, Bacon Sausage, Roast Plum Tomatoes, Grilled Mushroom & White Beans</i>	R70	CROISSANT <i>Cheese & Preserve</i>	R35
EGGS BENEDICT <i>Ham or Salmon, Toasted English Muffin, Poached Eggs & Hollandaise</i>	R70	FRESH FRUIT PLATTER <i>Seasonal Fruit sliced & served with Minted Yoghurt</i>	R55
OMELETTES <i>3-Cheese & Spring Onion Bacon, Roast Tomato & Basil Prosciutto, Mozzarella & Chives</i>	R55 R65 R70	THE ALPHEN BREAKFAST <i>Pastry Board - Muffin, Croissant, Blueberry Pancakes with Fresh Fruit, Yoghurt & Jams and Eggs-your-way, Bacon Sausage, Roast Plum Tomatoes, Grilled Mushrooms & White Beans</i>	R130
FRENCH TOAST <i>Crème Fraîche, Homemade Banana Rum Jam & Cinnamon</i>	R50	THE FIVE STAR BREAKFAST WITH A GLASS OF CHAMPAGNE <i>Poached Eggs, Hot Smoked Scottish Salmon, Buckwheat Blinis & Tomato Coriander Salsa</i>	R250
RICOTTA HOTCAKES <i>Honeycomb Butter</i>	R50		

SALADS

SPICY CHICKEN <i>Baby Greens, Bean Sprouts, Asparagus, Cucumber, Tomato & Vinaigrette</i>	R80	CAPRESE <i>Mozzarella, Tomatoes 4-ways, Rye Croutons, Olive Oil & Basil</i>	R80
CHERMOULA TUNA <i>Chickpeas, Red Onion, Tomato, Coriander Yoghurt & Dukkah</i>	R85	SPRING PEA & PLUM <i>Plum, Feta, Sweet Pea & Pea Shoots - with Prosciutto</i>	R70 R95
SMOKED SALMON <i>Avocado, Baby Potatoes, Cress, Rocket, Lemon & Sour Cream</i>	R90	GOATS CHEESE <i>Roast Baby Beets, Fresh Orange, Toasted Sunflower Seeds & Citrus Balsamic Dressing</i>	R80
WALDORF <i>Toasted Walnuts, Apple, Celery, Cos Lettuce & Lemon Mayo Dressing</i>	R70		

SANDWICHES

CHOICE OF ARTISAN BREADS - BAGUETTE, CIABATTA, SOURDOUGH OR RYE

PASTRAMI <i>Dijon Mustard & Pickles</i>	R65	SMOKED SALMON <i>Cream Cheese, Avocado, Rocket & Onion Sprouts</i>	R90
CHICKEN & BRIE <i>Cranberry Dressing, Oregano & Thyme</i>	R65	PROSCIUTTO <i>Emmental & Mustard Vinaigrette</i>	R80
SMOKEY SIRLOIN <i>Tomato & Spicy Mayo</i>	R75	ROAST CHICKEN <i>Lettuce, Lemon, Mustard & Mayo</i>	R60
VEGETARIAN <i>Marinated Mozzarella, Tomato, Capers & Basil</i>	R65		

LIGHT MEALS

GRILLED ASPARAGUS <i>Poached Egg, Chilli Lemon Bread Crumbs, Capers & Rocket</i>	R85	BRAISED LAMB PIE <i>Sweet Potato, Tomato, Cinnamon & Cumin</i>	R90
ROAST TOMATO SOUP & TOASTED GRUYÈRE <i>Smooth Tomato Soup & Toasted Cheese Sandwich</i>	R80	CHICKEN LIVER POT <i>Red Onion Marmalade, Rocket & Fresh Bread</i>	R60
SPRING VEGETABLE QUICHE <i>Side of Baby Greens</i>	R65	CHARCUTERIE PLATTER (SERVES 2) <i>Fresh Bread, Cherkins & Pickles</i>	R130
FISH CAKES <i>Asian Greens, Wasabi Mayo, Chilli, Ginger & Coriander</i>	R80	CHEESE BOARD <i>Country Bread & Preserves</i>	R80
GRILLED VEGETABLE PIE <i>Ricotta, Olives, Balsamic & Basil</i>	R70	OYSTERS LA BELLE <i>Platter of 6 Per Oyster with Apple, Beetroot & Champagne Salsa</i>	R80 R15

MAINS

LA BELLE BEEF BURGER <i>Avocado, Tomato, Crispy Red Onion, Rocket & Porcini Sauce</i>	R80	MEATBALLS & TAGLIATELLE <i>Parmesan & Chunky Tomato Sauce</i>	R85
CHICKPEA BURGER <i>Toasted Ciabatta, Broccoli, Beetroot Raita, Lemon & Coriander</i>	R70	SPRING VEGETABLE PENNE <i>(Gluten-Free Available) Feta, Baby Spinach, Semi-dried Tomato & Pine Nuts</i>	R85
MUSTARD & HERB ROAST CHICKEN <i>Olive Oil Mash & Green Bean Salad</i>	R85		
TUNA STEAK <i>Baby Spinach, New Potatoes, Lemon & Garlic</i>	R110		
BEER BATTERED KINGKLIP <i>Chips & Cottage Cheese Tartare Sauce</i>	R120		
FILLET STEAK <i>Chips, Béarnaise Sauce</i>	R140		
SIRLOIN FORESTER <i>Bacon Lardons, Mash, Mushrooms & Roast Vine Tomatoes</i>	R115		

BEVERAGES

RAW JUICES :

FRESH JUICE : Choice of Apple, Carrot, Orange & Pear	R25
FRISKY SOUR : Papaya, Grapefruit & Raspberries	R30
C BREEZE : Grapefruit, Pineapple, Kiwi, Raspberries & Frozen Cranberries	R30
GREEN PEACE : Spinach, Celery, Cucumber & Apple	R30
CHILLI QUEEN : Carrot, Chilli, Pineapple, Lime & Coriander	R30
RED BEAUTY : Beetroot, Carrot, Celery & Cucumber	R30

SMOOTHIES :

CULTURE SHOCK : Apple, Frozen Cranberries, Low Fat Natural Yoghurt & Honey	R40
MANGO MAGIC : Mango, Skim Milk & Coconut	R40
FRUIT LOOP : Pineapple, Frozen Blueberries, Frozen Raspberries, Low Fat Vanilla Yoghurt	R40
BANANA BLISS : Banana, Acai, Low Fat Natural Yoghurt & Strawberries	R40
TROPICAL TANGO : Mango, Pineapple, Vanilla, Soy Milk & Honey	R40

SIDES :

SHOESTRING FRIES	R20
OLIVE OIL MASH	R20
SPRING GREEN SALAD	R20
GRILLED VEGETABLES WITH HERBS	R20

BEVERAGES

MILKSHAKES :

BERRIES & WHITE CHOCOLATE	R30
DOUBLE CHOCOLATE	R30
BANANA & PEANUT BUTTER	R30

SPECIALITY LEAF TEAS :

GREEN QUEEN <i>The Finest Green Tea blend</i>	R20
FAIRY MAGIC <i>Green Tea, Papaya Pieces, Carrot Flakes, Sunflower Petals, Blue Mallow Flowers. Enchanting & Smooth Fruity Vanilla Taste</i>	R20
MOROCCAN MINT <i>Refreshing Mix of Peppermint & Spearmint Green Tea</i>	R20
CHINA ROSE <i>The Smooth Smell of Roses ennobles the lovely taste of this Tea - with Tea & Rose Petals</i>	R20
CAPE TOWN NIGHTS <i>Ceylon Dimbula combined with Anise, Cloves, Cinnamon, Coriander & Ginger</i>	R20
TURKISH APPLE VANILLA <i>A Delicious Traditional Turkish Apple Tea with Sweet Vanilla</i>	R20
ORGANIC ROOIBOS <i>Caffeine Free and High in Antioxidants with a Fresh & Fruity Malt Note</i>	R20

VIRGIN COCKTAILS :

LITCHI RASPBERRY FIZZ <i>Light & Fruity drink with Litchies, Raspberries, Sparkling Water & a dash of Rosewater</i>	R35
PEACH FIZZ <i>Refreshing with Peaches, Sparkling Water, Mint & a hint of Ginger</i>	R35
CHERRY SOUR MARTINI <i>Delicious blend of Lime, Grenadine, Sugar Syrup & Soda Water</i>	R35
PINEAPPLE MOJITO <i>Fresh Pineapple Juice, Lime & Mint over Crushed Ice</i>	R35
DAIQUIRI Choice of Mango or Strawberry - Sweet & Refreshing Icy Drink	R35

HOT CHOCOLATE :

COCONUT <i>Chocolate, Coconut Milk & Vanilla Sugar</i>	R30
ITALIAN STYLE <i>Thick & Creamy with Chocolate, Cream & Sugar</i>	R30
ORIGINAL <i>Just Like Your Mama Made It</i>	R20
BAKED APPLE <i>Rooibos Apple, Rose Hips, Sliced Almonds, Orange Peels, Cinnamon Pieces, Cloves & Cardamom. Delicious Apple Cinnamon Taste</i>	R20
WELLNESS ENERGY <i>Fragrant & Flavourful Rooibos complemented with Banana Chips, Apple Pieces, Lemongrass & Mallow Flowers. A Truly Energy Giving Tea</i>	R20
CHOCOLATE CHAI <i>Various Spices with Sweet Caramel come to the fore, leading to a Belgian Chocolate finish</i>	R20

TEAS :

CHAMOMILE	R15
ROOIBOS	R15
CEYLON	R15
ENGLISH BREAKFAST	R15
EARL GREY	R15

COCKTAILS :

COSMOPOLITAN <i>Vodka, Triple Sec, Cranberry Juice Shaken with a twist of Orange Peel</i>	R40
BELLINI <i>Peach Liqueur topped with Sparkling Wine</i>	R50
KIR ROYALE <i>Sparkling Wine with a dash of Crème De Cassis</i>	R50
PIMM'S COCKTAIL <i>A Classic with Pimm's, Lemonade, Apple & Cucumber</i>	R40
MINT JULEP <i>Bourbon with a twist of Mint, served over Crushed Ice</i>	R50
BLOODY MARY <i>A Classic with Vodka & Tomato Cocktail</i>	R40

WINE

CHAMPAGNE :

	B	G		B	G
VEUVE CLICQUOT NV	R850	R170	VEUVE CLICQUOT 375ML	R480	
VEUVE CLICQUOT ROSÉ	R1000	R200			

MÉTHODE CAP CLASSIQUE :

	B	G		B	G
GRAHAM BECK BRUT	R220		PONGRÁCZ BRUT	R200	R40
GRAHAM BECK ROSÉ	R490		PONGRÁCZ ROSÉ	R240	R50

CONSTANTIA VALLEY :

	B	G		B	G
BUITENVERWACHTING BUITEN BLANC	R130	R35	GROOT CONSTANTIA SHIRAZ	R320	
GROOT CONSTANTIA BLANC DE NOIR	R150		KLEIN CONSTANTIA CABERNET SAUVIGNON	R290	R80
CONSTANTIA UITSIG CHARDONNAY	R190	R50			

WHITE :

	B	G		B	G
RUDEIRA ROBUSTO CHENIN BLANC	R260		DURBANVILLE HILLS RHINOFIELDS CHARDONNAY	R180	
IONA SAUVIGNON BLANC	R220		MULDERBOSCH CHARDONNAY	R290	
SPRINGFIELD LIFE FROM STONE SAUVIGNON BLANC	R190		DELAIRE CHARDONNAY	R200	
DELAIRE SAUVIGNON BLANC	R160		HAUTE CABRIÈRE CHARDONNAY/PINOT NOIR	R170	R45
DURBANVILLE HILLS SAUVIGNON BLANC	R130	R35	DELAIRE ROSÉ	R120	
			DOMAINES OTT CHÂTEAU DE SELLE ROSÉ COEUR DE GRAIN	R700	

RED :

	B	G		B	G
HOOPENBURG MERLOT	R160	R45	DIEMERSFONTEIN 'CARPE DIEM' PINOTAGE	R190	
PLAISIR DE MERLE MERLOT	R280		L'AUBERGE DU PAYSAN PINOTAGE	R150	R40
KEVIN ARNOLD SHIRAZ	R320	R85	BOEKENHOUTSKLOOF CHOCOLATE BLOCK	R370	
HAUTE CABRIÈRE PINOT NOIR	R320	R85			
SPRINGFIELD WHOLE BERRY CABERNET SAUVIGNON	R220				

'THERE'S SIMPLY
NOWHERE BETTER
• TO LANGUISH •
OVER A LONG LUNCH OR
PATISSERIE DELIGHT
WHILE SIPPING ON
.....
**SOMETHING
REFRESHING**
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