

# TRUE LIVING

OLD KAROO DELI  
& RESTAURANT

## ABOUT OUR COFFEE

Grazie Mille - 'Thanks a million - Treno Blend Karoo meets Italy. Daniella is Italian born and married to a local South African and lives in Cradock. Daniella and Katy are the passionate coffee roasters of our excellent roast. Buy yours from our shelf to take home.

## TEA & COFFEE BAR

ESPRESSO R31 | R36

CAPPUCINO R38 | R44

AMERICANO R36 | R41

CREMACHINO R42 | R49

MOCHACCINO R48

LATTE R40 | R45

Plain R40

Vanilla, Hazelnut, Cinnamon, Salted caramel R45

KONDENSMEK KOFFIE | R40

POT OF TEA FOR 1 R28 | FOR 2 R35

Ceylon OR Rooibos OR Earl Grey tea

CHAI LATTE | R45

DIRTY CHAI | R52

RED CAPPUCINO R40 | R47

LANI'S HEALTHY DRINK | R38

A mix of fresh ginger, mint leaves, lemon slices, hot water and honey

MILO | R45

HOT CHOCOLATE | R42 | R48

Plain or White hot chocolate

ICED COFFEE R44 | R49

Plain R44

Vanilla, Hazelnut, Cinnamon, Salted caramel R49

FRAPPE R55 | R60

Espresso, hot chocolate, milk and ice blended into a refreshing cold drink

Plain R55

Vanilla, Hazelnut, Cinnamon, Salted caramel R60

KOFFIE EN BESKUIT | R65

Buttermilk or All Bran

## SMOOTHIES | R65

Ask your waiter for the available smoothie of the day

## MILKSHAKES | R50

Vanilla, Chocolate, Strawberry, Butterscotch, Coffee  
Add a shot Amarula or Whiskey R20

# DRINKS

## KIDDIES DRINKS

BABY CHINO | R22

Steamed milk with hot chocolate dust

KIDDIES MILKSHAKE | R38

Chocolate, strawberry, bubblegum

FRUIT JUICE BOXES | R20

Mango, Cranberry, Apple

## FRESHLY SQUEEZED JUICES



BEETROOT | R52

Beetroot, apple, ginger & parsley



CARROT | R52

Carrot, apple & ginger



KALE | R52

Cucumber, apple, spinach, parsley & kale

## COLD DRINKS

FAMOUS LEMON, LITCHI & MINT COOLER | R48

Add a shot of vodka R20

OUPA GRAHAM'S FIZZY LEMONADE | R48

Homemade family recipe served with soda water

LOCAL IS LEKKER GINGER BEER | R48

FRUIT JUICE | R38

Rhodes juice: Orange, Apple

TRUFRUIT JUICE BOTTLE R38

BOS /LIPTON ICED TEA R38

Ask your waiter for available flavours

PASSION FRUIT | KOLA TONIC | LIME | R40

SOFT DRINKS | R28

TIZERS | R35

WATER STILL 500ML R20 | 1LITER R36

WATER SPARKLING 500ML R20 | 1LITER R36

HOT BEVERAGES & NON ALCOHOLIC

## FROM THE BAR

BRANDY	R20   R40
GIN	R20   R40
RUM	R20   R40
TEQUILA	R20   R40
VODKA	R20   R40
WHISKEY	R20   R40

## BEERS AND CIDERS

BLACK LABEL	R35
FLYING FISH	R35
SAVANNA	R35
Light OR Dry	
CASTLE	R35
Light	
WINDHOEK	R40
Draught	
ALCOHOL FREE	R35

## COCKTAILS

BLUE LAGOON	R78
COSMOPOLITAN	R78
BLOODY MARY	R60
PINA COLADA	R78
STRAWBERRY DAQUIRI	R78
STEELWORKS	R78

## BROWSE OUR DELI

Lots of local Karoo delicacies in our fridge, freezer and shelf

Daily specials and 'Grab and Go' baked goods

ONLY SERVED FROM 10 PM

ALCOHOLIC BEVERAGES

NOT SERVED TO PERSONS UNDER THE AGE OF 18

# BREAKFAST

## BREAKFAST

SERVED FROM 7-11 DAILY



### MUESLI & YOGHURT | R85

Lani's homemade muesli served with fresh seasonal fruits, double cream yoghurt & honey.



### KRUMMELPAP | R52

Served with fresh milk OR tomato relish  
Add Almond milk R15  
Add Kaiings R35  
Add biltong R45  
Add lewer & niertjies R40  
Add an egg R12



### TRADITIONAL TYUT / MFINO | R92

Traditional Xhosa pap & spinach mild curried dish served with boerewors, tomato relish, fried egg and toasted ciabatta.  
Vegetarian option without sausage

### KAROO FARM BREAKFAST | R98

Served with bacon, boerewors or cheese griller sausage, tomato relish, two eggs & ciabatta toast  
Add Jam R8 OR Mince R40 OR Chips R30 OR  
Lewer & niertjies R40

### KAROO EGGS BENEDICT | R105 | R120 | R145

Two poached eggs on brioche toast, topped with hollandaise sauce  
Bacon R105  
Sliced biltong R120  
Smoked trout R145



### FREE RANGE KAROO OMELETTE | R60

Three - egg omelette with cheddar  
ADD :  
Tomato relish R20  
Spinach R20  
Feta R20  
2 rashers of bacon R35  
Savoury mince R40  
Lewer & niertjies R40  
Mushrooms R30  
Peppers R25)  
Kudu salami R45



### KAROO MONSIEUR/MADAME | R85

Smoked gammon and cheese on ciabatta bread with mustard and cheese sauce .Topped with an egg  
Add bacon R35  
Vegetarian option replace gammon with spinach

### LANI'S FAVOURITE | R145 | R105

Smoked trout, cream cheese, rocket, capers, two poached eggs on a homemade potato rosti R145  
OR  
Bacon, cream cheese, rocket and two poached eggs on a homemade potato rosti R105  
ADD avo (R30)

### BAGELS | R80 | R95

Bacon, cream cheese and scrambled eggs R80  
OR  
Biltong, cream cheese and scrambled eggs R95

# FOOD MENU

## DAILY BREAD

Add Avo R30 (subject to availability)  
Add chips or salad R35  
Choice of Ciabatta, Brown or Rye bread

### SKAFTIEN | R68

Roosterkoek with biltong, cheese, butter & jam  
OR  
2 Scones with butter, cream, cheese and jam  
OR  
Apple & cranberry muffin with butter, cheese and jam

### CLASSIC TOASTED SANDWICH | R88

Bacon, cheddar cheese & tomato on ciabatta bread

### DELUXE CHICKEN SANDWICH | R98

Honey mustard chicken mayo, bacon & cucumber pickles served open

### GRAND KAROO SANDWICH | R98

Seared venison, De Pekelaar cheese, tomato, onion marmelade & rocket served open

### JAFFLES | R85

Bacon, egg & cheese OR mince & cheese OR chicken mayo OR creamed spinach & feta  
Made with Sasko bread  
Served with chips or salad.

### BAGELS | R90 | R80

Smoked trout, cream cheese, red onion, capers, cucumber, rocket & dill R90  
OR

Bacon, cream cheese, De Pekelaar cheese, onion marmelade & rocket R80

### QUICHE OF THE DAY | R90

Ask your waiter for the available quiche of the day.  
Served with chips or salad

## BURGERS

Served with chips or salad

### THE FAMOUS TRUE LIVING BURGER | R140

200g farm patty, tomato, cheddar cheese, onion marmalade & fresh leaves served on a homemade brioche bun

### CRUMBED CHICKEN BURGER | R150

Crumbed chicken breast fillet, crispy bacon, tomato, cheddar cheese, honey mustard mayo & fresh leaves served on a homemade brioche bun



VEGETARIAN



CHILLI - IT'S HOT

## SALADS & BOWLS

Add Avo R30 - subject to availability

### WARM VEGGIE BOWL | R130

Pan fried seasonal veg, artichokes, tomato & pepper pesto, feta, pumpkin seeds, couscous  
Add Pulled Lamb R70  
Add Chicken R42

### CURRY CREAM CHICKEN SALAD | R145

Mild curry cream chicken, apple and raisins served on garden leaves with flaked almonds and coconut shavings

### CAESAR SALAD | R145

Smoked chicken slices and bacon with boiled egg, croutons, Parmesan shavings and parsley. Served on Cos lettuce with anchovy dressing

### GRAND KAROO SALAD | R145

Seared venison sirloin, fresh pear slices, blue cheese, pumpkin seeds, cranberries & balsamic glaze on garden leaves

### FAMOUS TRUE LIVING SALAD | R145

Chicken breast strips, bacon, camembert cheese and croutons, cucumber & carrots served on fresh garden greens with Lani's sweet mustard sauce

### KAROO STYLE MELANZANE | R 145

Layers of eggplant, tomato, baby marrow, mushrooms, parmesan cheese and breadcrumbs. Served with a side salad and ciabatta bread

### STIR FRY | R 145

Chicken or beef strips stir fried with vegetable strips, spring onions, ginger, soy sauce & honey.

### BEEF LASAGNE | R 145

Homemade lasagne pasta with layers of beef mince ragu and white sauce, baked to perfection. Served with Ciabatta bread and salad

## DESSERTS

### MALVA PUDDING | R45

Served with vanilla ice cream OR cream OR custard

### KOEKSISTERS | R18 EACH

### FUDGE VARIETY | R12 EACH

Ask your waiter for the available fudge varieties

### MILKTART SPRINGROLLS | R70

3 x Deep fried phyllo pastry rolls with milk tart filling

### DESSERTS FROM THE CAKE FRIDGE

Please ask your waiter for the available homemade desserts from our cake fridge

## ARTISANAL PIZZA

Add avo R30 - subject to availability

### MARGHERITA PIZZA | R98

Artisan pizza with tomato base and mozzarella cheese topped with garden herbs

### VEGGIE PIZZA | R130

Artisan pizza with spinach, butternut, pepperdew & feta  
Add Bacon R35 or Kudu Salami R45

### CHICKEN JALAPENO PIZZA | R140

Artisan pizza with chicken, cream cheese & jalapeno

### KAROO LAMB PIZZA | R180

Artisan pizza with Karoo Lamb, spinach, feta & cumin yogurt

### SMOKED GAMMON AND PEPPERS PIZZA | R145

Artisan pizza with, cream cheese, roasted peppers and smoked gammon

### BILTONG PIZZA | R170

Artisan pizza with mozzarella, mushrooms and sliced biltong

## KIDDIES MENU

### KIDDIES BREAKFAST | R45

1 x Egg, 1x toast & 2x rashers bacon & tomato

### BURGER & CHIPS R60

Kiddies size burger with bun, patty & cheese served with chips

### CHICKEN STRIPS & CHIPS R52

Crumbed chicken strips served with chips

### TOASTED CHEESE SANDWICH | R40

Toasted sandwich with cheddar cheese

### MINI PIZZA | R48

Margherita base with bacon & cheese

## KAROO SNACKS

### FARM GRAZING BOARD FOR 2 | R290

Freshly baked bread, pickle, preserve, kudu salami, artisanal cheese, pate and biltong

### BOBOTIE SPRINGROLLS | R70

3 x Phyllo pastry rolls with Bobotie filling

### PERI PERI CHICKEN LIVERS | R84

Served with freshly baked ciabatta bread

### BEEF TONGUE | R78

Starter portion pickled beef tongue slices served with red onion pickle and Ciabatta bread

### CHICKEN WINGS | R90

6 x winglets served with chips

### SKAAPSTERJIES | R90

## KAROO FAVOURITES

SERVED WITH THE CHOICE OF ANY ONE OF THE FOLLOWING:

BAKED POTATO WITH CREAM CHEESE OR CHIPS OR PAN FRIED SEASONAL VEGETABLES OR CREAMED SPINACH & BUTTERNUT OR A SIDE SALAD OR ANY PRE-MADE SALAD FROM OUR DELI FRIDGE OR CRISPY ONION RINGS

ADD ANY OF THE ABOVE SIDES FOR R35

ADD A HOMEMADE SAUCE R25:

GREEN PEPPERCORN, MUSHROOM OR CHEESE SAUCE

### KERRIE AFVAL | R240

Served on rice and any side dish

### PORK CHOPS | R188

2 x Crumbed pork chops served with coleslaw and any side dish

### CRUMBED CHICKEN SCHNITZEL | R150

Served with a choice of a homemade sauce & any side dish

### STEAK OF THE DAY

Ask your waiter for the available cuts of the day

### KAROO LAMB CHOPS | R250

3 x Karoo Lamb chops served with our homemade mint sauce and any side dish

### SOSATIES | R220

Chicken or lamb sosaties served with any side dish

### SPARE RIBS | R290

600g pork ribs with barbecue sauce served with any side dish

### BOBOTIE | R145

Traditional bobotie served with yellow rice and any side dish

# WINE LIST

NOT SERVED TO PERSONS UNDER THE AGE OF 18

## HOUSE WINES-

PER GLASS | PER CARAFE | PER BOTTLE

**BRAMPTON ROSÉ** G R30 | C R45 | B R140

Rosé

**THE BEACH HOUSE** G R30 | C R40 | B R120

Sauvignon Blanc

**BOSCHEN BLANC** G R35 | C R45 | B R135

Sauvignon Blanc

**LABORIE** G R40 | C R46 | B R140

Red Blend

**BOSCHENDAL** G R35 | C R46 | B R140

Le Bouquet

## WHITE WINE

**BOSCHENDAL** G R35 | C R46 | B R140

Le Bouquet

**BOSCHEN BLANC** G R35 | C R45 | B R135

Sauvignon Blanc

**THE BEACH HOUSE** G R30 | C R40 | B R120

Sauvignon Blanc

**KWV** | R130

Chenin Blanc

**DURBANVILLE HILLS** | R145

Sauvignon Blanc

**DIEMERSDAL** | R150

Sauvignon Blanc

**JAKKALSVLEI** | R170

Sauvignon Blanc

**HAUTE CABRIERE** | R170

Unwooded Chardonnay

## RED WINE

**LABORIE** G R40 | C R46 | B R140

Merlot Cab Sau Blend

**DURBANVILLE HILLS** | R170

Merlot

**KANONKOP KADETTE** | R210

Cape Red Blend

**ROODEBERG** | R190

Red Blend

**TOKARA SHIRAZ** | R220

Shiraz

**BOSCHENDAL NICOLAS** | R310

Shiraz Cab Sav Blend

## ROSÉ WINE

**BIG EASY ROSE** | R195

Cabernet Sauvignon  
Rose

**JAKKALSVLEI** | R160

Moscato Rosé

**DIEMERSDAL** | R170

Savignon Rose

**BRAMPTON ROSÉ** | R120

Crisp & dry with a hit of sweetness