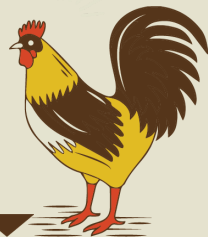
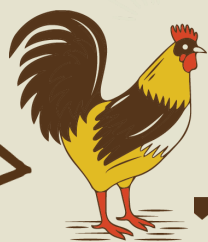


# MILK BAR

GET AFRICAN



## Breakfast

Enjoy

## Kids

**MILK BAR SMALL BREAKFAST R64**  
SOFT POACHED EGG, MALDON SALTED & DRIZZLED WITH TARRAGON OIL, STREAKY BACON, TOMATO & ONION RELISH WITH YOUR CHOICE OF TOAST

**MILK BAR CREAMY SCRAMBLED EGGS (V) R36**  
CREAMY SCRAMBLED EGGS ON YOUR CHOICE OF TOAST

**MILK BAR SPICED AVO ON TOAST (V) R 64**  
SERVED WITH A RED PEPPER PESTO ON YOUR CHOICE OF TOAST

**BUILD YOUR OWN OMELETTE R 29**  
TOMATO + R 8                      CHEDDAR CHEESE + R 10  
RED ONION + R 6                MOZZARELLA CHEESE + R 10  
BACON + R 25                    BUTTON MUSHROOMS + R 10  
BANANA + R 10                 FETA DRIZZLE + R 8

**SWEET POTATO "TOAST" (V) R74**  
LATHERED WITH HARISSA, TOPPED WITH AVO, 2 EGGS, SALSA & SEPARATE HUMMUS

**SEASONAL BREAKFAST BUDDHA BOWL (V) R84**  
WITH MUESLI, DRIED COCONUT, SEASONAL FRUIT, VANILLA HONEY, PISTACHIOS & DOUBLE YOGHURT

**BACON, EGG & CHEESE SARMIE R78**  
SERVED WITH A GREEN CHILLI MAYO & MILKBAR SALSA ON SOURDOUGH

**FLAPJACK STACK R98**  
FLAPJACK LAYERS WITH MASCARPONE, BACON, STRAWBERRIES & DRIZZLED WITH SYRUP

**FLAPJACK STACK NO BACON R 85**

## Sides

BACON R25  
AVOCADO R18  
STRAWBERRIES (BOWL) R 25  
POACHED EGG R9  
SCRAMBLED EGGS (2 EGGS) R 18  
GRILLED HALLOUMI R 29  
SESHEBO R 18  
2 SLICES OF TOAST WITH BUTTER & SPREAD R 20

**BOILED EGG R39**  
WITH GRILLED CHEESE SOLDIERS

**SCRAMBLED EGGS R42**  
2 EGGS SCRAMBLED SERVED WITH BACON & TOAST

**MUESLI FRUIT BOWL R42**  
FRESH SEASONAL FRUIT, YOGHURT & HONEY

**CHEESY OMELETTE R35**  
ADD BACON +R 22

**NUTELLA FRENCH TOAST R39**  
CUSTARD SOAKED BREAD WITH GENEROUS LASHINGS OF NUTELLA & STRAWBERRIES.

**FLAPJACK STACK R58**  
FLAPJACK LAYERS WITH MASCARPONE, STRAWBERRIES & DRIZZLED SYRUP

## Health Breakfast

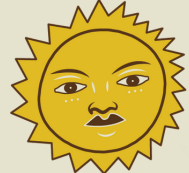
**EGGS ON RYE R62**  
POACHED OR SCRAMBLED EGGS WITH 1/4 AVO, GRILLED CHERRY TOMATOES & LEAN BACON  
420 CALORIES ; 20G CARBS ; 26G PROTEIN ; 27G FAT

**CARB FREE R 64**  
POACHED OR SCRAMBLED EGGS WITH 1/4 AVO, LEAN BACON & GRILLED HALLOUMI  
465 CALORIES ; 0G CARBS ; 35G PROTEIN ; 28G FAT

**SCRAMBLED BOWL R 55**  
SCRAMBLED EGGS MIXED WITH LOW-FAT FETA, CHERRY TOMATOES & WILTED SPINACH  
340 CALORIES ; 5G CARBS ; 30G PROTEIN ; 23G FAT

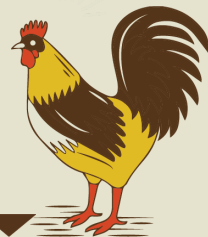
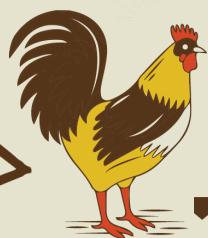
**SLOW -COOKED ROLLED OATS (WITH HONEY & WARM MILK)**  
CINNAMON & BANANA. R 44  
COCONUT & SESAME R 44  
166 CALORIES ; 28.5G CARBS ; 5G PROTEIN ; 5.5G FAT





# MILK BAR

GET AFRICAN



## Hot Drinks

## Cold Drinks

### Coffee

Sngl

Dbl

ESPRESSO	R 22	R 24
AMERICANO	R 24	R 27
MAKIATO	R 25	R 29
KORTARDO	R 25	R 29
CAPPUCCINO	R 25	R 29
FLAT WHITE	R 25	R 29
CHAI LATTE		R 39
LATTE	R 29	R 31
HOT CHOCOLATE	R 30	R 38
MOCHA		R 37
MILK ALTERNATIVES		
ALMOND + R 10		
SOYA + R 10		
OAT MILK + R 10		

### Tea

LOOSE- LEAF AFRICAN TEAS	R 24
PLEASE ASK YOUR WAITER ABOUT FLAVOURS	
RED CAPPUCCINO	R 29
FRESH MINT & LEMON	R 22

### Freshly Squeezed

ORANGE	R 40
GRAPEFRUIT	R 44 (SEASONAL)
CARROT, APPLE & GINGER	R 44
APPLE, CUCUMBER & MINT	R 44

### Frozen Drinks

MANGO / STRAWBERRY	R 44
CHAI / ICED COFFEE / ICED CHOCOLATE	R 45
LEMON & MINT	R 46

300ML SOFT DRINKS	R22
PLEASE ASK YOUR WAITER ON VARIETY	
300ML SUGAR FREE / ZERO DRINKS	R22
PLEASE ASK YOUR WAITER ON VARIETY	
200ML MIXERS	R22
PLEASE ASK YOUR WAITER ON VARIETY	
BOS ICE TEA	R30
APPLETISER & GRAPETISER	R30
STILL & SPARKLING WATER	
500ML	R 22
750ML	R 35
ENERGADE	R25
PLEASE ASK YOUR WAITER FOR FLAVOURS	
RED BULL	R40
CORDIALS	R5
FRUIT JUICE BOX	R16
ROCK SHANDY	R44
STEELWORKS	R44

### MilkShakes

VANILLA / CHOCOLATE / LIME	R39
STRAWBERRY / BAR ONE / PEANUT BRITTLE	R39

### Health Shakes

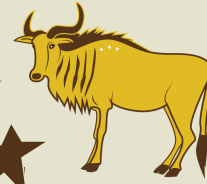
PEANUT BUTTER BOMB (MEAL REPLACEMENT)	
PEANUT BUTTER, COOKED OATS, BANANA, MILK, HERBALIFE FORMULA 1, ICE & WATER	
350ML (319 CALORIES ; 37G CARBS ; 18G PROTEIN ; 14G FAT)	R47
500ML (419 CALORIES ; 51G CARBS ; 22G PROTEIN ; 17G FAT)	R58
REBUILD STRENGTH ( POST WORK-OUT SUPPLEMENT)	
PEANUT BUTTER, BANANA, MILK, HERBALIFE REBUILD STRENGTH, FUTURELIFE PROTEIN POWDER, ICE & WATER	
350ML (247 CALORIES ; 27G CARBS ; 22G PROTEIN ; 6G FAT)	R62
500ML (361 CALORIES ; 41G CARBS ; 34G PROTEIN ; 6G FAT)	R75
ADD SHOT OF ESPRESSO	R21
HYDRATE ( POST WORK-OUT HYDRATION)	
AN ORANGE / LIME FLAVOURED, LOW-CALORIE SUPPLEMENT TO HELP MAINTAIN HYDRATION WITH SODIUM, MAGNESIUM & CALCIUM	
500ML	R50



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# MILK BAR

GET AFRICAN



# Try

## Our New Rotisserie Chicken

OUR CHICKENS ARE MARINATED FOR 24 HOURS IN OUR SECRET BLENDS OF HERBS, SPICES, PASTES & SAUCES. THEN SLOWLY COOKED ON THE ROTISSERIE.

Enjoy YOUR FLAVOUR CHOICE OF:

**HARISSA** SERVED WITH HUMMUS

**KOREAN BBQ** SERVED WITH LEMON AIOLI

**MEDITERRANEAN** SERVED WITH GARLIC AIOLI

YOUR CHOICE OF:

**FULL CHICKEN R 200** INCLUDES 1 x FULL SIDE

**1/2 CHICKEN R 130** INCLUDES 1 x HALF SIDE

**1/4 CHICKEN R 65**

## Sides

**TRIPLE-COOKED CHIPS.(V)** HALF R 28 FULL R 44  
WITH CHILLI VINEGAR & ALL GOLD

**ASIAN SLAW** HALF R 38 FULL R 72  
RED CABBAGE, CUCUMBER, CARROTS, EDAMAME BEANS, LIME & CHILLI VINAIGRETTE

**BEETROOT & PICKLED MANGO** HALF R 35 FULL R 68  
BEETROOT, CELERY, SOUR ONION, TOASTED WALNUTS & MANGO PICKLE

**GREENS & CRANBERRY** HALF R 40 FULL R 75  
BABY SPINACH, ROCKET, DRIED CRANBERRIES, TOASTED ALMONDS & LEMON POPPY SEED DRESSING

**FLATBREAD. (PLAIN)** R10 EACH

## Wraps

FRESH AND LIGHT HAND-MADE FLATBREADS WRAPPED AROUND YOUR CHOICE OF:

**HARISSA WRAP R75**

PULLED HARISSA CHICKEN, BEETROOT, PICKLED MANGO, HUMMUS & LEMON AIOLI.

**KOREAN BBQ WRAP R75**

RED CABBAGE, CUCUMBER, CARROTS, PULLED KOREAN BBQ CHICKEN, ASIAN SLAW, LEMON AIOLI & BBQ SAUCE

**MEDITERRANEAN WRAP R75**

PULLED MEDITERRANEAN CHICKEN, GREENS & CRANBERRY WITH GARLIC AIOLI.

## Signatures

**MILK BAR CHEESE BURGER R92**

WITH BUTTER, MAPLE & SOY BASTING, TOPPED WITH MAYO & GHERKINS. SERVED WITH TRIPLE-COOKED CHIPS OR SIDE SALAD

**MILK BAR BACON & CHEESE BURGER R 105**

BACON & CHEESE BURGER WITH SWEET RED ONION & TZATSIKI. SERVED WITH TRIPLE-COOKED CHIPS OR SIDE SALAD

**MILK BAR PREGO (CHICKEN OR BEEF) R 99**

WITH OUR SIGNATURE PREGO SAUCE, MARINATED TOMATOES, ROCKET. SERVED WITH TRIPLE-COOKED CHIPS OR SIDE SALAD

**CRUNCHY CHICKEN BURGER R 112**

WITH CHEDDAR, PINEAPPLE & CHIMICHURRI. SERVED WITH TRIPLE-COOKED CHIPS OR SIDE SALAD

**HALOUMI BURGER (V) R90**

IN APRICOT & HARISSA BASTING, SOURED RED ONIONS, HUMMUS, ROCKET. SERVED WITH TRIPLE-COOKED CHIPS OR SIDE SALAD

**CRISPY CHICKEN STRIPS R115**

WITH TRIPLE-COOKED CHIPS, CHILLI VINEGAR, TARTARE SAUCE & SWEET SOYA DIPPING SAUCE

**CURRY- BATTERED FISH 'N CHIPS R 99**

SERVED WITH MILK BAR TARTARE SAUCE & TRIPLE-COOKED CHIPS

**MILK BAR MEAT PIE R98**

WITH ATCHAR, AIOLI & ALL GOLD. SERVED WITH CHIPS OR SIDE SALAD

**GOURMET BOERIE ROLL R 85**

SERVED WITH TRIPLE-COOKED CHIPS

➤ BACON & FETA

➤ MOZZARELLA & CHILLI

➤ SESHEBO & MUSTARD

**SPICY MARINATED RIBS** SERVED WITH TRIPLE-COOKED CHIPS

➤ 300 G R 125

➤ 600 G R 205

**STEAK, EGG & CHIPS R145**

250G AGED RUMP WITH MILK BAR BUTTER, SOFT FRIED EGG, TARTARE SAUCE & TRIPLE-COOKED CHIPS OR SIDE SALAD

**DOUBLE CRUNCH CHICKEN R140**

SERVED WITH CAULIFLOWER MASH & STICKY SWEET GARLIC SAUCE

**MILK BAR CHICKEN MAYO R50**

MIXED WITH OUR MILK BAR AIOLI ON YOUR CHOICE OF SOURDOUGH / HEALTH BREAD. SERVED WITH TRIPLE-COOKED CHIPS

**CURRIED CAULIFLOWER RICE BOWL (V) R93**

IN A RICH & SPICY TOMATO SAUCE

**SWEET CHICKPEA CURRY (V) R92**

WITH SPICY BUTTERNUT, PICKLED CUCUMBER, AVO & LEMON ZEST

**SAGE & CREME FRAICHE CHICKPEA BOWL (V) R92**

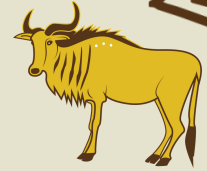
WITH GREMOLATA



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# MILK BAR



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## Snacks

## Kids

TRIPLE-COOKED CHIPS.(V) R 44  
WITH CHILLI VINEGAR & ALL GOLD

FETA DRIZZLE FRIES (V) R 48  
SPRINKLED WITH SESAME SEEDS, SEASONED WITH CHILLI FLAKES

STUFFED CHILLI BITES (V) R52  
WITH ZUCCHINI, CARROT, CORN & CORIANDER

BILTONG R86  
SERVED WITH OUR HOMEMADE CHILLI DIPPING SACUCE

BOBOTIE NACHOS R98  
WITH MELTED CHEDDAR, CREME FRAICHE, TOMATO SALSA & TOASTED COCONUT

CRISPY CHICKEN STRIPS R95  
WITH TARTARE SAUCE, SWEET SOYA DIPPING SAUCE

SPICY CHICKEN WINGS (5 PIECES) R 78  
MARINATED IN OUR SECRET MILK BAR SPICY SAUCE.

## Health Options

CHICKEN & VEG R82  
2 CHICKEN BREASTS, AVO, GRILLED TOMATO & STEAMED BROCCOLI / SPINACH  
525 CALORIES ; 16G CARB ; 48G PROTEIN ; 29G FAT

GRILLED HAKE R80  
GRILLED HAKE FILLET WITH ROASTED BUTTERNUT & STEAMED SPINACH  
400 CALORIES ; 29G CARB ; 35G PROTEIN ; 13G FAT

CHICKEN & SALAD R84  
2 CHICKEN BREASTS, AVO & GREEN SALAD  
455 CALORIES ; 16G CARB ; 48G PROTEIN ; 29G FAT

## Salads

HALOUMI & GRAPE SALAD (V) R102  
PISTACHIO & ROCKET, CUCUMBER, PICKLED GINGER, HONEY & YOGHURT DRESSING

ROASTED ZUCCHINI & ARTICHOKE SALAD (V) R70  
WITH PUMPKIN SEEDS, GRATED PADANO & CHIVES IN A MUSTARD BALSAMIC DRESSING

CLUB SALAD R110  
WITH CHICKEN, CUMIN-ROSEMARY CRUSTED BACON, GRILLED CHEESE CROUTONS,  
COS LETTUCE, TOMATOES, SOFT-BOILED EGG & CAESAR DRESSING

RUMP SALAD R120  
MARINATED IN MUSTARD & CHILLI ON A BED OF BATAVIA LETTUCE WIHT RADISH,  
ROCKET, CHERRY TOMATO & CHIMICHURRI INSPIRED DRESSING

ASIAN SLAW R72  
RED CABBAGE, CUCUMBER, CARROTS, EDAMAME BEANS, LIME & CHILLI VINAIGRETTE

GREENS & CRANBERRY R75  
BABY SPINACH, ROCKET, DRIED CRANBERRIES, TOASTED ALMONDS & LEMON POPPY  
SEED DRESSING

TOASTED CHEDDAR & TOMATO R42  
WITH TRIPLE-COOKED CHIPS, ALL GOLD & MAYO

TOASTED CHICKEN MAYO R49  
WITH TRIPLE-COOKED CHIPS, ALL GOLD & MAYO

CRISPY CHICKEN STRIPS R60  
WITH TRIPLE-COOKED CHIPS & ALL GOLD

KIDS CHEESE BURGER R68  
WITH LETTUCE, TOMATO & MAYO. SERVED WITH TRIPLE-COOKED CHIPS & ALL GOLD

CRUNCHY FISH FINGERS R 64  
WITH TRIPLE-COOKED CHIPS, ALL GOLD & MAYO

BBQ RIBS (200G) R 95  
MARINATED IN OUR SIGNATURE BBQ SAUCE WITH TRIPLE-COOKED CHIPS

MARGHERITA PIZZA R52  
TOMATO BASE WITH MOZZARELLA CHEESE

BACON & PINEAPPLE PIZZA R62

CHICKEN PIZZA R64  
WITH FETA DRIZZLE

MILKSHAKES R 39 PLEASE ASK FOR AVAILABLE FLAVOURS

## Pizza

ROSEMARY, MALDON SALT & THYME FOCACCIA (V) R70  
WITH MILK BAR BUTTER

BASIL PESTO FOCACCIA (V) R70  
WITH FRESH TOMATO, FETA DRIZZLE, BLACK PEPPER & CHILLI OIL

HARISSA FOCACCIA (V) R75  
SERVED WITH OUR SPECIAL HUMMUS DIP

MILK BAR MARGHERITA (V) R98  
WITH FIOR DE LATTE & FRESH BASIL

MAPLE-GLAZED HALOUMI (V) R98  
WITH COCKTAIL TOMATOES, CHILLI & FRESH AVO

ARTICHOKE & MOZZARELLA (V) R112  
ON BASIL PESTO (NO TOMATO)

AFRICANA R115  
BOBOTIE MINCE WITH TOMATO SALSA, CHILLI & CRÈME FRAICHE

HARISSA BACON & AVO R118  
WITH TOMATO BASE & MOZZARELLA

HOT BLUE CHEESE & BACON R114  
WITH FIOR DI LATTE, HOT SAUCE & FRESH BASIL

NAPOLI-GLAZED CHICKEN R120  
WITH CUMIN-CRUSTED BACON, FETA DRIZZLE & FINISHED WITH FRESH  
CORIANDER & SESAME SEEDS

VANILLA ICE CREAM & CHOC SAUCE R40

BAKED CHEESE CAKE SLICE R65

CHOCOLATE BROWNIES R45 WITH A SCOOP OF VANILLA ICE CREAM

CARROT CAKE SLICE R75

## Dessert







# MILK BAR

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## Beer & Ciders

On Tap	300ml	500ml
BLACK LABEL	R 31	R 41
CASTLE LITE	R 31	R 41
STELLA ARTOIS	R 38	R 49
LEFFE	R 40	R 60
DEVILS PEAK LAGER	R 34	R 44
DEVILS PEAK LITE	R 34	R 44

### Quarts

CASTLE LITE	R 38
BLACK LABEL ; LION LAGER ; HANSA ;	R 39

### Bottles

AMSTEL LAGER / LITE ; CASTLE LAGER / LITE	R 29
CASTLE MILK STOUT ; HANSA ; TAFEL	R 29
2M ; WINDHOEK LAGER / LITE	R 30
WINDHOEK DRAUGHT	R 31
HEINEKEN ; STELLA ARTOIS	R 33
LEFFE ; HOEGAARDEN	R 46
CORONA	R 42
CRAFT BEERS POA PLEASE ASK YOUR WAITER	

### Ciders & Coolers

HUNTERS DRY ; SAVANNA DRY / LIGHT	R 35
SMIRNOFF SPIN / SMIRNOFF STORM	R 35
FLYING FISH	R 33

### Bubbles & Champagne

STEENBERG SPARKLING SAUVIGNON BLANC	R310
KRONE NECTAR SWEET	R350
BOSCHENDAL BRUT	R360
BOSCHENDAL BRUT ROSE	R360
GH MUMM N/V BRUT	R1400
GH MUMM OLYMPE ROSE	R1500
GH MUMM OLYMPE DEMI SEC	R1350

## Wine List

### White Wines

Sauvignon Blanc	Carafe	Bottle
PROTEA	R 60	R 165
VONDELING	R 60	R 165
SOPHIE TER'BLANCHE	R 82	R 225
PAUL WALLACE LITTLE FLIRT	R 80	R 230

### Chenin Blanc

ALVI'S DRIFT	R 60	R 170
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### Chardonnay

GLEN CARLOU WOODED	R 97	R 265
GLEN CARLOU UNWOODED	R 90	R 250

### Blends

BRUCE JACK WHITE IN A CAN	R 55	
HARTENBERG ALCHEMY	R 67	R 186
HAUTE CABRIERE CHARD/ PINOT	R 79	R 225

### Rose

VONDELING ROSE	R 60	R 165
BABYLONSTOREN	R 88	R 250

### Red Wines

Merlot	Carafe	Bottle
PROTEA	R 62	R 168

### Shiraz

PROTEA	R 62	R 168
HARTENBERG DOORKEEPER	R 78	R 220

### Pinotage

BEYERSKLOOF PINOTAGE	R 78	R 220
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### Cabernet Sauvignon

RUSTENBERG		R 320
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### Pinot Noir

THE VALLEY		R 290
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### Blends

BRUCE JACK RED IN A CAN	R 55	
HARTENBERG MERLOT/CAB FRANC/ MALBEC	R 67	R 186
BUITENVERWACHTING MEIFORT	R 82	R 240



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## Spirits

### Vodka

ABSOLUT	R 28
ABSOLUT ELYX	R 40
ABSOLUT VANILLA / CITRON / CHERRIE	R 28

### Whisk(e)y

#### Scotch Whisky

BALLANTINES FINEST	R 27
BALLANTINES 12YO	R 30
CHIVAS REGAL 12YO	R 36
CHIVAS REGAL FINEST	R 39
CHIVAS REGAL 18YO	R 70

#### Single Malts

THE GLENLIVET 12YO	R 46
THE GLENLIVET 15YO	R 80
THE GLENLIVET 18YO	R 115
THE GLENLIVET FOUNDERS RESERVE	R 38

### Irish

JAMESON	R 32
JAMESON CASKMATES	R 36
JAMESON SELECT RESERVE	R 39

### Cognac

MARTELL VS	R 40
MARTELL CORDON VSOP	R 60

### Rum

HAVANA CLUB BLANCO 3YO	R 26
HAVANA CLUB ANEJO 7YO	R 27
RED HEART RUM	R 25
MALIBU	R 25

### Liqueurs / Pastis

KUHLUA	R 26
PERNOD	R 35
RICARD	R 35

## Spirits

### Tequila

OLMECA BLANCO	R 29
OLMECA REPOSADO	R 29
OLMECA EDICION BLACK	R 29
OLMECA ALTOS REPOSADO	R 35

### Gin

BEEFEATER	R 28
BEEFEATER PINK	R 28
BEEFEATER 24	R 36
INVEROCHE AMBER / VERDANT / CLASSIC	R 33
MALFY ORIGINALE	R 33
MALFY LIMONE / BLOOD ORANGE	R 33

### Cocktails

MOZAMBICAN HURRICANE	R 66
DARK RUM, FRESH MINT & LIME, CHARGED WTH GINGER BEER	
PINEAPPLE GINGER DAWA	R 66
TEQUILA, LEMON, HONEY, MUDDLED WITH PINEAPPLE & GINGER	
BASIL BERRY BLISS	R 89
GIN WITH A MUDDLE OF BASIL & STRAWBERRIES, CHARGE WITH LEMONADE	
MILK BAR GIN COCKTAIL	R 82
AMBER GIN WITH BERRIES, CITRUS, CUCUMBER & ROSEMARY, TOPPED WITH TONIC	
FROZEN MOJITO	R 76
RUM, FRESH LIME & MINT, BLENDED TO FROZEN PERFECTION	
STRAWBERRY DAIQUIRI	R 78
DARK RUM, FRESH LIME & STRAWBERRIES BLENDED WITH ICE	
FROZEN MARGARITA	R 72
TEQUILA, FRESH LIME, TRIPLE SEC, BLENDED WITH ICE	
COSMOPOLITAN	R 70
LONG ISLAND	R 72
MALAWI SHANDY	R 75

### Non-Alcoholic

CASTLE FREE	R 30
HEINEKEN 0.0	R 33
DEVILS PEAK ZERO TO HERO	R 33
SAVANNA ZERO	R 35
CEDERS "GIN" CLASSIC/WILD/ROSE	R 35