



Fynkos

KIRSTENBOSCH TEA ROOM

Fynbos

- Pronounced "feinbos"
- a distinctive type of vegetation found only on the southern tip of Africa. It includes a very wide range of plant species, particularly small heather-like trees and shrubs

Fynkos

- Pronounced "feinkos"
- translation - *fine food*
- a distinctive selection of dishes made with love, found only at Kirstenbosch Tea Room Restaurant

WE ARE GREEN

Our PLA (Poly Lactic Acid) straws may be shredded and are compostable. Our bagasse take-away boxes are made from sugar cane waste.

Our Kirstenbosch Tea Room water is crystal-clear and delicious and comes straight from the springs of Table Mountain.

FREE-RANGE

Our chicken and eggs are free-range.

Everything we supply to our customers from our kitchen and bakery has been prepared from scratch with love.

ALLERGY-FRIENDLY OPTIONS

We have allergy-friendly menu options like our delicious banting bread, roasted cauli mash, cakes and lots more.

G GLUTEN-FREE

- Bread and muffins
- Chocolate mousse cake
- Orange almond cake
- Florentines
- Crème Brûlée

S SUCROSE-FREE

Two bran-rich muffins sweetened with dates and grated apple, served with sucrose-free jam and grated cheese

D DAIRY-FREE

- Raisin and bran muffins, date and apple muffins (without cheese)
- Choc-chunk banana muffins
- Mega granola biscuit

E EGG-FREE

- Caramel nut tart
- Choc-chunk banana muffins
- Florentines
- Mega granola biscuit

V VEGAN

- Choc-chunk banana muffins





Nation's
Authentic Argus

TRADITIONAL BREAKFAST

Last order at 11:15 am

Gluten-free and banting bread add R8 per slice

CLASSIC BREAKFAST

R85

2 eggs, bacon, grilled tomato, mushrooms and 1 hash brown

EGGS BENEDICT | *Served warm not hot*

R106

Belgian cheese and chive waffle with streaky bacon, 2 poached eggs topped with Pamela's special Hollandaise sauce. Served with a salad garnish.

EGGS FRANSCHHOEK | *Served warm not hot*

R128

Belgian cheese and chive waffle with whipped cream cheese and 40g smoked trout replacing the bacon. Served with a salad garnish.

THE FULL MONTY BREAKFAST

R121

2 eggs, lots of bacon, beef or pork banger, grilled tomato, mushrooms and 2 hash browns

VEGETARIAN BREAKFAST

R121

Grilled vegetables on a bed of spicy tomato topped with basil pesto and feta, 2 eggs, grilled tomato, grilled mushrooms and 2 hash browns

All of the above served with your choice of our special bread, toasted or plain and home-made strawberry jam or marmalade

EGGY ON TOAST | fried, scrambled or poached

• 2 Slices

R55

• 1 Slice

R35

MUSHROOMS ON TOAST | in sour cream and dill

• 2 Slices

R68

• 1 Slice

R44

FRENCH TOAST

Home-made kitke milk loaf with a hot berry coulis served with cinnamon sugar and golden syrup or honey

• 2 Slices

R65

• 1 Slice

R42

OPEN SANDWICH BACON OR HAM AND EGG | with side salad or chips

R98

Add cheese extra R5

ALL-DAY BREAKFAST

Served until 4:00pm

Gluten free and banting bread add R8 per slice

SHAKSHUKA

R118

- **Tomato** | Eggs poached in a spicy North African tomato sauce
 - **Spinach** | Eggs poached in a spinach, cream and yoghurt sauce
- Both served with crusty home-made Italian bread and a side salad or chips

Add diced bacon in Shakshuka extra R15

• FOR 2

R225

OPEN PAN OMELETTE | with toast of your choice and a side salad or chips

R112

Choose 3 toppings from the following:

- Cheddar • feta • tomato • fried onion • bacon • ham • Mexican chicken
- mushrooms • steamed spinach or • grilled vegetables

HEALTH BREAKFAST

R112

Home-made granola, fresh fruit salad and Bulgarian yoghurt

ANCHOVY TOAST | 2 slices of toast or bread

R67

Anchovy butter made with real Italian anchovies served with sliced tomato and a side salad (or an extra slice of toast)

- 1 Slice of toast or bread served with sliced tomato

R28

MARMITE TOAST | 2 slices of toast or bread

R49

Marmite and butter served with sliced tomato and a side salad (or an extra slice of toast)

- 1 Slice of toast or bread served with sliced tomato

R28

BREAD BASKET

R49

3 Slices of toast or bread served with butter, cheese, home-made strawberry jam and marmalade

SIDE ORDERS

- Mushrooms R26
- Bacon R26
- Bowl of grilled vegetables on a bed of spicy shakshuka tomato with basil pesto and feta R45
- 40g Finest Franschhoek cold-smoked trout with crème fraîche R45





SCRUMPTIOUS SANDWICHES

Served until 4:00 pm

Toasted or plain on our special home-made breads:

• Italian white • whole-wheat seed • 75% or • 100% rye

Gluten free and banting bread add R8 per slice

With a side salad and /or chips or smileys

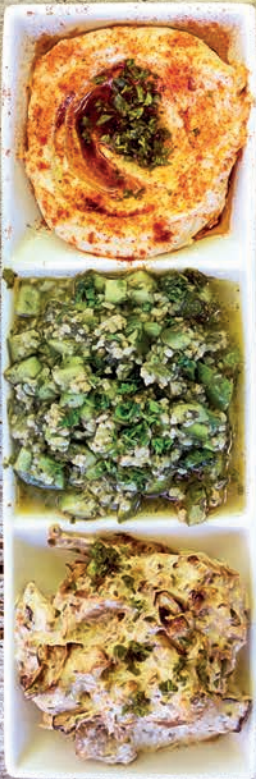
CHEESE OR BACON OR HAM	R72
CHEDDAR WITH TOMATO	R75
CUCUMBER AND CREAM CHEESE	R75
EGG AND HORSERADISH MAYO WITH DILL	R75
BACON OR HAM AND CHEESE	R98
GRILLED VEGETABLES, BASIL FETA PESTO AND MOZZARELLA	R102
SPICY CHICKEN MAYO	R108
OPEN – FACED BLT grilled bacon OR ham	R98
OPEN HEALTH SANDWICH 1 slice of bread piled with chunky cottage cheese, grilled mushrooms, sun-dried rosa tomatoes, sprouts and toasted seeds	R98
ROAST BEEF Slices of roast sirloin in our barbecue sauce, with mayo and mustard on a bed of lettuce and tomato, topped with our home-made bread and butter pickles	R108
SMOKED FRANSCHOEK TROUT On cream cheese and lettuce with capers and sliced red onion	R108

SOUPS

A meal in a bowl, served with your choice of bread

Gluten free and banting bread add R8 per slice

VEGETABLE SOUP OF THE DAY	R88
MEAT SOUP OF THE DAY <i>winter only</i>	R95



SALADS

Served until 4.00pm

Gluten free and banting bread add R8 per slice

HOUSE MIXED SALAD

R135

An assortment of greens and vegetables with sprouts and toasted seeds.

Served with our famous fresh herb and honey dressing

Add feta and olives extra R18

FATTOUSH SALAD

R145

Chopped vegetables, cos lettuce, fresh mint and parsley with toasted za'atar and garlic flat bread pieces with lemon and olive oil dressing. Served with crumbed fried feta, olives and grilled eggplant

Add chicken schwarma strips extra R25

SABICH MIDDLE EASTERN CHICKPEA SALAD

R165

Chopped vegetables, chick peas, fresh mint and parsley with lemon and olive oil dressing. Served with grilled eggplant, falafel, hardboiled egg, tehina sauce and a warm flat bread on the side

MIDDLE EASTERN VEGETARIAN PLATTER

R165

Falafel, humus, labaneh (yoghurt cheese), roast eggplant, tabouleh and spicy Turkish tomato salad. Served with 2 warm pita breads

MEXICAN SPICY GRILLED CHICKEN AND AVOCADO SALAD

R165

Corn, celery, cucumber and tomatoes on a bed of cos lettuce and baby spinach. Served with our lemon and coriander dressing topped with croutons

Add bacon extra R25

SMOKED TROUT PLATTER

R175

The finest Franschoek cold-smoked trout (80g) served with dill crème fraîche, capers, side salad and bread of your choice

JAPANESE-INSPIRED VEGETABLE AND QUINOA SALAD

R155

Quinoa with Julienne vegetables, bean sprouts, avocado, edamame beans, pickled ginger, wakame seaweed with a rice vinegar, soya and sesame oil dressing and a wasabi and mayo dip

Add smoked trout OR crispy fried prawns OR fish OR calamari extra R45



HEARTY MEALS – A bit of nostalgia

Served from 11:45am until 4:00pm

Gluten free and banting bread add R8 per slice

FRESH HAKE

R175

Choose either of the following options:

- Grilled, lightly dusted in seasoned coconut flour, served with lemon garlic hollandaise sauce
- Fried in a crispy alcohol-free beer batter served with sauce tartar

SIRLOIN STEAK | plain or BBQ basted

R175

Charcoal grilled to perfection

BANGERS

R160

3 Beef or pork bangers with a brown onion OR spicy tomato sauce

CRUMBED CHICKEN SCHNITZEL | with sauce of your choice

R170

All of the above are served with seasonal vegetables of the day, plus your choice of one of the following: • potato chips • sweet potato chips • baby potatoes • creamy mash • brown rice with lentils

BEEF BOBOTIE

R160

Served with yellow Basmati rice and lentils with sambals (tomato and onion, banana yoghurt, chutney and papadum)

CAPE PICKLED FISH | with bread of your choice and a side salad

R175

SPINACH AND FETA DEEP-PAN QUICHE | with salad and/or chips

R155

Made with low-fat cottage cheese, fresh dill and nutmeg

MIDDLE EASTERN LAMB KOFTA KEBAB | on flat bread with Harissa

R175

Served with tehina or tzatziki. With salad and your choice of starch

MIDDLE EASTERN CHICKEN SCHWARMA | on flat bread with Harissa

R145

Served with tehina or tzatziki. With salad and your choice of starch

BBQ CHICKEN BREAST BURGER AND CHIPS | with alcohol-free beer battered onion rings

R155

HOME-MADE BEEF BURGER AND CHIPS | plain or BBQ basted

R155

With alcohol-free beer battered onion rings

Add bacon OR cheese OR sauce of your choice extra R15

BEAN BURGER AND CHIPS | with alcohol-free beer battered onion rings

R155

and a spicy tomato sauce

Chickpeas and black beans, with grilled vegetables, tomato, spinach and butternut

Choose either of the following options:

- Crispy fried in homemade crumbs
- Crispy fried lightly dusted in coconut flour





SERVING SUGGESTION

FOR THE NOT-SO-HUNGRY

Served from 11:45am until 4:00pm

CRISPY FISH NUGGETS **R89**

NOT-SO-HUNGRY HOME-MADE BEEF BURGER **R95**

NOT-SO-HUNGRY BANGERS **R89**

2 beef or pork bangers with a brown onion OR spicy tomato sauce

NOT-SO-HUNGRY BBQ CHICKEN BREAST BURGER **R95**

CRUMBED CHICKEN NUGGETS | with spicy or plain mayo **R89**

All of the above are served with a garnish, plus your choice of one of the following:

- potato chips • sweet potato chips • smileys • baby potatoes • creamy mash
- brown rice with lentils

PLATE OF POTATO CHIPS OR SWEET POTATO CHIPS **R54**

PLATE OF VEGETABLES OF THE DAY **R54**

PORTION OF ALCOHOL-FREE BEER BATTERED ONION RINGS **R15**

SAUCES & SIDE ORDERS

SAUCES **R18**

- Mushroom
- Creamy green and black peppercorn
- Cheese
- Brown onion
- Spicy tomato

SIDE ORDERS **R42**

- Potato chips
- Sweet potato chips
- House salad
- **Megadarra** (Brown rice lentils and caramelised onion)
- Buttered baby potatoes
- Smileys
- Vegetables of the day
- Chilli cheese poppers



PAMELA'S BAKES AND DESSERTS

ENGLISH TEA FOR 2 | *Served until 3:30pm*

R290

Tea or coffee of your choice

Cucumber and cream cheese OR egg and horseradish on your choice of bread

2 mini spinach and feta quiches

Home-made scones with strawberry jam and clotted cream

1 cake (cut into 2) or 2 cupcakes

ASSORTED HOME-MADE CAKES OF THE DAY

R58

FROSTED CUP CAKE

R20

TWO OF OUR FAMOUS TEA SCONES

R58

Served warm with butter, home-made strawberry jam and clotted cream

TWO HOME-MADE RAISIN AND BRAN MUFFINS

R58

Served with butter, grated cheese and home-made strawberry jam OR marmalade

ⓐ TWO GLUTEN-FREE CRANBERRY AND CINNAMON MUFFINS

R58

Served with butter, grated cheese and home-made strawberry jam OR marmalade

Ⓥ TWO CHOC-CHUNK BANANA MUFFINS

R58

Ⓢ TWO BRAN-RICH SUCROSE-FREE MUFFINS

R58

Sweetened with dates and grated apples, served with sucrose-free jam and grated cheese

EXTRAS: Cream, clotted cream, ice-cream OR grated cheese

R8

ⓐ TWO FLORENTINES

R38

CHOCOLATE BROWNIE

R38

Made with *Callebaut* Belgian chocolate – rich and moist

MEGA BISCUIT

R30

Choose one of the following options:

• Double choc-chunk

ⓓ ⓔ • Granola

• Tahini and pistachio nut

CINNAMON BUTTER BUN plain or toasted Made with pure organic cinnamon butter	R43
SAVOURY MUFFINS 2 savoury muffins of the day <i>Ask your waiter</i>	R58
BELGIAN WAFFLE thick, light & crispy Served with gelato OR whipped cream PLUS your choice of one of the following: Chocolate sauce, fudge sauce, fresh berry sauce OR syrup/honey on the side	R65
HOT APPLE PIE with cream or gelato Fresh apples with raisins baked in orange juice and a hint of spice	R65
MALVA PUDDING Traditional baked pudding steeped in a cream syrup served with custard	R58
Ⓞ CHOCOLATE MOUSSE CAKE A rich butter and Belgian chocolate mousse on a layer of gluten-free chocolate sponge cake, topped with chocolate and whipped cream	R58
FRESH FRUIT SALAD BOWL with cream OR gelato OR yoghurt	R58
GELATO BOWL 3 scoops of gelato of your choice <i>Choose a sauce:</i> <ul style="list-style-type: none"> • Hot chocolate sauce • Caramel sauce • Berry sauce 	R65
GELATO CONE 2 scoops of gelato of your choice	R38 R55





HOT DRINKS

TEA	R26
• Five Roses	
• Earl Grey	
• Organic Rooibos	
• <i>Ronnefeldt LeafCup</i> Speciality Herbal Tea	R30
FILTER COFFEE regular or decaf	R26
ESPRESSO	R24
AMERICANO	R26
CAPPUCCINO regular, decaf or red	R32
LATTE regular, decaf, red or chai	R32
CHOCOCCINO	R44
Layers of milk, espresso, French hot chocolate, topped with fluffy chino foam	
FAMOUS HOT CHOCOLATE	R55
Made with <i>Callebaut</i> Belgian milk and dark chocolate – extra thick and very rich, topped with milk foam	
• Espresso size – the perfect end to a meal	R27
• Regular hot chocolate – the same hot chocolate with extra milk	R42
KID'S HOT CHOCOLATE	R27
A little more milk and not so HOT	
MILO hot or cold	R38
IRISH COFFEE OR DOM PEDRO with a home-made mini chocolate brownie	R55



COLD DRINKS

KTR HOME-MADE DRINKS

- Iced rooibos tea | sweetened with apple juice | no sugar added
 - 500ml **R45**
 - 1.3 litre jug **R90**
- Traditional lemonade | sweetened with sucralose
 - 500 ml **R45**
 - 1,3 litre jug **R90**
- Ginger beer | 500ml **R45**
- Sparkling strawberry lemonade | regular OR sugar-free | 500ml **R45**

PAMELA'S ICED COFFEE | double shot espresso on ice with milk **R31**

ICED COFFEE | coffee milkshake **R49**

MILKSHAKES | extra thick

- Assorted flavours **R49**
- Kids' shakes **R31**
- Banana milkshake with real banana **R53**
- Kids' banana milkshake **R36**

SMOOTHIES

- Fresh fruit salad with yoghurt and ice-cream **R59**
- Mixed berries with yoghurt and ice-cream **R59**
- Kids' smoothie **R43**

FRESHLY SQUEEZED ORANGE JUICE | in season

Sir Fruit FRESH JUICES

- Regular **R29**
- Small **R25**

TOMATO COCKTAIL **R29**

SOFT DRINKS

- Assorted carbonated drinks **R25**
- Appletiser / Grapetiser **R30**

KIRSTENBOSCH SPRING WATER | still or sparkling

- 750ml glass bottle to the table | *NOT for take away* **R25**
- 500ml plastic take-away bottle **R25**



SIMONSIG

WINE AND BUBBLES

Corkage per bottle for wine or sparkling wine R35

LEOPARD'S LEAP SAUVIGNON BLANC

R152

Hints of lime and grapefruit flavours are delicately combined with a light green pepper mouth-feel. A zesty aftertaste completes the experience

SIMONSIG CHENIN BLANC

R152

An unpretentious wine that over-delivers on the nose and palate, stating itself as an any occasion companion

CEDERBERG ROSÉ

R152

This wine, made of single vineyard Shiraz, shows elegant aromas of strawberries, watermelon and cotton candy. It has a dry entry with a creamy palate yet it has a crisp finish. This Shiraz-based Rosé has an exotic coral pink appearance, a real summer refresher

LEOPARD'S LEAP LOOKOUT RED

R152

A unique blend of three red varieties resulted in a medium-bodied, sumptuous wine showing attractive, spicy berry flavours. A succulent, quaffable wine to be enjoyed on its own or with light meals, pastas and salads

PROTEA MERLOT

R152

The wine shows dark fruit, mint and bitter chocolate. Good structure, subtle spice and firm tannins

Above wines by the glass

R45

SIMONSIG KAAPSE VONKEL

R260

Lovely floral aromas, mouthwatering berry flavours of red grapes and a touch of chardonnay citrus freshness with unmistakable flavours of freshly baked bread and buttered toast

DE WETSHOF BON VALLON CHARDONNAY

R240

An unwooded chardonnay matured on the lees with a fresh, citrus-flavoured, well-rounded, nutty finish

LA MOTTE SAUVIGNON BLANC

R220

This extremely popular sauvignon blanc is highly regarded for its distinctive tropical fruit and green flavours with a rich, generous palate and satisfying structure

TOKARA CABERNET SAUVIGNON

R260

The wine has a rich, opaque plum colour with a red rim. The nose shows intense notes of cassis, cherries and cedar with a lingering taste reminiscent of fennel and mocha

BEERS AND CIDERS

AMSTEL	R35
CASTLE	R34
CASTLE LITE	R35
WINDHOEK DRAUGHT	R42
WINDHOEK LAGER	R35
SAVANNAH DRY	R38
SAVANNAH LIGHT	R38

Please ask your waiter for any other alcohol requests



Issie Granoth 2008





Bills may not be split.
Cheques are not accepted.
A 10% service charge will be added for
groups of 10 or more visitors.
All prices include 15% VAT.



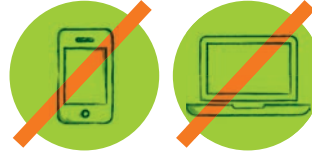
We do not allow any food or drinks
(except wine and sparkling wine)
to be brought into the restaurant.



We love children....but on the
run they are a hazard.
Please supervise them.



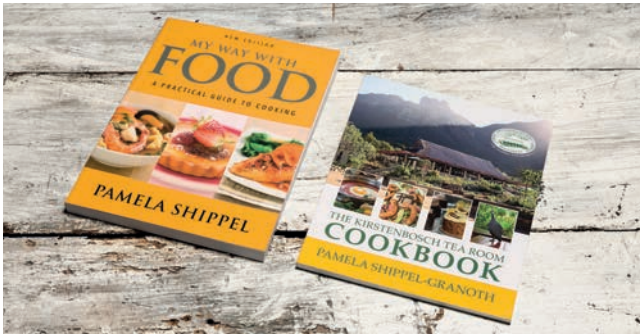
Corkage per bottle for wine
or sparkling wine R35.



This is a digital device-free area. Escape
from everyday stress and help maintain
the tranquility of the Garden.



Kirstenbosch Tea Room Restaurant
and its employees do not accept
responsibility or liability for loss of injury.
All persons entering the restaurant
do so at their own risk.



*The Kirstenbosch Tea Room Cookbook and
My Way with Food*
By Pamela Shippel-Granoth
Available for purchase at the restaurant.

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www.fynkos.co.za