

BREAKFAST

(SERVED ALL DAY)

BERRY SMOOTHIE BOWL (v) 467kcal Frozen Berry & Yogurt Smoothie Seasonal Fruit Banana Granola Honey Chia Seeds	100
BENEDICTS Toasted Ciabatta Two Poached Eggs Hollandaise Roasted Tomato 658kcal add smoked salmon +40 (47kcal) streaky bacon +30 (118kcal) sauteed mushrooms +20 (65kcal)	85
SMOKED SALMON BAGEL 418kcal Toasted Bagel Herbed Cream Cheese Smoked Salmon Cucumber Capers add egg +15 (74kcal) add avocado +25 (120kcal)	145
CLASSIC SMASHED AVO ON RYE (vv) 421kcal Toasted Rye Smashed Avocado Chilli Dukkah Lemon Kale add egg +15 (74kcal)	115
SWEETCORN & CHILLI WAFFLES 664kcal Corn & Chilli Waffles Avocado Streaky Bacon Tomato Chutney Poached Egg Garden Greens add crispy chicken +35 (172kcal)	135
LOUNAH FARMERS BREAKFAST 728kcal Oukraal Boerewors Streaky Bacon Two Eggs Your Way Field Mushrooms Roasted Tomato Toast	145
BEETROOT HUMMUS ON TOAST (v) 467kcal Toasted Sourdough Beetroot Hummus Poached Eggs Garden Greens Crumbed Feta Toasted Seeds	125
BREAKFAST BOWL (v) 656kcal Marinated Grains Herbed Yogurt Avocado Poached Eggs Greens Chilli & Garlic Crunch Lemon Sesame 656kcal	130
THREE EGG CHEESE OMELETTE (v) 407kcal add feta +20 (203kcal) mushrooms +20 (32kcal) tomato +20 (22kcal) add bacon +30 (234kcal) add smoked salmon +40 (47kcal) parma ham +40 (130kcal)	80
LOW CARB BREAKFAST 500kcal Three Eggs Your Way Oukraal Sausage Avocado Roasted Tomatoes	120
BERRY BRIOCHE FRENCH TOAST (v) 658kcal Brioche French Toast Caramelised Banana Mixed Berry Compote Citrus Crème Fraiche Maple Syrup Cinnamon Sugar add streaky bacon +30 (234kcal)	130
BUTTER CROISSANT – plain or toasted 231kcal add jam +7 (50kcal) grated white cheddar +15 (189kcal) tomato +12 (22kcal) gypsy ham +20 (70kcal) streaky bacon +30 (234kcal) smoked salmon +40 (47kcal) scrambled eggs +25 (143kcal)	45

LUNCH PLATES

ASIAN POKE BOWL 600kcal Asian Sticky Rice Smoked Salmon Avocado Cucumber Ribbons Pickled Ginger Kimchi Edamame Beans Radish Kewpie Mayo Crispy Nori	155
LOUNAH CAESER SALAD 332kcal Cos Lettuce Wedges Grilled Chicken Parmesan – Anchovy Dressing Savoury Granola Poached Egg	130
HARISSA CHICKEN SALAD 713kcal Grilled Harissa Chicken Marinated Grains Herbed Yogurt Cucumber Sundried Tomatoes Avocado Roasted Chickpeas Lemon Creamy Hummus Dressing	135
ASIAN GREENS SALAD (vv) 387kcal Smashed Cucumber Garden Greens Green & Purple Basil Green Cabbage Edamame Beans Avocado Chilli & Garlic Crunch Lemon Herbs add crispy chicken +35 (172kcal)	125
SIRLOIN STEAK ON TOAST 533kcal Medium Roasted Sirloin Toasted Sourdough Parmesan Mayo Wholegrain Mustard Garden Greens Pickled Red Onions Parmesan Shavings	140
CAPRESE ON TOAST (v) 524kcal Fior di Latte Marinated Tomatoes Nectarines Fresh Herbs Balsamic Reduction Toasted Rye add avocado +25 (117kcal)	125
CHICKEN & ROASTED GARLIC MAYO ON TOAST 569kcal Chicken & Roasted Garlic Mayo Toasted Sourdough Parma Ham Lounah Chimichurri	130
SPICED HAKE TACO 350kcal Spiced Hake Tomato & Red Onion Tzatziki Cabbage Slaw Lemon Dill Garden Greens	125
ASIAN BUTTERMILK CHICKEN WRAP 546kcal Crispy Sesame Chicken Lounah Kimchi Cucumber Rocket Avocado Kewpie Mayo Asian Glaze	135
LOUNAH BEEF BURGER 965kcal Beef Brisket & Chuck Burger White Cheddar Streaky Bacon Rocket Caramelised Onions Buttered Panini Potato Wedges Housemade Burger Mayo	150

PLEASE NOTE:

our kitchen is not halaal certified / inform your waiter of any allergies
we are a cashless facility - only snapscan and credit/debit card
calorie counts are only a guideline



HOT DRINKS

Espresso	24
Cortado	30
Café Americano	28 30
Cappuccino	32 38
Café Latte	30 38
Flavoured Lattes	32 36
(add vanilla Hazelnut Caramel Mocha)	
Flat White	32
Hot Chocolate Dark Regular	30 34
Chai Latte	30 35
Red Cappuccino Red Latte	30 36
Red Espresso	40
(Rooibos Matcha Green Tea Matcha Ginger	
Beetroot Turmeric)	
Tea	25 29
(Earl Grey Rooibos English Breakfast Mint	
Green Tea)	
+ Decaf	+ 6
+ Add Almond Milk	+ 12
+ Oat Milk	+ 7

COLD DRINKS

Karoo Spring Water 500ml 1 litre	25 35
Soft Drinks - Coke Coke Zero	22
San Pellegrino Fizzies	35
Babylonstoren Coldpressed Juices	40
RBT Sparkling Rooibos Tea	45
Homemade Ice Tea	25
Homemade Cordial & Soda	35
Fresh Red Rooibos Espresso with Apple Juice	38
Iced Chai Latte	45
Iced Coffee French Vanilla Iced Coffee	34 42
Cold Brew Coffee Float with Vanilla Ice Cream	45
MILKSHAKES	
Vanilla	50
Strawberry & Shortbread	50
Oreo OR Bar One	50
Peanut Butter OR Chocolate	50
SMOOTHIES	
Tropical - Mango & Pineapple	55
Green - Banana, Pineapple & Spinach	55
Very Berry - Mixed Berries	55
Peanut Butter Bomb - Peanut Butter, Cacao, Banana & Oat	65
Milk (VV)	
Coffee - Espresso, Banana, Dates, Yogurt, Milk	65
Strawberry - Strawberries, Banana, Yogurt, Cloudy Apple	65
Juice	
Add 1 scoop vanilla vegan protein	+20

ALCOHOLIC DRINKS

COCKTAILS SPRITZERS	
Bloedlemoen Gin Tonic Water Grapefruit Rosemary	65
Bloedlemoen Gin RBT Sparkling Rooibos Cranberry & Lemongrass	
Lemon Edible Flowers	75
Aperol Spritz - Aperol Kloovenburg Granache Brut Sparkling	70
Water Orange	
Mimosa	55
Lounah Negroni	80
Espresso Martini	65
Lounah Bloody Mary	80
Salted Caramel & Vodka Shake	85
BEERS	
KCB The Jackal India Pale Ale	45
KCB The Kudu Lager	45
Devils Peak Lager	35
Devils Peak Lite	35
WINES	
Doolhof Rose	155
Doolhof Mountain Range Sauvignon Blanc	180
Doolhof Mountain Range Malbec-Merlot	180
Doolhof Mountain Range Pinotage	220
Doolhof Unlabelled Red Blend	45 140
Doolhof Unlabelled Chenin Blanc	45 120
Bosman Generation 8 Rose	155
Bosman Generation 8 Chenin Blanc	155
Kloovenburg Grenache Brut	50 200
Cape Botanicals Non Alcoholic Sparkling	45
Lemongrass, Ginger & Lime	
Mint, Lime & Cucumber	
Elderflower, Pear & Mint	

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Lounah
CAFÉ