

WELCOME TO

Milnie's

RESTAURANT  
& GRILL

VANRHYNSDORP

Namaqua Lodge

22 Voortrekker street, Vanrhynsdorp, 8170

~ 027 219 1633 ~ 027 219 1377 ~

~ 082 872 9999 ~ 084 705 6681 ~

Breakfast Hours:

Monday – Friday: 07:00 – 10:00

Saturday – Sunday: 08:00 – 10:00

Lunch Hours:

Tuesday – Saturday: 11:00 – 15:00

Dinner Hours:

Monday – Saturday: 18:00 – 21:00

Sunday: 18:00 – 20:00

A 10% service fee will be charged to all tables of 8 people and more  
Corkage fee of R50 per bottle wine



# STARTERS



**Crumbed Mushrooms – R 90**

*Crumbed mushrooms served with a side of tartar sauce*

**Calamari – R 100**

*Calamari strips prepared either deep-fried or pan-fried with a side of tartar sauce*

**Prawns – R 140**

*6 Succulent pan-fried prawns served with fresh slice of lemon*

**Mussels – R 95**

*Crumbed and deep-fried mussels served with a side of garlic butter*

**Chicken Wings – R 105**

*Chicken wings grilled with a sticky sweet basting or a hot Peri-Peri basting*

**Garlic Snails – R 90**

*Snails sauteed in a garlic butter and topped with melted cheese*



**Garlic, Feta & Herb Pita – R 95**

*Homemade Pita topped with garlic, feta and herbs*

**Beef Kebabs – R 100**

*Tender beef cuts grilled and basted. Rounded off with green peppers and onions*



# SALADS

✓ Greek Salad – R 90

*Green Salad served with olives, feta and salad dressing*

Chicken Salad – R 120

*Green Salad served with chicken, pineapple and salad dressing*

Steak Salad – R 125

*Green Salad served with grilled steak strips, sauteed mushrooms and glazed with balsamic reduction*



# FISH

All meals are served with your choice of the following sides:

~ Green Salad ~ Vegetables ~ Chips ~  
~ Potato with sour cream or butter ~

Please specify how you would like your fish prepared:

~ Pan-Fried ~ Deep-Fried ~

## Hake – R 110

*A hake fillet served with tartar sauce, garlic or lemon butter and a side of your choice*

## Hake & Calamari – R 140

*Hake and calamari served with tartar sauce, garlic or lemon butter and a side of your choice*

## Seafood Platter – R 220

*Hake, calamari, mussels and prawns served with tartar sauce, garlic or lemon butter and a side of your choice*



# CHICKEN

All meals are served with your choice of the following sides:  
~ Green Salad ~ Vegetables ~ Chips ~ Potato with sour cream or butter ~

## Chicken Schnitzel – R 125

*Crumbed chicken fillet served with a side of your choice*

## Cheddarmelt Chicken Schnitzel – R 155

*Crumbed chicken fillet topped with cheese, served with mushroom sauce and a side of your choice*

## Chicken Cordon Bleu – R 130

*Chicken fillet stuffed with ham and cheese, deep-fried to perfection  
Served with a sauce and a side of your choice*

## Chicken Strips – R 120

*Chicken strips deep-fried and served with a side of your choice*

## Sticky Wings – R 170

*Chicken wings grilled with either a sticky sweet basting or hot peri-peri basting, served with a side of your choice*



# BURGERS

All meals are served with your choice of the following sides:  
~ Green Salad ~ Vegetables ~ Chips ~ Potato with sour cream or butter ~

## Beef Burger – R 130

*Homemade 250g beef patty served with a side of your choice*

## Hawaiian Burger – R 150

*Homemade 250g beef patty topped with pineapple and served with a side of your choice*

## Chicken Burger – R 130

*Chicken fillet crumbed or grilled served with a side of your choice*

## Bacon & Avo Burger – R 150

*Beef or Chicken burger topped with bacon and avo  
Served with a side of your choice*

## Full House Burger – R 170

*Beef or Chicken burger topped with bacon, cheese, mushrooms, avo and egg  
Served with a side of your choice*

## Prego Steak Burger – R 160

*150g Sirloin served on a burger topped with a delicious prego sauce  
Served with a side of your choice*



# BURGER TOP UPS

Add any of the following toppings on your burger and make it your own



Beef Patty – R 35

Chicken Fillet – R 20

Bacon – R 20

Feta – R 15

Mushrooms – R 15

Avo – R 15

Pineapple – R 15

Jalapenos – R 15

Slice Cheese – R 10

Egg – R 10

# *The Ultimate Steak Guide*



## **Blue**

seared outside  
ensure all edges are sealed.  
100% red centre  
internal temp: 10–29 C  
should feel spongy with no resistance



## **Rare**

seared outside  
75% red centre  
internal temp: 30–51 C  
should feel soft and spongy with slight resistance



## **Medium Rare**

seared outside  
50% red centre  
internal temp: 57–63 C  
should feel fairly soft, fairly spongy and slightly springy



## **Medium**

seared outside  
25% red centre  
internal temp: 63–68 C  
should feel fairly firm and springy



## **Medium Well**

slight hint of pink  
internal temp: 72–77 C  
should feel firm with a slight spring



## **Well Done**

100% brown throughout  
internal temp: 77 C +  
should feel very firm and will spring back quickly



# MEAT

All meals are served with your choice of the following sides:  
~ Green Salad ~ Vegetables ~ Chips ~ Potato with sour cream or butter ~

## Beef Schnitzel 250g – R 200

*250g Beef crumbed and deep fried.*

## Rump 200g – R 155

*A tender beef rump grilled to perfection. Perfect for the ladies.*

## Rump 400g – R 185

*A tender beef rump grilled to perfection. For the hungry!*

## Sirloin 350g – R 175

*A juicy beef sirloin grilled to perfection. For those looking for something extra.*

## Fillet 250g – R 200

*Tender beef fillet grilled and basted. Our most tender cut.*

## T-Bone 500g – R 200

*500g T-bone grilled and basted. Best of both worlds.*

## Ribeye 300g – R 205

*Tender and juicy ribeye, grilled to perfection. For the meat connoisseur.*

## Surf & Turf – R 195

*200g Beef rump and calamari served with tartar sauce.*

## Spare Ribs 350g – R 150

*Pork ribs grilled and basted with our delicious basting sauce. No cutlery needed*

## Spare Ribs 750g – R 230

*Our delicious ribs grilled and basted for the biggest of eaters. Enjoy it hungry!*



# PIZZA

All pizza bases are homemade

**Namakwalander – R 110**

*Bacon, Feta and Avo*

♥ **Vegetarian – R 105**

*Mushrooms, Onions, Olives, Peppadew and Avo*

**Regina – R 105**

*Ham, Mushrooms and Cheese*

**Mexican – R 130**

*Mince, Green Peppers, Onions, Chillies and topped with Avo*

♥ **Three Cheeses – R 110**

*Feta, Mozzarella & Cheddar Cheese*

**Rib – R 125**

*Deboned Spare Ribs, Onion, Peppadew and Pineapple*

**Hawaiian – R 100**

*Ham and Pineapple*

**Chicken – R 110**

*Chicken, Pineapple, Mushrooms and Peppadews*

**Meaty – R 140**

*Deboned Spare Ribs, Bacon, Salami, Onion, Mozzarella and Peppadew*

**Salami – R 110**

*Salami, Feta and Mozzarella*

## Pizza Toppings

Green Peppers - R10

Garlic - R10

Onion - R10

Olives - R15

Mushrooms - R 15

Pepperdew - R 15

Jalapenos - R 15

Feta - R 15

Mozarella - R 15

Chillies - R 15

Pineapple - R15

Avo - R15

Ham - R 20

Mince - R 20

Bacon - R 20

Chicken - R 20

Rib - R30

Salami - R20





# SIDES

Chips – R 25

Onion Rings – R 25

Green Salad – R 30

Vegetables – R 30

Potato served with sour cream or butter – R 20

# SAUCES

Sauce – R25

*Sauces can be mixed to your choice*

*Cheese  
Pepper*

*Mushrooms  
Peri-Peri  
Prego*

*Garlic  
Monkey Gland*





# KIDDIES

Only served for children  
12 years and younger

## MAINS

- Beef Burger & Chips – R 90
- Chicken Burger & Chips – R 90
- Chicken Strips & Chips – R 85
- Margherita Pizza – R 75
- Hawaiian Pizza – R 85

## DESSERTS

Milkshake – R 55

*Choose your flavour:*

- ~ Banana ~ Strawberry ~ Chocolate ~ Lime ~
- ~ Bubblegum ~ Vanilla ~

Deluxe Milkshake – R 65

*Choose your flavour:*

- ~ Bar One ~ Salted Caramel ~

Ice-Cream & Choc Sauce – R 40

# DESSERTS

Ice-Cream with Chocolate Sauce – R 50

*Vanilla ice-cream served with chocolate sauce*

Ice-Cream with Wildberry Sauce – R 50

*Vanilla ice-cream served with wildberry sauce*

Malva Pudding – R 60

*Toffee malva pudding served with ice-cream*

Baked Chocolate Pudding – R 65

*Chocolate mud pudding served with ice-cream*

Salted Caramel Cheese Cake – R 65

*Creamy cheese cake with buttery biscuit base topped with infused caramel topping*

Milkshakes – R 60

*Choose your flavour:*

*~ Banana ~ Strawberry ~ Chocolate ~ Lime ~  
~ Bubblegum ~ Vanilla ~ Coffee ~*

Deluxe Milkshake – R 70

*Choose your flavour:*

*~ Bar One ~ Salted Caramel ~*

Dom Pedro Single – R 55

*Choose your flavour:*

*~ Kahlua ~ Amarula ~ Frangelico ~ Whiskey ~*

Dom Pedro Double – R 65

*Choose your flavour:*

*~ Kahlua ~ Amarula ~ Frangelico ~ Whiskey ~*





# HOT BEVERAGES

Single Espresso – R 15

Double Espresso – R 30

Black Coffee – R 20

White Coffee – R 20

Cappuccino – R 25

Mocha – R 25

Hot Chocolate – R 25

Five Roses Tea – R 20

Rooibos Tea – R 20

Instant Organic Rooibos Tea – R 30

Red Cappuccino – R 25



# COLD BEVERAGES

Tonic Water – R 20

~ Pink ~ Indian ~

Granadilla Twist – R 20

Coke – R 20

Coke Zero – R 20

Coke Lite – R 20

Sparberry – R 20

Creme Soda – R 20

Fanta Orange – R 20

Sprite – R 20

Sprite Zero – R 20

Powerade – R 25

~ Naartjie ~

~ Mountain Blast ~ Jagged Ice ~

Cappy – R 20

~ Breakfast Punch ~ Tropical ~

~ Orange ~ Apple ~

Appletizer – R 25

Grapetizer Red – R 25

Still Water 500ml – R 15

Sparkling Water 500ml – R 20

Rock Shandy – R 35

Red Bull – R 30

Lemonade – R 15

Ginger Ale – R 15

Soda Water – R 15

Bitter Lemon – R20



# BEERS & CIDERS

- Amstel Lager – R 25
- Black Label – R 25
- Castle Lager – R 25
- Castle Lite – R 25
- Heineken Zero – R 25
- Heineken – R 25
- Windhoek Draught – R 30
- Windhoek Lager – R 25
- Hunters Dry – R 30
- Hunters Gold – R 30
- Savanna Zero – R 30
- Savanna Lite – R 30
- Savanna Dry – R 30
- Smirnoff Pine Twist – R 30
- Smirnoff Storm – R 30
- Smirnoff Spin – R 30
- Flying Fish Lemon – R 30



# SHOTS

Jagermeister – R 25

Jagerbomb – R 100

*4 x Jagermeisters served with Red Bull*

Gold Tequila – R 25

Silver Tequila – R 25

Ponchos Coffee Tequila – R 25

La Voka Caramel – R 20

La Voka Chocolate – R 20

Libido – R 15

Apple Sours – R 15

Melktertjie – R 15

Springbokkie – R 25

*Peppermint Liqueur & Amarula*





# COCKTAILS

**Mojito – R 65**

*Rum, Mojito Syrup, Lime Juice & Soda Water*

**Tequila Sunrise – R 55**

*Tequila, Grenadine Syrup & Orange Juice*

**Purple Rain – R 55**

*Vodka, Blue Curacao, Grenadine, Lime Juice & Pineapple Juice*

**Cosmopolitan – R 60**

*Vodka, Watermelon Syrup, Triple Sec & Lime Juice*

**Pina Colada – R 65**

*Rum, Pina Colada Syrup, Lime Juice & Pineapple Juice*

**Strawberry Daiquiri – R 65**

*Rum, Strawberry Syrup & Lemon Juice*

**Strawberry Daiquiri Mocktail – R 50**

*Strawberry Syrup & Lemon Juice*

**Pina Colada Mocktail – R 50**

*Pina Colada Syrup, Lime Juice & Pineapple Juice*





# SPIRITS

## Whiskey

*J&B - R 20*

*Bells - R 20*

*Johnny Walker Red Label - R 25*

*Johnny Walker Black Label - R 35*

*Jack Daniels - R 30*

*Jack Daniels Honey - R 30*

*Jameson - R 30*

## Brandy

*Olof Bergh - R 15*

*Klipdrift - R 15*

*Richelieu - R 18*

*Namaqua 5 Years - R 20*

## Rum

*Captain Morgan Spice Gold - R 18*

*Red Heart Rum - R 20*

*Bacardi White Rum - R 25*

## Other

*Southern Comfort - R 15*

*Malibu - R 20*

## Vodka

*Smirnoff Vodka - R 15*

## Gin

*Gordon's - R 20*

*Beefeater Original - R 25*

*Beefeater Pink - R 25*

*Beefeater Blood Orange - R 25*

*Unique Lime - R 25*

*Unique Pomegranate - R 25*

*Carmien Citrus Chai - R 35*

*Carmien Floral Berry - R 35*

## Liquers

*Kahlua - R 25*

*Amarula - R 20*

*Frangelico - R 25*

*Chocolate Liquer - R 20*

*Oude Meester Peppermint - R 20*



# NAMAQUA

WINES

Going since 1947, Namaqua Wines takes its name from the Namaqua West Coast region - an area famous for its unexploited coastal strip that is coloured with wild flowers during spring. According to the history books, the first documented sale of wine in the Namaqua West Coast region was penned by the French explorer Francois le Vaillant in the late 18th century. Every grape variety is unique with their own traits and characteristics that some love while others dislike. We've crafted each cultivar to let it speak for itself.

The Namaqua West Coast has much to offer as a wine producing area: the soils are fertile, the climate is relatively mild thanks to the cool Atlantic ocean winds and the region has a low rainfall. For these reasons, our winemakers have decided to focus the cultivar range, using selected white and red varieties that shine under these winemaking conditions.

## Sparkling Wine

B4 Play - R 75

*The Bubbly that kick-starts any event to assure it turns out to be a great affair. Billions of tiny bubbles turn this fresh unique wine into a fizzy fantasy, perfect for any occasion. Just pop the cork, ignite the night and the rest will flow...*

## Grape Juice

Namaqua White - R 40

*White sparkling grape juice.*

Namaqua Red - R 40

*Red sparkling grape juice.*

## White Wines

Namaqua Sweet White - R 60

*With a gentle breeze from the nearby ocean to cool them down, the grapes are perfect for creating the affordable quality that our everyday drinking wines provide.*

Namaqua Chenin Blanc - R 80

*A tongue-tingling classic with a fresh, tropical bouquet and well-balanced palate, hinting at citrus and guava. This medium-bodied wine pairs well with boboties, salads and quiche, or fish and shellfish.*

Namaqua Sauvignon Blanc - R 80

*The perfect wine to pack in your picnic basket. Namaqua Sauvignon Blanc is brimming with notes of asparagus and freshly cut grass. This easy-drinking wine pairs well with light pasta dishes, mild cheeses, poultry and seafood.*

Cape West Sandveld - R 150

*A complex, fun blend of Chardonnay, Sauvignon Blanc and Chenin Blanc, each contributing to a harmonious melange of crisp fruit flavours. Lightly oaked, well-balanced with a lingering dry finish.*

## Rose Wines

Namaqua Sweet Rose - R 60

*With a gentle breeze from the nearby ocean to cool them down, the grapes are perfect for creating the affordable quality that our everyday drinking wines provide.*



# NAMAQUA

## WINES

### Red Wines

#### Namaqua Merlot - R 80

*A decadent, fruit-filled combination, hinting of red cherry and ripe mulberries with mild tannins to round off the flavours. Best enjoyed with red meat and hearty, tomato-based dishes, as well as a variety of desserts, for example, dark chocolate.*

#### Namaqua Pinotage - R 80

*South Africa's own unique varietal boasts a full-mouth flavour of plum and red berry, and hints of oak on the palate to create an enjoyable, smoky finish. Best enjoyed around a traditional "braaivleis vuur" with friends.*

#### Namaqua Shiraz - R 80

*With spicy aromas closely followed by a palate of dark berries, mouth-watering mocha and long vanilla finish, our fullbodied Shiraz is best enjoyed with red meats, poultry, sharp cheeses and hearty pasta dishes -also great with chips and salsa.*

#### Cape West Stoneflower - R 150

*Deep, dark ruby red colour. Lots of dark fruit, red berries, plums on the nose with hints of spice. Lingering aftertaste of dark, spicy chocolate flavours finishing with a soft, well-balanced tannin structure.*

#### Cape West The Blend - R 150

*Dark, deep purple-red colour. A very rare complex nose with nuances of spice, cloves, pepper, cedar, dark fruit, developing into hints of fresh violets. Lingering taste of salty, dark chocolate and infused cherries. The wine has a full-bodied mouthfeel, with smooth and silky tannin structure.*

### Dessert Wines

#### Namaqua Hanepoot Jerepigo - R 80 BTL - R 15 GLS

*This hanepoot has a rich golden colour with a light green tint. a full-bodied, creamy taste with muscat and raisin*

#### Namaqua White Muscadel - R 80 BTL - R 15 GLS

*This Port has citrus aromas in this light straw coloured muscadel complements the bursting flavours of raisins and honey*

#### Namaqua Red Muscadel - R 80 BTL - R 15 GLS

*A perfectly sweet muscadel with its velvety red colour has lots of raisin and muscadel flavours*

#### Namaqua Cape Ruby Port - R 80 BTL - R15 GLS

*Black fruit, plums and mocha on the nose. Soft but firm tannin structure. Chocolate on finish with long aftertaste.*







Klawer Wine Cellar's aim is to produce top-quality wines with this region's produce. With a wide variety of cultivars, they want to make each wine to perfection, although they make wine in bulk format. They strive to make wine of top quality and use every possible technique to be as sustainable as possible. Each year varies depending on the rain, farming practices, ect. and therefore we need to be on top of our game from the vineyards to our wine-making process.

They are the gateway to the Olifants River Valley and offers a warm and friendly welcome to visitors. Just outside the town and a stone throw from the N7 route, the impressive facade of the Klawer Cellar dominates.

#### Chenin Blanc – R 80

*Fresh, crispy with tropical aromas and a complex aftertaste.  
Enjoy well-chilled with fish, chicken or Malay curries*

#### Villa Esposto Rose – R 100

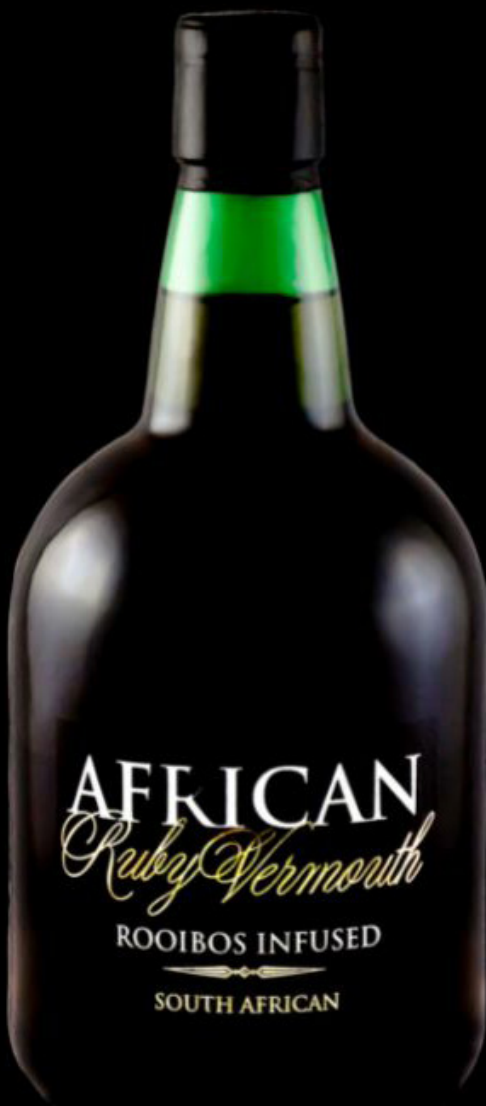
*A dry rose with a delicate onion skin colour, scents of spice coated strawberry & vivid flavours of red cherry plum*

#### Michelle Sparkling Wine – R 110

*Fresh, strawberry flavours with a pink hue which makes this perfect for ladies*

#### African Ruby Rooibos Vermouth – R 150

*A true South-African product infused with rooibos and buchu.  
Flavours of rooibos and muscat are complemented by a rich, textured mouth feel*





# LUTZVILLE

VINEYARDS

Lutzville Vineyards, home of the Classic, Diamond and Francois Le Vaillant Collections. The secret behind the rich character, approachable style, juicy fruit and elegant structure of our wines lies in our unique location on the West Coast of South Africa. Fresh Atlantic morning breezes roll in and cool down the vineyards. The hot sunny days and crisp evenings result in large temperature differences between day and night. Matched with our ideal soils, these micro climates happily conspire to create the best growing conditions for our grapes – the perfect ingredients for our outstanding South African wines.

## Classic Chenin Blanc – R 90

*This is a voluptuous wine, filled with intricate flavours of peach, litchi and guava, backed by undertones of lime and passionfruit. Well balanced, with good length and fruit flavours that carry through on the palate.*

## Classic Sauvignon Blanc – R 90

*The Lutzville Vineyards Classic Collection Sauvignon Blanc shows a medley of herbaceous- and tropical flavours that lingers on the palate. Well balanced, medium-bodied, with a crisp, refreshing finish.*

## Classic Shiraz Rose – R 90

*This bright, salmon-pink wine shows upfront aromas of strawberries, and candy floss, with hints of violets. The palate is elegant with a well-balanced acidity that leads to a creamy finish and a touch of residual freshness.*

## Diamond Collection Chardonnay – R 140

*The Diamond Collection Chardonnay, rich in flavour and complexity, can be enjoyed with dishes such as grilled, seared or roast shellfish like lobster and scallops or roasted chicken with mushrooms and slow roast tomatoes.*

## Diamond Collection Cabernet Sauvignon – R 150

*This elegant Cabernet Sauvignon shows fresh aromas of black fruit and graphite, backed by hints of cigar box. The palate bursts with berry freshness and fine tannins with a lingering aftertaste.*

## Diamond Collection Shiraz – R 150

*The wine shows complexity with notes of dark berry fruit, aniseed, pepper and spice. Full bodied and intense with plenty of flavour and soft tannins, the finish is long and savoury.*

## Classic Merlot – R 90

*Aromas of black cherry, mulberry, fresh herbs and a hint of fennel. The palate shows great fruit density, bright acidity and fine tannins with a smooth finish.*

## Classic Pinotage – R 90

*A 'proudly South African' cultivar showing aromas of ripe cherry, raspberries and plum with vanilla and spicy undertones. This juicy and well-balanced wine rewards with an elegant mouthfeel and soft tannins.*

## Diamond Collection Ebenhaeser – R 150

*Fresh aromas of black fruit, graphite and spice. Complimented by subtle notes of cedar and vanilla from wood maturation, with firm but elegant tannins and a lingering palate.*

## Francois Le Vaillant Pinotage – R 230

*The wine shows complexity with concentrated aromas of black cherry and plum, backed by spicy notes from oak maturation. The palate shows great fruit density and weight. An intense wine with expressive layers, well integrated with French oak tannins that continues with a luscious finish.*

## Sparkling Rose – R 130

*This low in alcohol sparkling Rosé is made from Chenin Blanc and Pinotage grapes, with bursting aromas of ripe cherry, strawberries and rose petals. The vibrant red fruit aromas from the Pinotage is fully supported by the lingering citrus, orange blossom and creamy textured Chenin Blanc aromas. Alleviated by the zesty bubbles, this bright salmon coloured Rosé, invites everlasting friends to experience the uniqueness from our area.*





The Cape Rock brand was established in 2001 when they started to make bulk wine on their farm to add value to the grapes they grow for the cooperative. The vineyards are located on a single 11 hectare farm just above the banks of the Olifants river floodplain.

The first bottled wine was a Shiraz/Viognier blend in 2005 and a single cultivar Cabernet Sauvignon followed in 2007. Their total production varies between 7000 and 10000 bottles per year depending on the yield and quality of the grapes.

Cape Rock get the benefit of cooling breezes from the Atlantic ocean every afternoon and it is still a wellknown fact that the Olifants River Valley is one of the warmer winegrowing regions in SA. Their aim is to produce wines that can mature for a while, but are elegant and easy drinking right from the start, rather than making over extracted 'showstoppers' that win over competition judges, but can not continue to be enjoyed after the first glass.



### **Asylum White – R 160**

*Chenin Blanc made with grapes from old vineyards, made with as little intervention as possible. No yeasts, acid or enzymes were added. Unfiltered, unfinned and not cold stabilised.*

### **Amnesty Red – R 160**

*A blend of Syrah, Mourvèdre, Grenache, Carignan and Viognier. No yeasts, acid or enzymes were added. The wine was matured in very old french oak barrels for 14 months. Unfiltered, unfinned and not cold stabilised.*





### Teubes Sauvignon Blanc – R 140

*Nieuwoudtville with its distinctive terrior create a unique style of wine with fynbos, fresh citrus, granadilla and gooseberries on the nose*

### Teubes Cabernet Sauvignon – R 140

*Rosemary notes typical of the classic blend. Rich aromatics of dried cranberry, blackberry, cherry tobacco and cinnamon*

### Karoobossie MCC Sparkling Brut Rose – R 220

*Fresh fruity wine with 20% Chardonnay and 80% Pinot Noir*

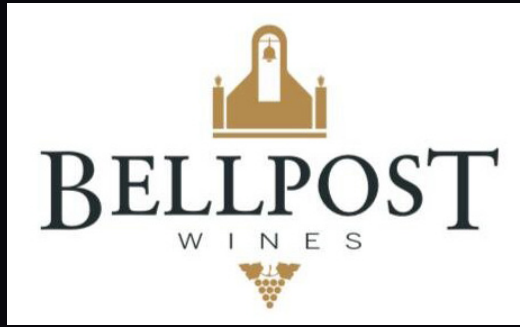
It all started in 1956 with the Family.

At the time, Grandfather Sybrand Teubes was still farming side to side with his son, Johan Teubes, and his grandson Sybrand Teubes on the farm where the cellar is located, Houmoed.

Teubes Family Wines is a premium organic estate and organic grape supplier situated just outside the beautiful town of Vredendal in the Western Cape of South Africa.

The Teubes family has been making quality wines close to the Atlantic ocean in the Western Cape of South Africa for half a century. The cool afternoon breezes, an abundance of sunshine and perfect terrior contribute to this premium quality wine.





Bellpost Wines are made in small batches on the West Coast between Vredendal and Lutzville on the banks of the Olifants River.

The vineyards are planted on soils ranging from loam in the river bed to red Karoo on the outskirts. The different cultivars are planted on the sites best suited according to slope and soil types. All the vineyards are trellised to accommodate the canopies during the growing season.

The range of wines consist of Chardonnay, C'est La Vie, Merlot, Ruby Cabernet and Shiraz.

### Chardonnay Unwooded – R 110

*Zesty lime aromas with golden delicious apple and ripe melon flavours. Well balanced and lively palate with a crisp after taste*

### C'est la Vie Wooded Chardonnay & Viognier – R 130

*Aromas of ripe yellow apple and citrus blossom. White peach, creamy texture, lemon flavours with a stylish nutty finish on the palate*

### Shiraz – R 160

*Roast coffee and spicy aromas, dark fruit, fine tannins with a long after finish*

### Merlot – R 140

*Fragrant, rich red fruit, elegant with fine grained tannins*





**FRYER'S COVE**

*Bamboes Bay*

Fryer's Cove is the only vineyard within the Bamboes Bay ward, which is also the smallest ward in South Africa. The vines of Fryer's Cove dot the hillside 500 meters from where the cold ocean throws its breakers against a rocky shore.

In 1985 an aspirant winemaker studying at the Elsenburg Agriculture College, holidayed in the Strandfontein area, and had a dream. He shared it with his (now) in-laws and 14 years later Fryer's Cove was born. Wynand Hamman was the student and his in-laws were Jan and Ponk van Zyl.

In the 2000's the original Laubscher brothers were still farming the area and it was on a part of their farm that the Fryer's Cove vineyards were founded. Fryer's Cove was named after the first commercial farmer in the area, British settler Richard Fryer who entrenched a tradition of community investment in the area. The original Fryer build the first school in Strandfontein and today Fryer's Cove remains involved in school sponsorships and job creation efforts in the area.

Fryer's Cove have a distinct maritime flavour, hence their slogan:  
"Forged of the earth, Tempered by the sea".

### Fryer's Cove Grenache Cinsault – R 190

*Our Grenache and Cinsault vineyards average around 20 years old and are planted close to the bracing, cold Atlantic which brings in the cooling air that, with careful nurture, can actually promote good health in the vineyards.*

*This wine will pair well with game or a meaty-style fish such as a tuna steak. Serve lightly chilled if paired with spicy foods.*

### Fryer's Cove Sauvignon Blanc – R 180

*The aim of this wine was to create a Sauvignon Blanc with concentration and depth that elegantly expresses its terroir from the Cape West coastline.*

### Doringbay Pinot Noir Rose – R 140

*We want you to crack a bottle, enjoy the deliciously inviting gentle strawberry fruits and a hint of the sea, backed up with a mouth-watering balanced dryness, that just slips down.*





# BREAKFAST

Please specify how you would like your eggs done:

~ Scrambled ~ Fried ~  
~ Soft ~ Medium ~ Hard ~

Served with either white or brown bread

## Bluebells – R 70

*Two eggs, three rashers of streaky bacon, grilled tomato & toast*

## Leeubekkie – R 85

*Two eggs, three rashers of streaky bacon, boerewors, grilled mushrooms, grilled tomato & toast*

## Bokhorinkie – R 95

*Two eggs, three rashers of streaky bacon, boerewors, grilled mushrooms, grilled tomato, chips & toast*

## Violtjie – R 90

*Omelette with toast and the following fillings:*

*~ Bacon ~ Mushrooms ~ Cheese ~ Tomato ~*



## Suikerkelk – R 100

*Fresh seasonal fruit enjoyed with yogurt and muesli mix*

## Botterblom – R 70

*Two slices of bread dipped in a rich egg batter and fried, served with bacon and golden syrup*





# SANDWICHES

All toasted sandwiches are served with a portion of chips,  
and served on either white or brown bread

♥ Bababoudjie – R 60

*Cheese*

♥ Sentkannetjie – R 65

*Cheese & Tomato*

Dobbelsteentjie – R 75

*Bacon & Cheese*

Krapogie – R 80

*Bacon, Egg & Cheese*

Vinger-&-Duimpie – R 65

*Ham & Cheese*

Kameelvoetjie – R 70

*Ham, Cheese & Tomato*

