

Welcome to
The Secret
Garden
Restaurant

Enjoy the Magic

*Arno Steenkamp
welcome you to
"The Secret Garden"*

Restaurant

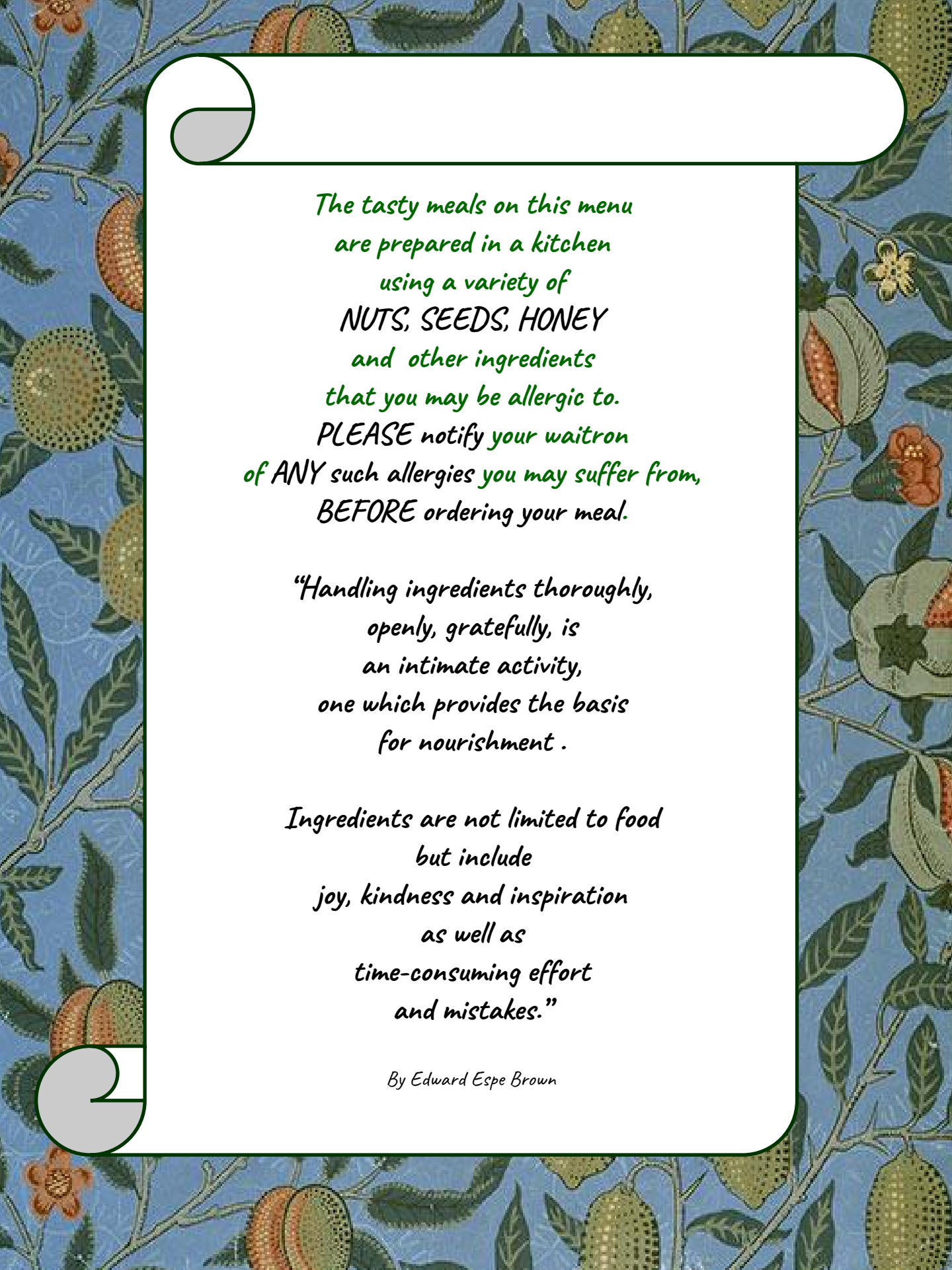
*Being Vegan we are particular
About the quality, variety and standard
Of our food.
Vegans & Vegetarians can rest assured that
all meat products are handled and
prepared separately.*

*Meat eaters will enjoy our fresh, top quality produce. We try to source
organic products wherever possible.
Whilst we will include our favourite meals
on the menu,*

*We enjoy being adventurous, so would like to
try out new ideas regularly.
Please enquire from the staff what the
specials may be.*

*Please leave your contact details in the
"black book" at the counter,
should you like us to contact you for
our special events.*

*For functions and bookings
Contact : Arno (Owner) 076 013 4613
Email : steenkamp.arno15@gmail.com
011 967 1520*



*The tasty meals on this menu
are prepared in a kitchen
using a variety of
NUTS, SEEDS, HONEY
and other ingredients
that you may be allergic to.
PLEASE notify your waitron
of ANY such allergies you may suffer from,
BEFORE ordering your meal.*

*“Handling ingredients thoroughly,
openly, gratefully, is
an intimate activity,
one which provides the basis
for nourishment .*

*Ingredients are not limited to food
but include
joy, kindness and inspiration
as well as
time-consuming effort
and mistakes.”*

By Edward Espe Brown

The Secret Garden Early Bird Breakfast & Brunch Menu

❖ The Secret Garden Breakfast

- ❖ **Vegan option:** Potato cake served with tofu scramble set on a bed of spinach with grilled tomato, sautéed mushrooms, spicy beans & a Fry's vegan sausage served with 2 slices of toast. R.78
- ❖ **Vegetarian option:** Replace tofu with 2 fried or scramble eggs. R.78
- ❖ **Meat option:** 2 Fried, scrambled or poached eggs, 2 small beef sausages, 2 rashers of bacon, grilled tomato & spicy beans, potato cake and a dollop of welsh rarebit (beer & mustard cheese sauce) served with 2 slices of toast R.78

❖ The Garden Omelette

- ❖ **Vegetarian option:** Classic 3 egg omelette filled with cheddar cheese, fresh tomato and spring onion. Served with your choice of toast. R.68
- ❖ **Meat option:** Classic 3 egg omelette filled with bacon bits, cheddar cheese and fresh tomato. Served with your choice of toast. R.72

❖ Mini Breakfast

- ❖ **Vegetarian option:** 1 Fried egg, grilled tomato, mushroom and a Fry's vegan sausage served with one slice of toast. R.46
- ❖ **Meat option:** A fried egg, 2 rashers bacon, grilled tomato & mushrooms, served with a slice of toast. R.47

❖ Chef's Speciality (Vegan)

- ❖ **English muffin** toasted and topped with mushroom, spinach, grilled tomato served with a Fry's vegan sausage and sliced avocado (When in Season) R.72

❖ English Breakfast (Served with a small fresh orange juice)

- ❖ **Vegan option:** Potato cake served with tofu scramble set on a bed of spinach with grilled tomato, sautéed mushrooms, spicy beans & a Fry's vegan sausage served with 2 slices of toast. R.76
- ❖ **Vegetarian Option:** 2 Scramble or fried eggs, mushroom, grilled tomato, spicy beans, and a Fry's vegan sausage served with 2 slices of toast. R.70
- ❖ **Meat option:** 2 scrambled or fried eggs, served with mushroom, grilled tomato, 2 Beef sausages, bacon, spicy beans, 2 slices of toast. R.88

❖ Croissant

- ❖ **Vegetarian option:** Fresh croissant served with scrambled egg, grilled cherry tomatoes & fresh avocado (in season) R.65
- ❖ **Meat option:** Fresh croissant served with scrambled egg, grilled cherry tomatoes, bacon & fresh avocado (in season) R.72
- ❖ Fresh croissant served with 1 scramble egg, smoked trout and creamy cottage cheese topped with grilled cherry tomatoes and sliced avocado. R.79

❖ Filled Pita

- ❖ Freshly toasted pita filled with hummus coleslaw, freshly, chopped tomatoes lettuce and felaffel balls served with a fresh garden salad. R.75

We are not a "fast food" outlet! We concentrate on healthier and inspirational options.

- ❖ **Trout Rosti**
❖ Smoked Trout, served on a potato cake, with a poached egg, welsh rarebit (beer & mustard cheese sauce) and a dollop of horseradish cream. R.80

- ❖ **French Toast**
2 slices of French toast served with syrup,
+ banana R.30
+ bacon. R.35
R.40

- ❖ **The Health Orchard**
Home-made apple & cranberry toasted muesli clusters, served with one of the following:
• **Vegan option:** Served with seasonal fresh fruit, dollop with non-dairy milk smoothie.
• **Vegetarian option:** Served with seasonal fresh fruit dollop with yoghurt . R.65

- ❖ **Garden Pancakes** R.63
- ❖ **Vegan option:** Rolled pancakes made with soya milk and vegan margarine, filled with banana and nuts, drizzled with maple syrup.
- ❖ **Meat Option:** Add crispy bacon. R.47

- ❖ **Breakfast Waffle** R.56
- ❖ **Vegan option:** Savoury Waffle topped with Creamy Spinach, mushroom and tofu scramble.
- ❖ **Vegetarian Option:** A herb infused waffle topped with an egg & mushrooms served with welsh rarebit (beer and mustard cheese sauce). R.59
- ❖ **Meat Option:** A herb Infused waffle topped with 3 rashers of bacon and a fried egg served with welsh rarebit (beer, mustard and cheese sauce) R.62

- ❖ **African Breakfast** R.65
- ❖ **Vegetarian option:** Paptart served with 1 fry's sausage, spinach, tomato relish and 2 fried eggs and your choice of toast.
- ❖ **Meat Option:** Paptart served with 2 fried/scramble eggs,boerewors, tomato relish ,spinach and bacon with your choice of toast. R.69

- R.79

At the Secret Garden we prepare Vegan and Vegetarian meals mostly in a separate kitchen and in specific pans. We are excited by the challenges of Vegan cooking, and are always delighting in experimenting with new options!

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After Breakfast.... The Remains Of The Day

❖ **Bruschetta**

3 crisp toasted bruschetta slices with a taste sensation of various toppings such as ;

- ❖ tomato and basil pesto
- ❖ Avocado and biltong
- ❖ 3 cheese selection
- ❖ Smoked chicken and pineapple
- ❖ Salsa topping
- ❖ Chefs choice (indicate if vegan or vegetarian)

R.69

❖ **Home –Baked Muffins**

Our Secret Garden Curry muffins harks back to the early days of The Secret Garden and were always a favourite. Served with chunky apricot jam and grated cheddar cheese, accompanied by a small crisp garden salad. Ideal as a light lunch.(Vegan option available)

R.45

❖ **Crustless Quiche**

Freshly made with free-range eggs and top ingredients. Served with a fresh garden salad and mini health loaf.

- ❖ Spinach & feta
- ❖ Asparagus and corn
- ❖ Butternut and feta
- ❖ Bacon and corn

R.82

❖ **Garden Polenta Stack**

- ❖ **Vegan option:** Slices of baked polenta stacked with tomato, avocado, roasted peppers and grilled brinjal /Butternut

R.80

- ❖ **Vegetarian option:** Add a poached egg.

R.83

- ❖ **Meat option:** And 2 strips of crispy bacon.

R.86

❖ **Trio of Pate's**

Served with a fresh garden salad and mini health loaf.

- ❖ **Vegan option:** Carrot, & lentil pate', hummus plus "inspiration "pate'(might be mushroom or brinjal or some other vegetable according to season and inspiration).

R.75

- ❖ **Vegetarian option:** Any two of the above, plus blue cheese and walnut pate'.

- ❖ **Meat option:** Any two of the above plus chicken liver pate'

R.78

R.80

- ❖ **Ravioli** R-72
Succulent pasta cushions filled with halloumi, served with a delicious tomato and basil sauce.
- ❖ **Ploughman's Platter** R-95
A generous wedge of cheddar cheese, served with pickles, pretzels, chutney, tomato, grapes and accompanied by home-baked beer bread. R106
- ❖ **Meat option:** Add hickory ham or biltong.
- ❖ **Mediterranean Platter** R-95
A delicious assortment of Mediterranean delights such as falafel balls, , grilled peppers, olives, brinjal and hummus, served with freshly toasted pita bread.
- ❖ **German Pork Feast** R-96
1 Frankfurter wrapped with a strip of bacon and 1 kassler chop. Served with coleslaw, mixed pickles and potato salad.
- ❖ **Filled Pancakes**
 - **Vegan option** ;2 Pancakes filled with creamy Spinash and topped with Avocado, accompanied by chips or a fresh garden salad R76
 - **Vegetarian option** ;2 Pancakes filled with Spinash and feta and topped with welsh rarebit(Beer and mustard cheese sauce), accompanied by chips or a fresh garden salad R79
 - **Meat Option** ;2 Pancakes filled with savoury mince and topped with welsh rarebit(Beer and mustard cheese sauce), accompanied by chips or a fresh garden salad R87
- ❖ **Gourmet Burgers** R-87
Freshly made each day and served in a toasted sesame bun,Savoury Waffle or Mushroom. Ingredients may vary according to season, inspiration and the mood of the chef!
 - **Vegan option:** Bean, lentil and chickpea patty, served in the traditional way. Accompanied by potato chips or polenta chips.
- ❖ **Vegetarian option:** As above but with welsh rarebit (beer & mustard cheese sauce). R-85
- ❖ **Meat option: two options to choose from.**
- ❖ Beef - 100% lean beef patty or R-89
- ❖ Chicken fillet cuts R-89
Served in the traditional way. Accompanied by potato chips or polenta chips. R-89

"The most delicious food is made by someone who really cares about what they're doing"

❖ **Tramazzeni**

Served with chips or salad

- ❖ Cheese & Tomato R 58
- ❖ Ham & cheese R 62
- ❖ Chicken mayonnaise R 73
- ❖ Chicken & avocado (in season) R 79
- ❖ Bacon & Banana R 65
- ❖ Bacon Eggs and Cheese R 72

❖ **Toasted Sandwiches**

Served with chips or salad

- ❖ Cheese & Tomato R 40
- ❖ Cheese R 35
- ❖ Ham & cheese R 46
- ❖ Chicken mayonnaise R 60
- ❖ Chicken & avocado R 59
- ❖ Bacon & Banana R 53

Garden Salads

❖ **Greek Salad**

Prepared the traditional way, tomato wedges, cucumber, kalamata olives, onions, feta cheese on a bed of fresh herbs and crispy lettuce with a balsamic vinegar and Served with pita bread.

R 82

❖ **Cous-Cous Salad**

Roasted vegetables served on a bed of Cous-Cous and sprinkled with toasted nuts and seed. Served with a mini health loaf.

R 79

❖ **Halloumi Salad**

3 Strips of halloumi cheese served with fresh garden greens and fresh herbs, cherry tomatoes, spring onions, strawberries (or berries in season), sprinkled with toasted almond flakes. Accompanied by balsamic and poppy seed dressing and a mini health loaf.

R 89

❖ **Grilled Chicken Salad**

Tangy Chicken strips grilled and served on a bed of fresh herbs and crispy lettuce accompanied by cocktail tomatoes, fruit fusion ,cucumber ,peppers ,and avocado sprinkled with toasted seeds. Served with a mini health loaf.

R 92

❖ **Felafel Salad (Vegan)**

Fresh green salad served with roast pepper,Butternut, Brinjal and felafels served with a fresh mini health loaf

R 92

" Love is not only the most important ingredient: it is the only ingredient which actually matters!"

A Delish Fish Dish

- ❖ **Gravadlax** R.82
Rollmops of trout cured in a dill marinade. Served on a dill & Dijon mustard sauce.
Accompanied by a small fresh garden salad and health loaf.
- ❖ **Fish Cakes** R.89
Smoked trout fish cakes served with a small fresh garden salad and potato chips or potato salad.

Cakes and Bakes Selection

- ❖ **Home –Baked Muffins** R.32
Baked Fresh everyday, served with marmalade Or apricot jam
- ❖ Add grated cheese. R.12
- ❖ **Cakes** R.35
As the inspiration takes us, many additional delicious cakes will appear – Please ask your waitron or read the "Notice Board" for what may be available today.

Desserts

- ❖ **Delicious Toffee Pudding** R.35
"Yes it's back!!" Served with custard or cream or ice cream.
- ❖ **Cape Brandy Tart** R.35
Served with custard or cream or ice cream.
- ❖ **Vanilla Ice Cream** R.24
- ❖ Just ice cream .
- ❖ Add chocolate sauce. R.12
Other desserts may appear on a daily basis. Please enquire what they might be.

"You don't have to cook fancy or complicated masterpieces – just good food from fresh ingredients." ~ Julia Child

Hot Beverages

❖ Coffee

- ❖ Filter coffee small R 19
- ❖ Filter coffee large R 25

- ❖ Decaf filter coffee small R 22
- ❖ Decaf filter coffee small R 28

- ❖ Cappuccino with froth small R 25
- ❖ Cappuccino with froth large R 26

- ❖ Decaf cappuccino with froth small R 25
- ❖ Decaf cappuccino with froth large R 28

- ❖ Espresso single R 18
- ❖ Espresso double R 25

- ❖ Latte R 25
- ❖ Decaf latte R 28
- ❖ Vegan R 32

❖ Tea

- ❖ Five roses R 22
- ❖ Rooibos R 22
- ❖ Earl grey R 24
- ❖ Green R 24
- ❖ Spiced chai R 25

❖ Other

- ❖ Hot chocolate R 28
- ❖ Milo R 28

Cold Beverages

- ❖ Fresh juice - small glass - ask what is available. R 23
- ❖ Fresh juice - large glass - ask what is available. R 32

- ❖ Mineral water - still or sparkling. R 15

- ❖ Iced coffee. R 36
- ❖ Iced tea. R 26

- ❖ Cordials- passion fruit & soda, lime, cola tonic.
- ❖ Sodas - enquire from waitron what is available.

R 24
R 15

- ❖ Milkshakes- small strawberry, lime & vanilla.
- ❖ Milkshakes - large strawberry, lime & vanilla.
- ❖ Special Oreo milkshake - small.
- ❖ Special Oreo milkshake - large.
- ❖ Bar-one milkshake -small
- ❖ Bar-one milkshake -large
- ❖ Peanut butter milkshake -small
- ❖ Peanut butter milkshake -large

R 20
R 26
R 25
R 35
R 25
R 35
R 25
R 35



"Cooking is like love. It should be entered into with abandon or not at all" - Harriot Van Horne

*Thank you
for your
custom .*

*We hope
you enjoyed
your
experience.*

*" A recipe doesn't belong to anyone.
It's only a guide,
only the skeletal framework.
You must fill in the flesh
according to
your nature and desire.
Your life &
your love
will bring these words
into full creation.
This cannot be taught.
You already know.
So please cook, love, feel and create!"*

