

Madadeni Newca  
 Stanger Salt Rock  
 Ranklin Himevillelx  
 Matatiele Swartberg  
 Lerberg Harding L  
 Gate Palm Beach  
 e Pennington Port  
 Port Shepstone Ra  
 urgh Shelly Beach  
 oom Umkomaas Y  
 Ubombo Umzumba  
 argle Widenham L  
 pendile Mooi Riv  
 ya New Hanover  
 chmond Wartburg  
 Ingwavuma Mtub  
 own Kranskop W  
 tslaagte Estcourt  
 rton Babanango  
 ndini Melmoth M  
 Louwsburg Mah  
 Paulpietersburg L  
 rryheid Stella Ad  
 Bhisho Braunscl  
 Dordrecht Elliot  
 laga-Haga Hamk  
 umansdorp Jeffr  
 th Keiskammaho  
 omga Mdantsan  
 Queenstown St  
 eim Tarkastad  
 anyesa Taung Whittlesea Am  
 d Pampierstad Mareetsane M  
 g Bethlehem Setlagole Tos  
 Excelsior Clarens Clocol  
 mith Kestell Ficksburg Fo  
 y Marquard Hobhouse  
 Rosendal Memel Vre  
 espruit Senekal Ste  
 berdeen Van Reer  
 Bedford Addo A

le Utrecht Ballito  
 Bulwer Cedarville  
 po Kokstad Sezel  
 g Umzimkulu Kels  
 Dalton Ifafa Bec  
 ach Park Hibberd  
 Port Edward Bo  
 one Ramsgate Mk  
 Beach Dundee G  
 komaas York Umtr  
 o Umzumbe Howi  
 Widenham Balgo  
 idile Mooi River  
 New Hanover N  
 chmond Wartburg  
 Ingwavuma Mtu  
 eytown Kranskop  
 landslaagte Ester  
 Winterton Baban  
 eni Mandini Mel  
 s Bay Louwsbur  
 ma Reivilo Paulpi  
 la Ulundi Vryheic  
 Balfour Berlin Bh  
 ncart Dohne Dor  
 ufort Gonubie H  
 tzog Hogsback  
 y Katberg Kei M  
 ng William's Tov  
 rgan's Bay Ng  
 Francis Bay Stuf  
 Bay Stuf  
 Bay Stuf  
 Bay Stuf

# VIGOUR & VERVE

coffee & everything in between



## MORNING FOOD

Breakfast closes at 11h00

**V HEALTH BREAKFAST BOWL** **35**  
muesli mix - dried fruit - seeds & oats - fresh fruit - plain yoghurt - honey

**EXPRESS BREAKFAST** **45**  
two eggs - bacon - cherry tomatoes - slice of toast

**V&V BREAKFAST** **80**  
two eggs - bacon - local sausage - panfried rosemary cherry tomatoes - herbed mushroom - slice of toast

**OMELETTE - create your own** **40**  
3 egg cheddar cheese omelette - slice of toast

**fillings**  
tomato or onion or green pepper or spring onion or chilli **5**  
herbed mushrooms **15**  
chicken strips **15**  
beef strips **15**  
two rashers bacon **15**

**SOUTH AFRICAN OMELETTE** **70**  
3 egg omelette - local sausage - caramelized onion - panfried cherry tomato - sliced potato - touch of chilli - slice of toast

**JUST EGG ON TOAST - with a side of chips** **35**  
3 eggs scrambled on toast - panfried cherry tomatoes

## SARMIES

### FROM THE SANDWICH PRESS

choose from our selection of freshly baked breads - baguette - low GI seed loaf - 70% country rye - crisp ciabatta - wraps

sandwiches can be toasted - plain or open - served with chips

**VIVACIOUS CHICKEN MAYONNAISE** **80**  
grain mustard mayonnaise - dill pickle - rocket leaves

**TUNA MAYONNAISE** **80**  
whole grain mustard - celery - onion - mozzarella

**V CHEDDAR - MOZZARELLA** **70**  
tomato - onion marmalade - basil pesto

**BUTTER CHICKEN WRAP** **75**  
our signature butter chicken - wrapped in roti bread

**CHICKEN TRAMEZZINI** **75**  
cajun spiced - shredded chicken mayo - sweet pineapple - red pepper salsa

**V VEGGIE TOASTIE** **70**  
sautéed mushrooms - braised onion - tomato - cheddar - tomato chutney - fresh green chilli - toasted between two roti

## EASY FOOD

**TEMPURA CALAMARI** **65**  
fried tempura calamari - tartar sauce

**STRIPS TO DIP** **70**  
herbed crumbed chicken strips - panfried - basil pesto infused aioli - fresh lemon - rocket side salad

**BBQ CHICKEN WINGS** **65**  
Flame grilled - sticky & sweet - chips

**CHICKEN LIVERS** **55**  
braised spicy livers - fresh chilli chutney - bruschetta

**GO FISH** **75**  
hake fillet goujons - calamari rings - grilled or panfried - chips tartar sauce

**V VEGGIE PAN** **70**  
gourmet brinjal bites - crumbed mushrooms - cheesy sweet corn samosas - vegetable springrolls - chips - sweet chilli dipping sauce

**V CRUMBED MUSHROOMS** **55**  
crispy deep fried crumbed button mushrooms - roasted garlic mayo

## SALADS

**CHICKEN COBB SALAD** **85**  
grilled chicken - lettuce - tomato - cheddar - baby greens - crispy bacon bits - avo\* - toasted seeds - crunchy croutons

**STEAK SALAD** **90**  
tender beef strips - avo\* - marinated cherry tomatoes - spring onion - salad greens - honey mustard dressing

**V GREEK SALAD** **70**  
baby leaves - cherry tomatoes - green pepper - cucumber - onion - local olives - feta

**V ITALIAN SALAD** **70**  
baby leaves - cherry tomatoes - green pepper - cucumber - onion - local olives - mozzarella

**TUNA & AVOCADO** **85**  
baby leaves - cherry tomatoes - green pepper - cucumber - onion - tuna - avo\*

**V** Vegetarian \* Seasonal

## BURGERS

**BURGERS served with rustic fries**  
150g beef or lamb patty or chicken fillet - lettuce - tomato - jalapeño mayo - gherkin - homemade relish - cheddar cheese

**LAMB** **85**  
**BEEF** **85**  
**CHICKEN** **75**

**SKINNY BURGERS without the bun** **less 5**  
**ADD** **15**  
avo\*  
bacon  
jalapeños  
egg

**TUMERIC CHICKEN BURGER WITH TANDOORI MAYO** **75**  
150g chicken fillet - light & mildly spiced slaw - tandoori mayo rustic fries

## HOUSE FAVOURITES

**CHOPS CHUTNEY** **150**  
300g lamb loin chops - braised in spicy chutney - served with roti or rice

**RIB & WING** **125**  
300g ribs - 250g wings

**½ CHICKEN** **95**

**CHICKEN & MUSHROOM** **85**  
grilled chicken breast - creamy mushroom and rosemary sauce

**CALAMARI** **95**  
calamari - grilled or fried - tartar sauce

**HAKE & CALAMARI** **135**  
hake fillet 200g - calamari - grilled or fried - lemon or peri peri butter

**THE ABOVE IS SERVED WITH EITHER RUSTIC FRIES - MASHED POTATO - SIDE SALAD - VEG OF THE DAY**

**FISH & CHIPS** **95**  
hake fillet - grilled or fried - tartar sauce

**SLOW ROASTED LAMB SHANK** **225**  
lamb shank - slow braised - herbed mashed - veg of the day

**OUR SIGNATURE BUTTER CHICKEN** **95**  
basmati rice - roti - pickles - sambals - cucumber raita

**LAMB CURRY** **145**  
the traditional way - basmati rice - roti - papadum - sambals - cucumber raita

**CHICKEN & PRAWN CURRY** **225**  
basmati rice - roti - papadum - pickles - sambals - cucumber raita

**ALL DAY BREAKFAST** **75**  
2 eggs - bacon - local sausage - baked beans - seared cherry tomato - chips

## V&V GRILLS

served with either rustic fries - mashed potato - side salad - veg of the day

**RUMP 300g** **145**  
**RUMP 200g** **115**

**LAMB CHOPS 300g** **150**

**STICKY RIBS 400g** **140**

**MIXED GRILL** **150**  
shisa nyama - wors - 1/4 chicken leg - 200g rump

## PIZZA & PASTA

with fresh garlic and green chilli oil available on a plain or whole-wheat pizza base

**V PLAIN MARGERITA** **65**

**THE PHOENIX** **125**  
natal lamb curry - cucumber raita

**GORIMA'S BUTTER CHICKEN** **95**  
our signature butter chicken - cucumber raita

**MIDLANDS DARGLE CHICKEN** **90**  
chicken strips - mozzarella - pepperdew - mushroom - onion

**V JEFFREY'S HIPPIY** **90**  
mushroom - olives - artichokes - grilled onion - green peppers - avo\*

**SPICE ROUTE** **90**  
tandoori spiced chicken - baby marrow - chopped onion

**V&V FETTUCCINE** **90**  
spiced grilled chicken breast - fettuccine - cream & mushroom sauce  
**OR** grilled seasonal vegetables - splashed with napolitano sauce

**chicken vegetable** **75 65**

**CHILLI CHICKEN & PRAWN FETTUCCINE** **135**  
medium prawns - chicken - garlic - olive oil - white wine - chilli

**BEEF PASTA** **85**  
beef strips - fettuccine - mushrooms - white wine - napolitano sauce - touch of cream



## ON THE SIDE

### SAUCES

V&V BBQ - Cheese - Mushroom - Peri Peri - Pepper

25

### VEG OF THE DAY

25

### SIDE SALAD

25



## V&V KIDS

Children under 12 only

60

All kid's meals include a 100ml milkshake and ice cream & chocolate sauce

### KIDDIES PIZZA

cheese - tomato  
ham - cheese

### KIDDIES SANDWICH

cheese - tomato  
chicken mayonnaise

### KIDDIES BEEF BURGER & CHIPS

### KIDDIES CHICKEN BURGER & CHIPS

### KIDDIES CHICKEN STRIPS & CHIPS



## SWEET TEMPTATIONS

### FRUIT SALAD & ICE CREAM

45

### WAFFLES

maple syrup - chocolate sauce - choice of two sweet toppings  
cream or ice cream

45

### ICE CREAM

vanilla ice cream - topped with your choice of  
two sweet toppings

45

### HARVEST TABLE

choose from a selection of cakes, desserts and pastries  
individually priced

Prices include VAT. Service charge not included. All items subject to availability.  
Variations to dishes may lead to delays. All extras & substitutions may incur an extra  
charge. Not responsible for food asked well done. Regret no cheques accepted.  
Prices may change without prior notice.



## COLD BEVERAGES

### FRUIT JUICE

25

sir fruit - ask for the available flavours

APPLETISER 330ml

28

GRAPETISER 330ml

28

SOFT DRINKS 300ml

22

SUGAR FREE SOFT DRINKS 300ml

21

SHAKES - silky smooth milkshakes

30

banana - bubblegum - chocolate - coffee - lime -  
strawberry - vanilla



## HOT BEVERAGES

decaffeinated coffee available

add 2

SINGLE ESPRESSO

15

DOUBLE ESPRESSO

20

REGULAR CAPPUCCINO

20

GRANDE CAPPUCCINO

25

double-shot espresso

AMERICANO

20

espresso topped with water

CAFÉ LATTE

20

Hot milk over an espresso - capped with foam

CAFÉ MOCHA

20

COFFEE ALTERNATIVES

HOT CHOCOLATE

25

CHAI LATTE

25

RED CAPPUCCINO

25

TEA TIME

20

5 roses ceylon

ask your waitron for the available classic collection

TSGO REWARDS MEMBERS  
ENJOY INSTANT DISCOUNTS



Ts & Cs apply