



Great Food & Great Wine

Take Away

Pre-order to avoid waiting - Wine Sales Daily as per regulations

Monday to Sat - 9 am to 5pm

Sundays - 9am to 1pm

Deliveries

Wed to Sat - between 2pm and 5pm

Sundays - between 11am and 1pm

Delivery Route

Wed; Thurs; Fri; Sat; Sun - Bot River, Arabella, Maremanna, Houw Hoek

Thurs; Fri; Sat; Sun - R43 up to Hermanus, R44 up to Betty's Bay

Wed; Fri - N2 between Caledon and Grabouw

Free Deliveries for Bot River

How it works

- Order not later than 11am on the day of delivery.
- Make sure you leave a contact number so that we can confirm everything.
- Orders above R350 are delivered for free. You pay R40 for orders below R350.
- Pay by EFT and send proof of payment via email, sms or whatsapp.
- Check that we received your order and proof of payment.
- We will call you when we are at your gate and leave your parcel at your door. Enjoy!

Call 028 284 9809 WhatsApp 082 944 4524

Email info@ecologylifestyle.co.za

Please Note

Ecology cares about the well being of our customers. We have implemented health & safety measures to give you complete peace of mind. Some of our menu items may contain nuts or traces of nuts. We rely on fresh farm ingredients and all items are therefore subject to availability. We value all of our customers. If you have any compliments or complaints, please contact the manager on duty. We rely on your support and encouragement to run a good establishment.



STARTERS, SOUPS & SIDES

SAMOOSAS - (Served with a tamarind sauce and coriander chutney)	x 4	x 8
Spinach & Feta	R 30	R 55
Chicken	R 35	R 65
Mutton	R 45	R 80
BAJIAS: Chilli Bites made with organic garden spinach		R 35
SOUPS - Served with Roosterkoek and a wedge of lemon	350ml	750ml
Samp & Bean Soup	R 45	R 80
Roasted Butternut & Red Pepper Soup or Spicy Chicken & Veg Soup	R 50	R 90
ADD: x 2 Roosterkoek		R 10
SALOMIE - Paratha style roti filled with your choice of:		
Butterbean Curry		R 60
Chicken Curry		R 70
Mutton Curry		R 80

OUR SIGNATURE CURRIES

BUTTER BEAN CURRY	R 90
Vegetarian. Served with yoghurt raita, Paratha - style roti, wedge of lemon, onion & tomato kachumber and mango achar.	
SPICY YELLOW DHAL	R 90
Vegetarian. Served with yoghurt raita, Paratha - style roti, wedge of lemon, onion & tomato kachumber and mango achar.	
GREEN MUNG DHAL	R 90
Vegetarian. Served with yoghurt raita, Paratha - style roti, wedge of lemon, onion & tomato kachumber and mango achar.	
CHICKEN CURRY	R 95
Free Range. Served with onion & tomato kachumber, mango achar and a wedge of lemon. Choose basmati rice or a Paratha - style roti.	
BUTTER CHICKEN	R 95
Free Range. Served with onion & tomato kachumber, mango achar and a wedge of lemon. Choose basmati rice or a Paratha - style roti.	
DHAL GOSH	R 110
Dhal & Mutton Curry in one. Served with onion & tomato kachumber, mango achar and a wedge of lemon. Choose basmati rice or a Paratha style roti.	
MUTTON CURRY	R 120
Organic & Free Range. Served with onion & tomato kachumber, mango achar and a wedge of lemon. Choose basmati rice or a Paratha - style roti.	
ADD EXTRA: Rice or Roti or Couscous	R15

We rely on fresh farm ingredients.
All items are subject to availability



FLAME GRILLED SPECIALITIES

GOURMET ORGANIC SHIRAZ BURGER	R 90
200g Hand-crafted Nguni beef burger, served on homemade sesame buns, garnished with Shiraz-based red onion relish, greens & mayo. Choose between a flame - grilled mealie or pap & smoor	
FLAME GRILLED ORGANIC PERI - PERI BABY CHICKEN	R 125
Free Range. 500g - Whole butterflied flame grilled baby chicken with double cream yoghurt raita, a slice of lemon and Roosterkoek. Choose between a flame - grilled mealie or pap & smoor	
SOUTH AFRICAN ORGANIC BRAAI PLATE	R 140
PaardenKloof organic lamb chops, boerewors and a flame - grilled mealie. Served with Roosterkoek or pap & smoor.	
ADD EXTRA: Mealie or pap & smoor	R 15

OUR FAMOUS WOOD FIRED PIZZAS

Thin base gourmet pizzas from our wood fired oven

MARGHERITA	R 65
Fresh oregano, garlic and cherry tomatoes topped with mozzarella and cheddar cheese.	
ECO REVOLUTION	R 90
Caramelized butternut and beetroot, sprinkled with honey roasted pumpkin seeds, mozzarella, cheddar and feta cheese, rocket and a drizzling of hand-made pomegranate reduction.	
CHICKEN & SWEET CHILLI	R 90
Strips of chicken, mushrooms, sweet chilli sauce, colourful peppers, sesame seeds, topped with a generous sprinkling of mozzarella and cheddar cheese.	
PAARDENKLOOF FYNBOSSIE	R 100
Marinated lamb strips topped with mozzarella and cheddar cheese, oregano, peppers, red onion marmalade and olives.	

SWEET FAVOURITES

KOEKSISTERS	R 30
Three Cape Malay style koeksisters dipped in syrup and dusted with fine coconut.	
CARAMEL BAKED CHEESE CAKE	R 40
Lovingly hand-made baked cheese cake with a crumbly biscuit base. Topped with a layer of caramel. Serves 1.	
CARROT CAKE	R 95
Homemade square loaf carrot cake with cream cheese topping just like it was made in grandma's kitchen. Serves 4 to 6; refrigerates well.	

We rely on fresh farm ingredients.
All items are subject to availability



**BLAST FROZEN 100% PURE COLD PRESSED
JUICES AND SMOOTHIES - GMO FREE!**



Check full menu or call for details

Fruit & Green Veg Juices

Green Veg Juices

Fruit & Red Veg Juices

Fruit & Carrot Juices

Only Fruit Juices

Dairy Smoothies

Dairy Free Smoothies

Sport Juices & Smoothies

JUICES, SOFT DRINKS & MILKSHAKES

Check full menu or call for details

Sparkling 100% Fruit Juice & Blends - 330 ml & 750ml

Still 100% Fruit Juices & Blends - 330 ml & 1 Litre

Iced Teas - 330ml and 500ml

Vitamin Water - 500ml

Water - 550ml, 1 litre and 1.5 litre

Various Soft Drinks and Coke Products

MILKSHAKES

Chocolate, Strawberry, Banana, Lime or Vanilla Kids - R30 / Adults - R 40

Iced Coffee - Frappuccino style R 35

Coffee Shake - Espresso and coffee grounds in Vanilla ice cream R 48

HOT BEVERAGES

Five Roses R 20

Rooibos, English Breakfast, Earl Grey, Strawberry, Raspberry, Spiced Chai, Camomile, Lemon, Green Tea, Peppermint, Black Currant. R 25

Hot Chocolate R 30

Filter Coffee R 15 Red Cappuccino R 35


Decaf Coffee R 20 Red Espresso R 25

Americano R 20 Double Red Espresso R 40

Cappuccino R 25 Café Latte R 45

Espresso R 15 Decaf Latte R 45

Double Espresso R 25 Rooibos Latte R 45





PAARDENKLOOF

Be Captivated by Nature

BOUTIQUE WINES

Ecology Sauvignon Blanc 2018	Fresh Fynbos, crispy and tropical with notes of passion fruit. Full inviting mouth and great balance.	R 70
Ecology Sauvignon Blanc 2014 <i>Desert Rose</i>	Aromas of tropical fruit and ripe granadilla. Lemon grass, quinces and kumquats. Finish in pomelo and grape fruit.	R 80
Ecology Pinot Noir 2014 <i>Desert Rose</i>	Rosé style, red gold in colour. Distinct Pinot Noir nose, layered dried rose petals, vanilla pods, and raspberries. Pomegranate and sour cherries.	R 120
Ecology Shiraz 2014	Easy drinking 100% Shiraz. Ruby Red, hints of purple. Ripe Plum with layers of strawberry and caramel toffee. Minimal oak retains fynbos floral pedigree.	R 140
Ecology Cabernet Sauvignon 2014	Ruby red with purple edge. Berry fruits with layers of caramel, leather and tobacco. Big tannins, a soft creamy mouthfeel and a long- lasting finish.	R 180
PaardenKloof Sauvignon Blanc 2017 <i>Springtide</i>	Tropical aromas of granadilla and fresh cut paw-paw. Seductive oyster shell sensation. Maritime origin. Delightful texture emphasises minerality and terroir.	R 100
PaardenKloof Pinot Noir 2013 <i>The Kiss</i>	Layered with red cherries and raspberries and hints of cinnamon. Delicate & confident. Lingering with a grippy texture.	R 220
PaardenKloof Shiraz 2010 <i>The Long Road</i>	Dark ripe plum epicentre. cool climate origin, white pepper bouquet. Hints of truffle and dark berry fruits. Lightly oaked. Full texture and grip.	R 240
PaardenKloof Cabernet Sauvignon 2011 <i>Fynboshuis</i>	Ripe black currant. Dark stone fruits layered with sweet cigar box, cassis and caramel. Rich full bodied and creamy. Generous velvety smooth tannins. Complex & elegant.	R 280
* PaardenKloof Sauvignon Blanc 2013 <i>Bend in the Road</i>	Typical cool climate. Fresh lime & grapefruit on the nose. Exceptional aging ability. Bright & focused. Clean, refreshing orchard & Fynbos flavours. Perfect balance. Veritas Gold!	R 200
* PaardenKloof Shiraz 2008 <i>Die Lang Pad</i>	Dark ripe plum, layered with black pepper & ripe cherry. Earthy tones, roasted nuts in caramel. Flavours of almond lending a sweet well rounded finish.	R 500
* PaardenKloof Shiraz 2009 <i>The Long Road</i>	Intense ripe plum colour. Clear brilliant purple edge. Fruity with plum and cherry flavours, hints of fynbos potpourri and white pepper. Seductively layered. Lively long finish.	R 600
* PaardenKloof Cabernet Sauvignon 2010 <i>Fynboshuis</i>	Dark ruby red & purple edge. Showing red and black berries, layers of caramel, leather and tobacco. Big tannins with a soft creamy mouth and a long-lasting finish.	R 650
* PaardenKloof Cabernet Sauvignon 2009 <i>Agterhuis</i>	Deep, dark, ripe plum colour. Youthful purple edge. Dominant fruity cranberry and blue berry flavours. Hints of cinnamon and cherry tobacco. Perfectly balanced, fine, creamy mouth feel. Lingering dark chocolate finish. Top 1% wines in the world on Vivino.com!	R 750

*** Vintage Range. Limited Stock!**





CRAFT BEERS AND CIDERS

CRAFT BEER

HKB Saison Light Beer	Light, touch of wheat, moderately spicy, Fruity & dry.	R 35
HKB Blonde Beer	Belgian style beer, 100% barley malt, lightly hopped.	R 35
Hermanus Old Harbour	Overberg barley, Southern Hops, Preservative free.	R 39
Birkenhead Premium Lager	Medium bodied. Malty, fruity & honey aroma.	R 39
Birkenhead Honey Blonde	Sweeter than Continental Lager, malty, lightly hopped,	R 39
Frasers Hoppy Lager	Passion, Cascade and Cira Hops. Lemon & lime notes.	R 39
Frasers English Pale Ale	Balanced, nose freshly baked biscuits and citrus hops.	R 45
Frasers Moer Koffie Stout	Milk Stout. Coffee, Caramel, and Dark Chocolate.	R 48
Old Potters Plaas Japie	Belgian style dry ale. Spicy, subtle orange and citrus.	R 42
Old Potters City Slicker	Ale, Overberg barley. baked bread. American hops.	R 42
Old Potters Rooinek	Copper Ale, Overberg barley. Toffee and caramel.	R 42
Old Potters Flower Child	Hops driven India pale ale. Bitter, with a malty profile.	R 42

CIDERS

Eversons Original	Crisp bitter sweet green apple. Full bodied.	R 30
Eversons Original Light	Crisp bitter sweet green apple base, light 3 %.	R 30
Eversons Pomegranate	Apple & pomegranate juices, Cherry & boiled sweets.	R 39
Eversons Cloudy Cider	Sweeter than normal. Apple driven. Full bodied.	R 30
Eversons Blueberry	Apple base with blueberry juice. Full bodied.	R 30
Eversons Non Alcoholic	Gluten free fresh pressed Non-fermented apple juice.	R 35

