



## Ecology Restaurant & PaardenKloof Wines

### MORNING MENU

**A Warm Welcome to You!**

**We take pride in keeping things real and down to earth. We hope you enjoy your experience with us.**

**Taste our great Wines & Delicious Food. Explore our gardens. Visit our Vinothèque. Pop into our Deli and Nursery. See our Children's Play Area and Veggie Patch. Say hello to our Farmyard Animals and take in the Views.**

**Please let us know if we can do anything to make your experience memorable.**

**Enjoy your visit**

#### Note

Some of our menu items may contain nuts or traces of nuts. We are pet friendly, but please keep your pet on a leash and do not allow it to disturb other guests. If your pet hurts anyone, it's your fault. Please make sure you avoid this from happening. We may refuse to serve alcohol to any person that we consider to be beyond the limit.

We do not tolerate racism, sexism, prejudice and bad behaviour.

We rely on fresh farm ingredients and all items are therefore subject to availability. We regret, no split bills. We have a 10% service charge for tables of 8 or more guests.

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 business.

**SERVED FROM 8h30 to 11h30**

**ECOLOGY BREAKFAST**

**R 60**

Two eggs, grilled tomato, mushrooms, baked beans, bacon or macon.  
Served with butter, preserves & toast.

**OVERBERG FARMER'S BREAKFAST**

**R 78**

Two eggs, sausage, mushrooms, baked beans, bacon or macon, grilled  
tomato, Served with butter, preserves & toast.

**SHAKSHOUKA**

**R 68**

North African style breakfast. Two eggs, slow cooked sunny side up in  
mildly spiced tomato, baby spinach and onion vagaar. Served with butter  
and toast.

Add farm style sausage, bacon or macon- see Extras below

**ECOLOGY HEALTH BREAKFAST V\***

**R 65**

Granola, double cream yoghurt and fresh fruit, drizzled with berry  
compote and served with PaardenKloof honey.

**EGGS BENEDICT WITH BACON**

**R 78**

Perfectly pouched eggs, bacon and mushrooms served on home made  
Roosterkoek and drizzled with Hollandaise sauce.

**EGGS BENEDICT WITH TROUT**

**R 90**

Perfectly pouched eggs, smoked trout and mushrooms served on  
home made Roosterkoek, drizzled with Hollandaise sauce.

**PLAIN OMELETTE V\***

**R 45**

Lightly spiced eggs folded in an omelette and lightly garnished. Served  
with butter and toast.

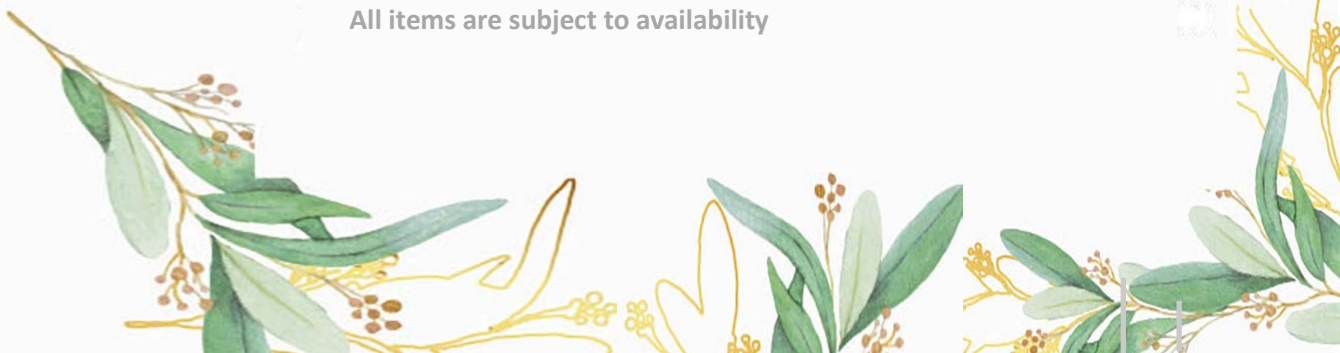
**CHEESE & BACON OMELETTE**

**R 75**

Lightly spiced eggs in an omelette filled with cheese, bacon and  
mushrooms. Served with butter and toast.

**BREAKFAST**

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**SERVED FROM 8h30 to 11h30**

<b>FREE RANGE GRILLED CHICKEN SALAD</b>		<b>R 80</b>	
Ecology Garden Salad topped with marinated grilled chicken strips.			
<b>FREE RANGE ORANGE &amp; SWEET CHILLI CHICKEN SALAD</b>		<b>R 85</b>	
Ecology Garden Salad topped with pan-fried chicken strips, sesame seeds, orange segments, with a drizzle of honey, soya and orange dressing.			
<b>SMOKED TROUT &amp; CAPER SALAD</b>		<b>R 105</b>	
Ecology Garden Salad topped with smoked Overberg trout and capers			
<b>FRENCH TOAST</b>		<b>R 48</b>	
Delicately spiced French toast with slices of fried banana. Served with your choice of PaardenKloof honey or maple syrup. Add bacon or macon - see Extras below			
<b>CHILDREN'S BREAKFAST</b>		<b>R 40</b>	
One egg and bacon, macon or sausage. Served with a slice of toast, butter and one preserve. Only for under 12's please!			
<b>BREAKFAST EXTRAS</b>			
One Egg	<b>R 12</b>	Mushrooms <b>V*</b>	<b>R 15</b>
Toast	<b>R 5</b>	Butter and Preserves	<b>R 18</b>
Bacon or Macon	<b>R 18</b>	Bowl of Yoghurt	<b>R 15</b>
Farm Style Sausage	<b>R 15</b>	Portion of Cheese	<b>R 15</b>
Chipolata	<b>R 12</b>	Grilled Tomato <b>V*</b>	<b>R 10</b>
Roosterkoek x 2	<b>R 9</b>		

**SALADS & EXTRAS**

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**SERVED ALL DAY**

**BREAKFAST KOEKSISTERS V\***

**R 35**

A South African favourite. Three Malay style koeksisters dipped in syrup and dusted with coconut.

**SAMOOSAS**

Four Samosas Served with a tamarind sauce and coriander chutney

Mutton Mince

**R 48**

Chicken Mince

**R 40**

Spinach and Feta **V\***

**R 35**

Potato **V\***

**R 30**

**BAJIA V\***

**R 40**

A bundle of crispy chilli bites. Organic garden spinach dipped in spiced chickpea flour and deep fried to a golden colour.

**CHEESE AND SNACK PLATTER**

**Full Portion**

**R 280**

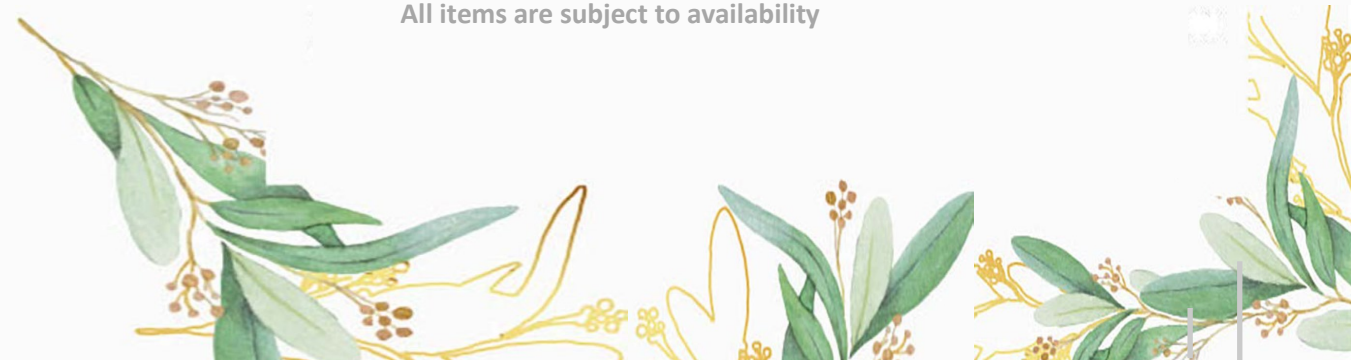
**Half Portion**

**R 180**

Four hand-crafted cheeses, two pestos, crumbed chicken strips, Cajun calamari strips, spinach & feta samosas, crackers, mayo & chilli dip, yoghurt & cucumber raita and traditional Roosterbrood slices.

**SNACKS & PLATTERS**

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**COFFEE**

Filter Coffee	R 15	Double Espresso	R 25
Cappuccino	R 25	Decaf Double Espresso	R 32
Decaf Cappuccino	R 30	Red Cappuccino	R 35
Baby Chino	R 12	Single Red Espresso	R 24
Americano	R 22	Double Red Espresso	R 38
Decaf Americano	R 28	Café Latte	R 42
Espresso	R 15	Decaf Latte	R 48
Decaf Espresso	R 20	Rooibos Latte	R 45

**CEYLON & SPECIALTY TEA**

Five Roses	R 22
English Breakfast , Earl Grey and Rooibos	R 28
Strawberry, Raspberry, Camomile, Lemon, Green Tea, Peppermint Tea, Black Currant or Spiced Chai Tea-bag	R 28
Masala Tea - Pot of Boiled & Spiced Authentic Indian Chai	R 55

**MILKY DRINKS**

Hot Chocolate	R 30
Glass of Milk	R 15

**100% PURE FRUIT JUICE - Pressed**

Orange, Mango, Orange & Mango, Mixed Berry- Adult per Glass	R 30
Orange, Mango, Orange & Mango, Mixed Berry - Kids per Glass	R 22

**100% PURE FRUIT JUICE- Cans**

Cappy - Apple, Orange, Orange & Mango	R 28
Red Grapetizer and Appletizer	R 25
Iced Tea (ask your waitron about flavours)	R 25
500ml Sparkling and Still water	R 18
1 liter Sparkling water & 1 liter Still water	R 28

**MILKSHAKES**

<b>ADULT</b> - Vanilla, Chocolate, Strawberry, Banana, Lime or Bubblegum	R 45
<b>KIDS</b> - Vanilla, Chocolate, Strawberry, Banana, Lime or Bubblegum	R 35
Coffee Shake	R 50
Frappuchino Iced Coffee - <b>LARGE</b>	R 50
Frappuchino Iced Coffee - <b>SMALL</b>	R 40



Since 1880

PaardenKloof is our premium label. The wine is made in small batches in perfect harvesting conditions. The Wood & Bottle Aging regime is finely tuned to achieve true art in a glass.

The grapes are grown on the mountains next to the sea where Khoi-San communities lived for thousands of years. Our farm was named PaardePoort by the Governor of the Cape in the 1880, and was given to Voortrekker frontiersmen who farmed the outskirts of the Cape Colony. They later called it PaardenKloof.

We have high altitude shale and sandstone vineyards. Leopard, Caracal, Wild buck, Foxes, Jackals, Eagles, Hawks, Peregrines, Porcupines, Blue Cranes and other wildlife roam alongside our Nguni cattle and Organic Sheep grazing in our pristine fynbos mountains.

The style of our wines are coastal cool climate and are hand crafted by our master viticulturists and wine-makers. They are 100% single varietal, single vineyard, BWI accredited, IPW accredited and they conform to sustainable environmental and labour practices.

		Glass	Bottle	Case
<b>Sauvignon Blanc 2019</b> <i>Bend in The Road</i>	Classic cool climate Sauvignon Blanc. Passion fruit, mulberries, white peach and subtle fynbos on the nose. Lime, gooseberry and quince on the palate.	<b>R 30</b>	<b>R 110</b>	<b>R 660</b>
<b>Sauvignon Blanc 2017</b> <i>Springtide</i>	Tropical aromas of granadilla and fresh cut paw-paw. Seductive oyster shell sensation reveals maritime origin. Delightful texture emphasises minerality and terroir.	<b>R 35</b>	<b>R 120</b>	<b>R 720</b>
<b>Pinot Noir 2013</b> <i>The Kiss</i>	Layered with red cherries and raspberries and hints of cinnamon. Delicate & confident on the palate. Lingering, with a grippy texture.	<b>R 68</b>	<b>R 240</b>	<b>R 1440</b>
<b>Shiraz 2010</b> <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.	<b>R 75</b>	<b>R 260</b>	<b>R 1560</b>
<b>Cabernet Sauvignon 2011</b> <i>Die Fynboshuis</i>	Ripe black currant, dark stone fruits. Layered with sweet cigar box, cassis and caramel. Full-bodied, creamy mid-palate. Smooth tannins with a complex, elegant structure.	<b>R 90</b>	<b>R 320</b>	<b>R 1920</b>

We have a great selection of library and vintage wines available - Ask your waiter about them

## WINE TASTING

Three whites

R30

Three Reds

R50

Three whites/Three Reds

R70

Since 2007

Ecology is a lifestyle wine produced by Paardenkloof Estate. The style is easy drinking and represents our efforts to ensure sustainable practices on our farmlands and in our vineyards. The wines are well priced and are of exceptional quality and demonstrates their PaardenKloof pedigree and our unique terroir. These wines are highly rated Platter wines and are popular with our supporters.

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		Glass	Bottle	Case
<b>Sauvignon Blanc 2018</b>	Fresh Fynbos, crispy and tropical with notes of passion fruit. Full inviting mouth and great balance between freshness and roundness.	<b>R 20</b>	<b>R 75</b>	<b>R 450</b>
<b>Sauvignon Blanc 2014</b> <i>Desert Rose</i>	Aromas of tropical fruit and ripe granadilla. Lemon grass, quinces and kumquats follow on the palate, finish in pomelo and grape fruit.	<b>R 22</b>	<b>R 80</b>	<b>R 480</b>
<b>Pinot Noir 2014</b> <i>Desert Rose</i>	Red Gold colour, distinct Pinot Noir nose, layered dried rose petals, vanilla pods, and raspberries. Delicate and confident, highlighting pomegranate and sour cherries.	<b>R 45</b>	<b>R 140</b>	<b>R 840</b>
<b>Shiraz 2014</b>	Easy drinking 100% Shiraz. Ruby Red with hints of purple. Ripe Plum notes on entry with layers of strawberry and caramel Toffee. Minimal oak influences retain the wine's fynbos floral pedigree.	<b>R 45</b>	<b>R 170</b>	<b>R 1020</b>
<b>Cabernet Sauvignon 2014</b>	Ruby red with purple edge. Berry fruits upfront, with layers of caramel, leather and tobacco. Big tannins with a soft creamy mouthfeel and a long-lasting finish.	<b>R 55</b>	<b>R 195</b>	<b>R 1170</b>

ECOLOGY WINES

We have a great selection of library and vintage wines available - Ask your waitress about them

### WINE TASTING

Three whites

R30

Three Reds

R50

Three whites/Three Reds

R70



### SOFT DRINKS

Coke, Coke Zero, Sprite, Ginger Beer, Creme Soda, Fanta, Dry Lemon, Soda Water, Indian Tonic Water, Fitch & Leeds Club Soda	R 20
Red Grapetizer and Appletizer	R 25
Iced Tea (ask your waitron about flavours)	R 25

### NON ALCOHOLIC DRINKS

Bavaria Original	Pilsner Style Beer	R 34
Castle Alcohol Free Beer	Just like the real deal	R 28
Erdinger Non Alcoholic Malt Beer	Malty craft style beer	R 40
Eversons Non Alcoholic Cider	Gluten free fresh pressed Non-fermented apple juice.	R 35
Savanna Dry Non Alcoholic	Tastes like regular Savanna Cider	R 32
Hunters Chilled	Same crisp apple taste as always	R 28

### CRAFT BEER

HKB Blonde Beer	Belgian style beer, 100% barley malt, lightly hopped.	R 35
Hermanus Old Harbour	Overberg barley, Southern Hops, Preservative free.	R 45
Birkenhead Premium Lager	Sweeter than Continental Lager, malty, lightly hopped	R 35
Birkenhead Honey Blonde	Medium Bodied, Malty and fruity and Honey aroma	R 35
Frasers English Pale Ale	Balanced, nose freshly baked biscuits and citrus hops.	R 48
Frasers Moer Koffie Stout	Milk Stout. Coffee, Caramel, and Dark Chocolate.	R 48

### CRAFT CIDERS

Eversons Ciders	Apple, Pomegranate, Blueberry or Cloudy Apple	R 36
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### COMMERCIAL BEERS & CIDERS

Castle Lager	R 24	Black Label	R 26
Castle Lite	R 28	Savannah Dry	R 34
Windhoek Lager	R 25	Savannah Light	R 34
Windhoek Draught	R 30	Hunters Dry	R 34