

**MENU**

*Current*



## BREAKFAST

**Health Kick** ..... R85

Honey granola/muesli, yoghurt, seeds, seasonal nuts and fruit

**Croissant** ..... R45

Served with butter and Jam

**Add** Cheese (Cheddar, Gouda, Mozzarella) ..... R18

Ham ..... R20

Bacon ..... R20

Avo ..... R20

**Omelette/Scrambled - 2 Eggs** ..... R40

With a slice of toast of choice

**Add** Cheese (Cheddar, Gouda, Mozzarella) ..... R18

Bacon ..... R20

Ham ..... R18

Mushrooms ..... R20

Tomato & Onion ..... R18

**Sunrise** ..... R80

2 Eggs cooked to order, bacon, 2 beef sausages, grilled tomatoes, crispy potato rosti and a slice of toast

**Benedict Salmon** ..... R125

Creamed spinach, smoked salmon, crispy potato rosti, 2 poached eggs and hollandaise sauce

**Avo on Rye** ..... R95

Smashed avo and feta on a slice of toasted rye bread

## HEALTH JUICES

**Cold Pressed** ..... R45

**Beetroot** (apple, ginger, orange and raspberry)

**Carrot** (apple, orange, granadilla and ginger)

**Fresh Juices** ..... R45

Apple

Orange

Cranberry

Mixed Berries

Fruit Cocktail

## LIGHT MEALS

### **Fish Cakes** ..... R90

Crispy fish cakes, seasonal salad and horseradish sauce

### **Snack Board** ..... R155

Parma ham, grilled artichokes, cheddar, gouda, artisanal bread, hummus, olives, pickles, seasonal fruits, macadamia and cashew nuts

### **Nacho's** ..... R145

Cajun flavoured corn chips, spicy tomato salsa, grilled cheese and guacamole

### **Toasted Sandwiches**

Choice of brown, white or ciabatta bread

Cheese & Tomato ..... R55

Bacon & Avo ..... R65

Chicken Mayo ..... R65

Tuna Mayo ..... R65

### **Seafood Basket** ..... R155

A selection of crumbed seafood (Hake, calamari, prawn, crab and scallops) with a zesty lime tartar sauce and shoestring fries

## WRAPS

### **Chicken** ..... R115

Grilled chicken strips, basil pesto, feta, shredded lettuce, baby tomatoes, avo and spicy mayo

### **Pulled Pork** ..... R120

Pork shoulder, smokey BBQ sauce, german mustard, feta and herb slaw

### **Vegetarian Wrap** ..... R110

Roasted peppers, courgette, onion, carrot, tomato pesto and cheddar cheese

## SALADS

	Small	Large
<b>Seasonal House Salad</b> .....	R55	R90
Seasonal fruit and veg, avo, seeds, nuts and parmesan shavings on a bed of leafy greens		
<b>Chicken &amp; Avo</b> .....	R70	R130
Grilled chicken strips, celery, cucumber, seeds, nuts, feta, avo and spicy mayo on a bed of leafy greens		
<b>Smoked Salmon</b> .....	R80	R150
Smoked Norwegian salmon, apple, asparagus, avo, dill and caperberry (seasonal) on a bed of leafy greens		
<b>Chickpea &amp; Lentil</b> .....	R65	R115
Chickpeas, butternut, lentils, pumpkin, sunflower and sesame seeds, couscous, zucchini, brinjal, parsley, peppers and lime zest		
<b>Nicoise</b> .....	R70	R135
Boiled baby potatoes, boiled sliced egg, tuna, baby tomatoes, red onion, olives, green beans, anchovies with a Dijon mustard dressing		

## PIZZA

Tomato base with Mozzarella

<b>The Popeye</b> .....	R155
Spinach, green olives, anchovies, green peppers and capers	
<b>Margherita</b> .....	R105
Fresh basil	
<b>Bacon &amp; Feta</b> .....	R135
Smokey bacon, feta and avo	
<b>4 Seasons</b> .....	R135
Grilled artichokes, olives, mushrooms and brinjal	
<b>Pollo</b> .....	R150
Marinated chicken strips and roasted peppers	
<b>Diavola</b> .....	R145
Salami, olives, garlic, peppers and basil pesto	
<b>The Fat Pig</b> .....	R170
Pulled pork, chorizo, bacon, pepperdews, onion, feta, avo & garlic	
<b>The Tropical</b> .....	R135
Ham, pineapple, green pepper, avo and rocket	



## BURGERS

A bed of lettuce, tomato & onion salsa on a toasted sesame bun

<b>Cradle Moon Beef Classic</b> (180g pure beef patty) .....	R115
<b>Mushroom</b> (Large mushroom and caramelised onion) .....	R125
<b>Crumbed Brinjal</b> (Crumbed brinjal and cucumber) .....	R125
<b>Add</b>	
Avo .....	R25
Mushrooms .....	R25
Cheese .....	R18
Bacon .....	R25
Beer battered onion rings .....	R20
Shoestring fries .....	R20
Rustic chips .....	R20
Seasonal salad .....	R25

## MAINS

With a choice of shoestring or rustic chips or side salad

<b>Flame Grilled</b>	<b>Beef Fillet Milano (220g)</b> .....	R250
	<b>Beef Rump (300g)</b> .....	R215
	<b>Beef Sirloin (250g)</b> .....	R225
<b>Add</b>	Mushroom Sauce .....	R20
	Pepper Sauce .....	R20
	Cheese Sauce .....	R20
<b>Lamb Chops</b> .....		R245
	3 Karoo char grilled lamb chops with black pepper	
<b>Pork Ribs</b> .....		R230
	Rack of flame grilled ribs basted with a smokey BBQ sauce	
<b>Chicken Schnitzel</b> .....		R135
	Panko crusted chicken breasts with Napolitana sauce	
<b>Portuguese style chicken</b> .....		R145
	Half chicken with Mozambique peri-peri sauce	
<b>Fish</b> .....		R180
	Choice of grilled or fried Hake with a zesty lime tartar sauce	

## DESSERTS

<b>Cake of the day</b> .....	R45
<b>Brownies</b> .....	R60
With a scoop of vanilla ice cream	
<b>Ice Cream</b> .....	R50
Marshmallow Vanilla	Almond Halve
Mango	Pistashio Halve
Chocolate	
<b>Sorbets</b> .....	R50
Lemon & Lime	Pineapple & Coconut (sugar free)
Mixed Berries	Mango (sugar free)
Mango	

## CAFE'

Cappuccino .....	R35
Cafe latte .....	R40
Hot Chocolate .....	R40
Americano.....	R25
Tea .....	R25
Liqueur Coffee .....	R60
Hot water, lemon & honey .....	R15

## SOFT DRINKS / SODA'S

Coke, Coke Zero, Sprite, Sprite Zero, Creme Soda, Fanta, Lemon Twist, Granadilla Twist, Stoney .....	R25
Iced Tea (Peach, Lemon) .....	R25
Still & Sparkling water .....	R25
Appletizer & Grapetiser .....	R30
Liqui-fruit (Clear Apple, Orange) .....	R25

## MILKSHAKES

<b>Regular House Shakes</b> .....	R50	
Strawberry	Lime	Coffee
Chocolate	Bubblegum	Salted Caramel
<b>Gourmet Shakes</b> .....	R55	
Cookies & Cream		
Vanilla & Astro		



## BEERS & CIDERS

<b>Beer on Tap</b>	250ml	500ml
Castle Lite .....	R40	R50
Heineken .....	R45	R60
Windhoek .....	R45	R60
<b>Craft on Tap</b> <i>by Copperlake</i>		
Lime Gin .....		R65
Irish Red Ale .....		R60
<b>Beer in a Bottle</b>		
<b>SAB Local Brews:</b> .....		R32
Castle Lite, Castle Lager, Black Label, Hansa		
<b>Imported Brews:</b>		
Heineken, Windhoek Lager, Windhoek Draught .....		R38
Corona .....		R40
Amstel .....		R32
<b>Ciders</b>		
Flying Fish Lemon .....		R34
Strongbow Berries/Apple .....		R36
Hunters Gold/Dry .....		R38
Savanna Dry/Lite .....		R34
Smirnoff Storm/Spin .....		R34
<b>Non Alcoholic</b>		
Heineken 0 .....		R34
Savanna Free .....		R34

## CHAMPAGNE

	GLASS	BOTTLE
<b>Moet Chandon Brut</b> .....		R1600
White Flowers, Green Apple, Gooseberries		
<b>Veuve Clicquot Rose</b> .....		R1750
Red Berries, Strawberries, Cherry		
<b>Simonsig Kaapse Vonkel Brut</b> .....		R400
Granny Smith Apple, citrus, red berries		
<b>Moreson Miss Molly</b> .....	R80	R310
Lemon, Lime, Pineapple		
<b>Jc Le Roux</b> .....		R185
Red Berries, Strawberries, Cherry		

## ROSE'

	GLASS	BOTTLE
<b>Protea By Anthonij Rupert</b> .....	R45	R160
Ripe Cherry, Strawberries, Stone Fruit		
<b>Delaire Graff Cabernet Franc</b> .....		R250
Ripe Strawberries, Cassis, Candyfloss		

## WHITE WINES

	GLASS	BOTTLE
<b>Leopard's Leap Sauvignon Blanc</b> .....	R45	R160
Green Fig, Pear, Citrus		
<b>Delaire Graff Coastal Cuvee Sauvignon Blanc</b> .....	R45	R300
Blackcurrent, Gooseberry, Nettle		
<b>Leopard's Leap Chardonnay</b> .....		R160
Citrus, Pear, Buttery Biscuits		
<b>Delaire Graff Summercourt Chardonnay</b> .....		R340
White Peach, Tropical Fruit, Minerality		
<b>Mullineux Kloof Street Chenin Blanc</b> .....	R65	R230
Peach, Pear, Citrus		
<b>Leopard's Leap Culinaria Chenin Blanc</b> .....		R280
White Peach, Melon, Sweet Spice		
<b>Saronsberg Viognier</b> .....	R75	R340
Pear, Apricot, Floral		
<b>Paul Cluver Riesling</b> .....		R230
Mango, Pineapple, Lemon Sorbet		

## RED BLENDS

	GLASS	BOTTLE
<b>La Motte Millennium</b> .....	R53	R210
Raspberries, Mulberries, Cinnamon		
<b>Spier Creative Blocks</b> .....		R450
Cherry, Blackcurrent, Cedar		



## RED WINES

	GLASS	BOTTLE
<b>Leopard's Leap Cabernet Sauvignon</b> .....	R50	R175
Cassis, Dark Fruit, Well-structured		
<b>Glen Carlou Cabernet Sauvignon</b> .....		R330
Cherry, Mint, Dark Chocolate		
<b>Ghost Corner Pinot Noir</b> .....		R550
Cherry, Raspberries, Pomegranate		
<b>Protea Merlot <i>By Anthonij Rupert</i></b> .....	R50	R180
Blackberries, Plum, Spice		
<b>Lomond Merlot</b> .....		R300
Black Cherry, Boysenberries, Red Berries		
<b>Leopard's Leap Pinotage</b> .....	R50	R175
Red Berries, Plum, Exotic Spices		
<b>Diemersfontein Pinotage</b> .....		R350
Baked Plum, Dark Chocolate, Mint		
<b>Leopard's Leap Shiraz</b> .....	R50	R175
Fruit, Pepper, Spice		
<b>Simonsig Mr. Borio's Shiraz</b> .....	R65	R270
Plum, Blueberries, Cinnamon		

## RED BLENDS

	GLASS	BOTTLE
<b>La Motte Millennium</b> .....	R53	R210
Raspberries, Mulberries, Cinnamon		
<b>Spier Creative Blocks</b> .....		R450
Cherry, Blackcurrent, Cedar		

## **Cradle Moon Lakeside Game Lodge offers the following activities.**

<u>Game Drives:</u>	Approx 2.5hrs	<u>Boat Cruises:</u>	Approx 70 min
1-4 guests:	R400 p/p (min 2 guests)	2-10 guests:	R220 p/p (min 4)
5 or more guests:	R350 p/p	11-24 guests:	180 p/p
Children 2-12yrs:	R275 p/p	Children 2-12yrs	120 p/p

Cycling: From 06h30 or Sunrise in the morning - no persons allowed on Cycle routes after sunset  
5yrs and older R 80.00 Per person – with own bicycle incl Conservancy fee  
Bicycle Hire R 500.00 per bicycle

Hiking - NO GUIDE 06h30-16h00  
5yrs and older R 80.00 incl Conservancy fee  
Guests are welcome to hike on their own on the Marked Routes ONLY (Pink 5km & Green 9km)

Swimming: Swimming is only allowed after sunrise and before Sunset  
5yrs and older R 80.00 incl Conservancy fee  
**Please note that there are NO lifeguards on the property.**

Fly Fishing: From Sunrise to Sunset only  
5yrs and older R 100.00 per rod (own rod & flies) incl Conservancy fee

Canoeing/Paddling From Sunrise to Sunset only  
5yrs and older R 80.00 per person (with own canoe/paddle board/Sup) incl Conservancy fee

We have the following for rent at the Lake

- R 50.00 for Half an hour per person+ activity + Conservancy fee
- R 100.00- For 1 Hour per person + activity fee + Conservancy fee
- 4 x Double Kayaks 2 x Single Kayaks 1 x SUP Board 3 x Peddle Boat