



MENU

WELCOME TO FIVE MOUNTAINS GUEST FARM & SPA

EDIBLE GOODIES

Please join us in our dining area for some fresh edible goodies.
Alternatively, for cottage guests, enjoy our selection in your cottage.

Breakfast 8:00 – 11:00

Lunch 12:00 – 15:00

Please place your breakfast, lunch, picnic and braai pack order 48 hours
in advance.





BREAKFAST

HEATH BREAKFAST

Muesli, Yoghurt, Honey &
Fresh Seasonal Fruit

R 90

AVO ON TOAST

Toasted Sourdough with Smashed Avo,
Lemon, Olive Oil & Chili Flakes

- + Free Range Poached Egg
- + Bacon

R 85

+ R 15

+ R 25

OMELETTE

2 Egg Omelette with Bacon & Cheese
Toast (wholewheat or white) & Preserves

- + Mushrooms
- + Tomatoes

R 90

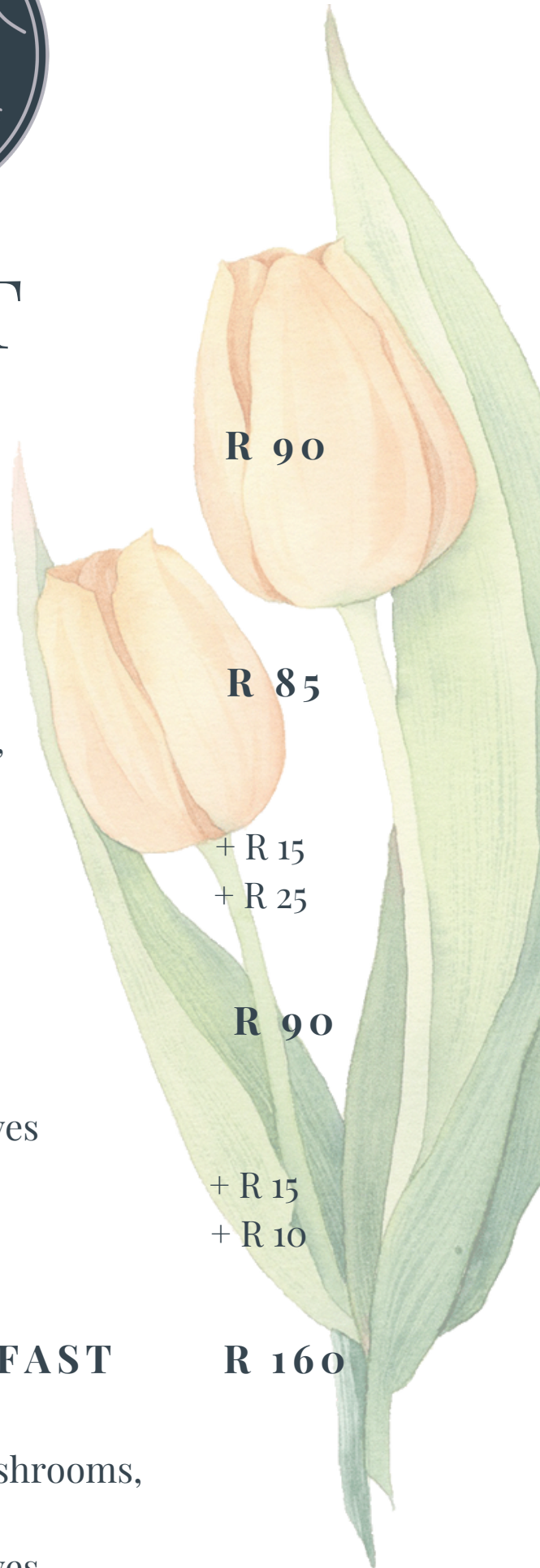
+ R 15

+ R 10

FULL FARMHOUSE BREAKFAST

R 160

2 Eggs (scrambled, fried or poached)
2 Rashers of Bacon, Sausage, Fried Mushrooms,
Fried Tomatoes
Toast (wholewheat or white) & Preserves





LUNCH

SEASONAL SOUP

Served with Fresh Bread

R 75

GREEK SALAD

Mixed Greens, Cucumber, Red Onion,
Rosa Tomatoes, Olives & Feta with House Vinaigrette

R 100

+ Avo

+ R 25

+ Grilled chicken

+ R 32

CLUB SANDWICH

Served with Chips and Salad

R 120

CHICKEN WRAP

Served with Chips and Salad

R 110

PIZZA

Margherita

R 90

Ham & Pineapple

R 160

Bacon, Avo, Feta

R 170

BEEF BURGER

Served with Chips and Salad

R 155

DESSERT

Ice Cream & Chocolate Sauce

R 58



DRINKS

SOFT DRINKS

Coke/Coke Zero	R 35
Lemonade	R 35
Soda Water	R 35
Tonic	R 18
Ice Tea	R 30
Appletiser/Grapetiser	R 45
Stoney's Ginger Ale	R 30
Still or Sparkling Water (500 ml)	R 25
Still or Sparkling Water (1 L)	R 38
Fruit Juice (1 L)	R 50

HOT DRINKS

Plunger Coffee	R 32
Rooibos Tea	R 28
Breakfast Tea	R 28
Hot Chocolate	R 45
Milo	R 45



DRINKS

BEERS & CIDERS

Castle Lager	R 40
Windhoek Lager	R 45
Devils Peak Lager	R 45
Castle Light	R 45
Black Label	R 30
Windhoek Draught	R 50
Castle Double Malt	R 50
Savanna Dry/Light	R 48

WINE AND BUBBLY

House White by the Glass	R 45
House Red by the Glass	R 50
Ken Forrester Petit Sauvignon Blanc	R 175
AA Badenhorst Secateurs Chenin Blanc	R 275
Warwick First Lady Chardonnay	R 275
Spier Chardonnay/Pinot Noir	R 200
Vrede en Lust Rosé	R 220
Franschoek Cellar Merlot	R 230
Durbanville Hills Pinotage	R 400
Kanonkop Kadette	R 300
JC Le Roux Brut or non-alcoholic	R 200
Villiera Tradition Brut MCC	R 380

Please enquire about our selection of spirits

