

### tea selection and hot drinks

add vanilla | hazelnut | caramel \_\_\_\_\_ R7

add almond milk | oat milk \_\_\_\_\_ R10

**tea** \_\_\_\_\_ R25

ceylon tea | rooibos | earl grey | green | chamomile  
peppermint | jasmine green | very berry | honey bush  
rooibos chai | black chai | vanilla rooibos

*enquire about our other tea options*

**signature tea** \_\_\_\_\_ R35

fresh ginger | honey | lemon

**chai latte** \_\_\_\_\_ R35

**dirty chai latte** \_\_\_\_\_ R50

**red flat white | red cappuccino** \_\_\_\_\_ R32

**red latte** \_\_\_\_\_ R35

**turmeric flat white** \_\_\_\_\_ R35

**manna brew superfood flat white** \_\_\_\_\_ R35

**hot chocolate** \_\_\_\_\_ R32

**chilli hot chocolate** \_\_\_\_\_ R35

**vegan hot chocolate (vg)** \_\_\_\_\_ R45

### coffee

add vanilla | hazelnut | caramel \_\_\_\_\_ R7

add almond milk | oat milk \_\_\_\_\_ R10

**espresso** \_\_\_\_\_ R24

**espresso macchiato** \_\_\_\_\_ R26

**americano** \_\_\_\_\_ R27

**flat white | cappuccino** \_\_\_\_\_ R29

**decaff flat white | cappuccino** \_\_\_\_\_ R32

**café latte** \_\_\_\_\_ R34

**café mocha** \_\_\_\_\_ R40

**cortado** \_\_\_\_\_ R34

**vietnamese drip coffee | condensed milk  
(iced or hot)** \_\_\_\_\_ R45

**classic iced coffee** \_\_\_\_\_ R35

double espresso | ice | full cream milk

### cold beverages

**still | sparkling water** \_\_\_\_\_ 330ml R15

\_\_\_\_\_ 500ml R25

**assorted cordials** \_\_\_\_\_ R8

roses cola tonic | roses passionfruit | roses lime

**fitch & leedes sodas** \_\_\_\_\_ R25

club soda | indian tonic | ginger ale | lemonade

**coke | coke zero** \_\_\_\_\_ R25

**theonista craft sodas** \_\_\_\_\_ R50

original ginger beer | light cola |  
sugar free cream soda | sugar free ginger beer

**theonista kombucha** \_\_\_\_\_ R50

pomegranate & rooibos | cape point blend

**cold pressed raw juices** \_\_\_\_\_ R55

• **go green:** apple | cucumber | kale | celery |  
lemon | parsley | mint

• **immune booster:** orange | carrot | lemon |  
ginger | cayenne pepper

• **just beet it:** beetroot | apple | cucumber |  
lemon | mint

• **seasonal fruit**

add: ginger | mint \_\_\_\_\_ R12

**juices** \_\_\_\_\_ R22

orange | mango | apple

**just berry yoghurt smoothie** \_\_\_\_\_ R55

**tomato cocktail** \_\_\_\_\_ R30

**bloody mary** \_\_\_\_\_ R45

**'tisers** \_\_\_\_\_ R27

appletiser | grapetiser

**rock shandy** \_\_\_\_\_ R40

soda water, lemonade & bitters

**steel works** \_\_\_\_\_ R45

cola tonic, soda water, ginger ale & bitters

**bos ice tea** \_\_\_\_\_ R25

lemon | peach | berry

**old fashioned milkshakes** \_\_\_\_\_ R49

vanilla | berry | chocolate | banana |  
coffee | strawberry

### non-alcoholic drinks

**Heineken 0.0** \_\_\_\_\_ R35

**Vergin non-alcoholic gin** \_\_\_\_\_ R40

Limon | Bloom

**Savannah Non-Alcoholic** \_\_\_\_\_ R35

### bottled beer, cider & gin and tonic

**Windhoek Draught | Light** \_\_\_\_\_ R30

**Savannah Cider (Light/Dry)** \_\_\_\_\_ R30

**Old Harbour Craft Lager** \_\_\_\_\_ 440ml R50

**Heineken** \_\_\_\_\_ R30

### white wines

**Creation Whalepod** \_\_\_\_\_ R55/R185

Sauvignon Blanc

**Iona Sophie Te' Blanche** \_\_\_\_\_ R50/R175

Sauvignon Blanc

**Gabrielskloof** \_\_\_\_\_ R55 /R220

Chenin Blanc

### methode cap classique

**Villiera Tradition Brut** \_\_\_\_\_ 750ml R250

**Villiera Tradition Brut** \_\_\_\_\_ 350ml R155

**Claudia Domaine des Dieux Brut** \_\_\_\_\_ R395

### rosé

**Iona Sophie Le Rosé** \_\_\_\_\_ R50/R175

Rosé

### red wines

**Gabrielskloof** \_\_\_\_\_ R65/R240

The Blend

**Iona Sophie Le Rouge** \_\_\_\_\_ R50/R175

Blend

### spirits, liqueurs & fortified wines

**Gordons Gin** \_\_\_\_\_ R25

**Smirnoff Vodka** \_\_\_\_\_ R25

**Bains Whisky** \_\_\_\_\_ R25

**Sherry** \_\_\_\_\_ R25

**Port** \_\_\_\_\_ R30

**tequila** \_\_\_\_\_ R30

**Campari/Pimms** \_\_\_\_\_ R30

**Liqueurs** \_\_\_\_\_ from R30