



# drinks.

(alcohol served for onsite consumption only from 10:00)

## hot beverages

single espresso	20	flat white	35
double espresso	26	bullet	36
americano	28	mocha latte	38
cappuccino	30	iced coffee	35
red cappuccino	35	chai latte	32
double cappuccino	35	dirty chai latte	38
cortado	35	selection of teas	32
café latte	35	roibos, english breakfast, green, earl grey, chamomile, peppermint	

*all beverages have the option of replacing full cream milk with soy, almond, macadamia, or oat milk at an extra cost of R8.  
flavour any coffee with a shot of coffee syrup at an extra cost of R6*

## cold beverages

coke	28	barker & quinn tonic indian	38
coke zero	28	barker & quinn hibiscus	38
fanta orange	28	ginger ale	23
cream soda	28	lemonade	23
lemon iced tea	35	soda water	23
peach iced tea	35	tonic water	23
grapetizer	35	pink tonic water	23
appetizer	35	tomato cocktail	38
san pellegrino blood orange	48	redbull	43
san pellegrino orange	48		
san pellegrino grapefruit	48		
san pellegrino pomegranate	48		

## cocktails

reuben's negroni	85
<i>campari, martini rosso, tanqueray, orange juice with our secret over ice</i>	
bloody mary	70
<i>breakfast of champions</i>	
flamed maple old fashioned	80
<i>maker's mark bourbon, maple syrup, flamed orange peel &amp; bitters</i>	
frozen margarita	80
<i>blended with olmeca tequila, triple sec, sugar syrup and lemon juice</i>	
classic mint mojito	65
<i>muddled in the glass with bacardi blanco sugar syrup and lemon juice</i>	
classic daiquiri	85
<i>freshly frozen strawberries, bacardi and lime juice</i>	
blue ocean	70
<i>blue curacao, 1818 vodka, raspberry syrup topped off with lemonade cointreau, thyme syrup</i>	

## juices

<b>cold pressed orange</b> - 50
<b>cleanse</b> - 60
apple, spinach, celery, cucumber
<b>glow</b> - 50
beetroot, carrot, ginger
<b>remedy</b> - 50
carrot, ginger, turmeric, lemon

## beers & ciders

amstel	32
castle light	32
castle lager	32
heineken	38
stella artois	38
f.b.c lager	68
f.b.c apa	68
f.b.c weiss	68
windhoek lager	32
windhoek draught	42
savannah light	40
savannah dry	40
hunters dry	40
hunters gold	40

*"when you create your own cocktails you are, in fact,  
sharing your interests  
and flavour preferences with others. you can be really  
adventurous with drinks and I'll always,  
always go for the weird ones"*

*- Reuben Riffel*



# drinks.

(alcohol served for onsite consumption only from 10:00)

## wines

<b>sauvignon blanc</b>		<b>merlot</b>	
polo club	180	polo club	180
fairview	230	fairview	300
ken forrester petit	165	ken forrester petit	165
la motte	235	<b>cabernet sauvignon</b>	
benguela cove lh	295	ken forrester petit	180
nitida	245	fairview	300
<b>chardonnay</b>		nitida	395
ken forrester petit	165	<b>pinotage</b>	
protea	185	fairview	300
fairview	290	<b>syrah / shiraz</b>	
<b>chenin blanc</b>		vrede en lust lady j	345
ken forrester petit	180	benguela cove lh	375
protea	185	Protea	185
fairview	225	<b>red blend</b>	
val de vie perfect host	315	benguela cove lh	380
<b>rosé</b>		val de vie epic blend	215
polo club chard pinot noir	165	val de vie valley of life	395
benguela cove lh rosé	295	la motte millennium	275
pink valley rosé	310	ryk neethling premium	645
fairview rosé	290	the chocolate block	495
ken forrester petit rosé	165	<b>cap classique</b>	
vrede en lust rosé	260	val de vie mcc	485
<b>cap classique</b>		l'ormarins classique brut	380
val de vie mcc	485	l'ormarins classique rosé	380
l'ormarins classique brut	380	graham beck brut	445
l'ormarins classique rosé	380	graham beck brut rosé	445
graham beck brut	445	vrede en lust	395
graham beck brut rosé	445		
vrede en lust	395		

## by the glass

<b>sauvignon blanc</b>	
polo club	40
ken forrester petit	45
<b>chardonnay</b>	
Fairview	75
<b>chenin blanc</b>	
ken forrester petit	45
vdv perfect host	80
<b>rosé</b>	
ken forrester petit	35
polo club c/p/n	45
<b>merlot</b>	
polo club	45
ken forrester petit	45
<b>cabernet sauvignon</b>	
ken forrester petit	45
<b>red blend</b>	
ryk neethling premium	160
<b>cap classique</b>	
l'ormarins classique brut	75
l'ormarins classique rosé	75
val de vie	90

*To me 'drink responsibly' means don't spill it!*

## by the tot

<b>whiskey</b>		<b>gin</b>		<b>vodka</b>		<b>rum</b>	
bells	38	bloedlemoen	45	tanqueray	30	Bacardi silver	18
glenfiddich	45	bombay sapphire	35	wilderer fynbos	35	captain morgan spiced	15
glenmorangie	55	gordons	25	clemengold	85	captain morgan dark	18
j & b	24	hendricks	50	absolut blue	35	<b>brandy</b>	
jack daniels	40	inveroché amber	50	smirnoff 1818	20	klipdrift	18
jamesons	42	inveroché classic	50	skyy	25	kvv 20	110
johnny walker black	36	musgrave pink	50	<b>tequila</b>		<b>aperitif</b>	
johnny walker red	30	roku	45	olmeca gold	30	jaggermeister	33
makers mark	45	six dogs blue	50	ponchos	30	campari	36
southern comfort	20	six dogs karoo	50				



# Lunch.

(served between 11:30 – 15:30)

## wraps

### rosemary chicken - 125

chilli-cottage cheese, rocket,  
avocado, goji berries soaked in mirin,  
sunflower seeds

### mexican styled beef mince - 125

black bean paste, lettuce, red onion,  
guacamole, creme fraiche

### mexican bean - 95

mixture of beans done in a mexican style, cream  
cheese, coriander, quinoa, roasted peppers,  
walnuts

add fries 35  
add sweet potato fries 40  
add side salad 40

## salads

### the yard salad 125

house smoked free range chicken breast, gem  
lettuce, cherry tomatoes, olives, feta, cucumber,  
lemon zest, pomegranate yoghurt dressing

### beets salad 105

selection of beets, whipped goat's cheese,  
toasted pine nuts, wild rocket, caramelised onion,  
balsamic dressing

### caesar salad 115

cos lettuce, grilled chicken, poached egg, caesar  
dressing

*My heart was formed  
in the kitchens of my  
childhood*

## lunch

### salt and pepper squid

radish, butter lettuce, herbs, spring onion,  
julienne carrot, sweet chili, lime aioli

115

### chicken livers

crispy fried free range chicken livers, toast,  
peri-peri sauce, coriander, spring onion

70

### brown rice bowl (v)

brown rice, avocado, cucumber, pickled ginger,  
garden peas, sweet corn, tomato, cottage  
cheese and parsley dressing

80

add oak smoked trout 55  
add roasted chicken breast 35

### hake

crisp beer battered or grilled hake, skinny fries,  
homemade tartare sauce

105

### r&co. double cheeseburger

2 homemade smashed beef patties, melted  
emmental and cheddar, aioli, pickles, lettuce  
and tomato, skinny fries

125

### fried chicken bun

buttermilk fried chicken breast, korean basting,  
mayo, crisp lettuce, tomato, skinny fries

120

### beef sirloin

baby carrots, asparagus, chimichurri, gratin

235

### 180g norwegian salmon

tender stem broccoli, wasabi yoghurt,  
sesame seeds, soya-ginger dressing, fried capers

295

### butter chicken

spinach, poppadum, sambals,  
fragrant basmati rice

125

### cauliflower soup

bacon bits, truffle salt and sourdough

85

### lentil dahl soup (v)

sourdough

70



## pizza

standard or beetroot base

### neapolitan style margherita 95

tomato passata, mozzarella, basil, and oregano

### regina 125

tomato passata, ham, mushrooms, mozzarella, oregano

### bacon, avocado & feta 120

tomato passata, mozzarella

## quesadillas

### smoked chicken 125

hummus, caramelised onion, parsley,  
roasted macadamia nuts, mozzarella, guacamole

### brisket 155

cream cheese, chilli, spring onion, rosemary,  
korean bbq sauce, emmental

### aubergine & spinach 98

cottage cheese, spinach, red onion, mushrooms,  
black bean paste, coriander, chilli, mozzarella

## pasta

### tomato pesto chicken 145

olives, roasted cherry tomatoes, portabelini  
mushrooms, toasted cashew nuts,  
with penne

### basil pesto (v) 135

seasonal vegetables with penne

### asian beef stir-fry 185

beef fillet, chilli, ginger, garlic, peppers,  
red cabbage, mangetout, mushrooms,  
egg noodles, teriyaki sauce, sesame seeds  
and coriander



# breakfast.

(breakfast served until 12:00)

<b>yoghurt and fruit</b>	65
selection of seasonal fruit with chia yoghurt	
<b>homemade luxury granola</b>	85
coconut flakes, caramelized fruits, nuts, full cream yoghurt	
<b>vegan buddha bowl</b>	85
rice noodles, red cabbage, beetroot, rocket, avo, chickpeas, black beans, charred corn, garden peas, pumpkin seeds, ginger soy mirin dressing	
<b>warm oats</b>	45
milk, butter, and honey	
add berries	10
add bananas	10
<b>"2 eggs your way"</b>	45
served with toast	
add bacon	25
add croissant	30
add oak smoked trout	55
<b>the yard breakfast</b>	95
2 eggs, pork sausage, herb roasted tomato, bacon, grilled mushrooms	
<b>eggs benedict</b>	80
two poached eggs, toast, bacon and rich hollandaise sauce	
<b>eggs florentine</b>	65
two poached eggs, toast, spinach, rich hollandaise sauce	
<b>eggs royale</b>	105
two poached eggs, toast, smoked trout, rich hollandaise sauce	
<b>3 egg omelette</b>	69
cheddar, tomato, spring onions	
add bacon	25
add gypsy ham	15
add smoked trout	55
<b>french toast</b>	55
classic white bread soaked in egg and cinnamon sugar, berries, banana, maple syrup	
add bacon	25
<b>toast</b>	35
honey, or jam and cheese or marmite or bovril	
<b>croissant</b>	45
honey or jam and cheese or marmite or bovril	
<b>beetroot hummus on toast</b>	75
2 poached eggs, rocket, avo, roasted cherry tomatoes, feta, pumpkin seeds	



<b>bagels</b>	
freshly produced daily by our baker mickey	
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<b>moroccan pulled brisket</b>	90
dijon mustard, rocket leaves, spring onion, tomato, parsley, and apricot yoghurt	
<b>smoked trout</b>	105
creme fraiche, baby spinach, pickled ginger, apple, fennel leaves and poppy seeds	
<b>sweet and sour beetroot (v)</b>	60
hummus, rocket, red cabbage with fennel and ginger, roasted cashew nuts, avocado	
<b>chicken</b>	75
creamy cottage cheese, honey mustard, rocket leaves, chives, cranberries	
add fries	35
add sweet potato fries	40
add side salad	40
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<b>grilled cheese toastie</b>	75
sourdough, cheddar, mozzarella, emmenthal, and fries	

*How I got here is a story of love, and hard work, yes, but mostly it's about love.*

<b>sweet treats</b>	
ask your waiter which cakes, and sweet treats are available	
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<b>smoothies</b>	
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<b>green glow</b>	60
spinach, banana, dates, matcha, ice	
<b>berry glow</b>	65
mixed berries, banana, dates, yoghurt, ice	
<b>post work out glow</b>	55
banana, dates, chia, almond milk, honey	
<b>power bomb</b>	55
peanut butter	
add active charcoal	26
add matcha	26