the Guinea Fowl



MENU

Twenty Five Questions on Food

PUT YOUR CULINARY KNOWLEDGE TO THE TEST!

1. True or False: A peanut is a nut.
2. What is jambon?
3. What is retsina?
4. Where did focaccia orginate?
5. Is rhubarb a fruit or a vegetable?
6. Which country produces the highest quantity of pineapples?
7. Which family does dill belong to?
8. What is Asian fish sauce made of?
9. What is Balmoral chicken stuffed with?
10. What is Haggis?
11. Which alcohol is usually added to chicken liver pate?
12. What is double cream?
13. What do you call bechamel sauce to which eggs and cheese are added?
14. What is the nutritional difference between white and brown eggs?
15. What is the barraccouta known as in South Africa?
16. From which country does smorgasbord originate?
17. What does it mean when a dish is cooked “au gratin”?
18. What is the difference between trout and salmon trout?
19. Caraway seeds are native to which continent?
20. Which 3 groups make up the legume family?
21. What is the common name for this spice: Zingiber Officinale
22. What are the main ingredients in a sweet chilli sauce?
23. What is all-purpose flour?
24. What is Aurore sauce?
25. Who created the Margherita pizza in 1889?

ARE YOU A CULINARY WIZ?

ANSWERS AT THE BACK!



BEVERAGES

HOT

Filter Coffee – savour the taste of Italy **38**

Cappuccino - the Zanetti way **48**

Flat White – a velvety textured milk over a double shot of espresso **48**

Choccochino - frothed milk with hot chocolate and a ring of espresso **48**

Café Viennese – filter coffee with whipped cream **48**

Double Espresso - the real deal! **38**

Café Latte - espresso, steamed milk topped with a final thin layer of froth **48**

Vanilla Café Latte - taking our original latte to the next level with a dash of vanilla **50**

Decaf Coffee - Segafredo decaf filter coffee **50**

Campsite Coffee - filter coffee with condensed milk **48**

Red Cappuccino - caffeine free - deliciously healthy alternative to coffee **48**

Pot of Tea - Five Roses ceylon or rooibos **38**

Hot Chocolate – rich and creamy - an indulgent treat! **55**

Camarillo - hot water with lemon **10**

Baby Chino - frothed milk for our little ones **25**

Extras - plant-based milk (almond), condensed milk, honey or sliced lemon **20**



COLD

Milkshakes - strawberry, vanilla, lime or chocolate **50**

Iced Coffee – cooling it down **60**

Berry Smoothie – a mixed berry treat **60**

Mineral Water 500ml - still or sparkling served with lemon and ice **35**

Fruit Juice - mango & orange, guava, fruit cocktail or apple **45**

Cordial with Soda or Lemonade - lime, kola tonic, or passion fruit **58**

Sodas - coke, coke zero, sprite, fanta orange, cream soda, ginger beer or dry lemon **35**

Tisers - appletiser or red grapetiser **45**

Traditional Rock Shandy - a real thirst buster! **68**

Steelworks - sprite, ginger beer, lemon, and a dash of bitters **68**

Build a Float - add two scoops of ice cream to your soda **30**

BREAKFAST TIME

07.00 am – 14.00 pm

The Health Nut 95
a medley of muesli, plain or fruit yoghurt and seasonal fruit
All Bran or Cornflakes may be chosen instead of muesli

French Toast
brown or white
fresh bread dipped in egg topped with syrup and crispy bacon
Half portion 65 / Full portion 95

Egg-cellent Sandwich 69
toasted or plain - brown or white bread
scrambled egg, bacon and cheddar or mozzarella cheese – yummy

Not So Hungry Breakfast 65
1 fried egg with bacon, tomato and a slice of toast

3 Egg Omelette 100
with any three fillings from the extras list below served with toast

Guinea Breakfast 125
2 eggs fried, poached or scrambled, bacon, our tomato and onion relish or grilled tomato, mushrooms, savoury mince or sausage and 2 slices of toast

Eggs Benedict 115
toasted muffin topped with bacon or ham, 2 poached eggs and hollandaise sauce - New York City special

Breakfast Florentine 125
2 eggs fried, poached or scrambled on toasted muffin with spinach and feta, topped with a creamy cheese sauce and crispy bacon

Extras

sourdough slice	**20**	guacamole	**30**
egg	**20**	spinach and feta	**48**
cheese	**30**	jalapeños	**25**
sausage	**30**	ham per slice	**25**
mushrooms	**40**	streaky bacon (2 rashers)	**30**
tomato relish	**28**	chips	**38**



LIGHT MEALS

10.00 am – 16.00 pm

Toasted or Plain Sandwiches 70
create your own
brown or white bread
choose any 2 of the following fillings
cheese: feta, mozzarella, cheddar or cream cheese, fresh tomato, raw onion, banana, mushrooms, crunchy peanut butter, bacon, ham, egg or chicken mayonnaise
served with chips or a salad garnish

French Baguette 145
served with chips and a salad garnish

- Chicken Mayonnaise and Lettuce
- Ham or Bacon and Cheddar Cheese
- 3 Cheese – cheddar, mozarella and feta
- Vegetarian – garlic butter, mushrooms, green pepper, onion and cheddar or mozarella

Bangers & Mash 95
3 beef or Pork sausages on a bed of creamy mash potatoes
topped with our home made tomato and onion gravy

Garfield's Lasagne 110
layered pasta, minced beef Italian style and creamy cheese sauce
with a salad garnish on the side

Guinea Salad
a great combination of chunky chicken mayo, hickory ham, apple, cheddar and fresh salad ingredients
Starter 98 / Main 150

Coronation Chicken Salad
a right royal treat of sweet and savoury on a fresh bed of lettuce
Starter 98 / Main 150

Greek Salad
feta cheese, kalamata olives, fresh salad ingredients
and our home made salad dressing
Starter 98 / Main 150



"So whether you eat or drink, or whatever you do,
do everything to the glory of God".
1 Corinthians 10:31

STARTERS

12.30pm – 20.30pm

Chefs Soup Of The Day 85
home made and hearty - served with toast and butter!

Escargot 120
half a dozen snails in a rich garlic butter paired with fresh bread
to soak up every last morsel

Chicken Livers Peri-Peri 95
some like it hot! served with a timbale of rice

Whole Crispy Chicken Wings 98
3 deep fried served with a sweet chilli dip

Crumbed Mushrooms 120
with either one of creamy garlic butter, lemon butter or home made tartar sauce

Nachos Mexicana 100
say olé to this spicy medley of crispy corn chips layered with chunky cottage cheese,
chilli salsa topped with lots of melted cheddar and mozzarella
guacamole optional (seasonal) **30**

Fiery Baguette 85
loaded with garlic butter, sliced jalapeños and lots of melted cheddar cheese

SOMETHING SWEET 85

Guinea Scones
2 served with butter, two preserves, whipped cream and grated cheddar cheese

Baked Cheesecake
served with a berry coulis and fresh whipped cream or ice cream

Homemade Carrot Cake
served with your choice of whipped cream, ice cream or custard

American Waffle
a classic served with golden syrup, whipped cream or ice cream

Minty Caramel
layers of biscuit and caramel topped with shards of peppermint crisp,
whipped cream and whole glacé cherries

Chocolate Brownie
it's all about chocolate, with a sprinkle of nuts and whipped cream or ice cream

Nutty Ice Cream Sundae
a delightful combination of ice cream, nuts, and chocolate sauce



MAINS

12.30pm – 20.30pm

Guinea Burger and Chips 145
a beef, chicken or vegetarian patty on a toasted bun with lettuce, tomato, fried onion, and gherkin served with chips and a salad garnish and the usual condiments

GUINEA BURGER JAZZED UP

Breakfast Burger 160
bacon, egg, cheddar cheese with tomato and onion relish

Mexican Burger 170
jalapeños, chilli salsa, guacamole and a slice of mozzarella or cheddar cheese

Triple Cheese Burger 170
cheddar, mozzarella and feta (sliced jalapeño or sweet chilli sauce optional)

Bunless Burger 170
lettuce, tomato, fried onion, gherkin, cheddar slice, bacon
(sliced jalapeño or sweet chilli sauce optional)

Classic Fish and Chips 185
choice hake pan-fried in lemon/garlic butter or deep-fried in batter
served with chips and salad garnish

Steak, Egg and Chips 190
200g sirloin steak grilled to your liking, a fried egg and chips

Oxtail Casserole 198
very popular! served with either vegetables or salad and creamy mash potato or rice

Curry of the Day 198
served with rice, vegetables or a salad garnish and sambals

E.G Beef Steak - Pepper Crusted or Plain
your choice of steak, served with either vegetables or a salad garnish
and the starch of the day or chips
250g Fillet 280
300g Rump 230
500g T-Bone 320

add a Homemade Sauce 65
mushroom, pepper, peri-peri, creamy garlic, or cheese

Mexican T-Bone 500g 385
your 500g steak topped with peri-peri sauce and
loads of melted cheddar cheese on top!



Chicken Schnitzel 198
crumbed chicken breast served with either vegetables or salad, starch of the day or chips and any one free sauce of your choice

Butterflied Baby Chicken, East Griqualand 245
locally reared, basted with your choice of either garlic and lemon, peri-peri or simply with aromat!
served with either vegetables or salad and starch of the day or chips
prepared for you from scratch - please allow at least 35 minutes for your order

E.G Lamb Chops 298
3 grilled loin chops served with either vegetables or salad and starch of the day or chips

Pork Chop 198
juicy crumbed pork chop served with either vegetables or salad and starch of the day or chips

Ribs of Pork 198
marinated in our homemade sauce, served with either vegetables or salad and starch of the day or chips

THE LITTLE ONES

10 years and under

On Toast
melted cheese **50**
scrambled egg **50**

A Good Old Plate of Chips 50
a side plate of chips with tomato sauce.

One Sausage and Mash 65
served with gravy and veg (optional)

Dessert 55
ice cream and chocolate sauce



"Man shall not live on bread alone,
but on every word that proceeds from the mouth of God."
Matthew 4:4

Dear Guest
sometimes you may experience a little delay
our chefs cook to order but
we trust that it's worth it at the end of the day!

The Answers

SPILL THE BEANS!

1. False, it is a legume
2. Ham
3. Greek wine flavoured with pine resin
4. Genoa, Italy
5. Rhubarb is actually a vegetable
6. China
7. The parsley family
8. Salted, fermented anchovies
9. Haggis
10. Scottish savoury pudding, i.e. stuffed sheeps stomach
11. Brandy
12. Cream with at least 55% butter fat content
13. Mornay Sauce
14. None, the colour is determined by the breed of the hen
15. Snoek
16. Sweden
17. It has a golden crust which often consists of breadcrumbs or cheese
18. Trout a freshwater fish of the salmon family - Salmon Trout the sea-going form
19. The Netherlands is the largest producer of caraway, but it comes from Asia
20. Lentils, peas and beans
21. Ginger
22. Sugar, syrup, strained lemon juice and chillies
23. The American term for plain white flour which can be used for all types of baking
24. A creamy tomato sauce for eggs
25. Rafaele Esposito is credited with creating the “Margherita” pizza for Queen Margherita of Savoy, with tomato, mozzarella & basil to represent the Italian flag

HOW DID YOU DO?





See you soon!