

**Welcome to...**

# East Head

The logo for East Head Café features the word "East" in a large, black, serif font, and "Head" in a similar font below it. A large, light grey, cursive script word "café" is written across the background, overlapping both "East" and "Head".

**Peckish?  
Hungry?  
Ravenous?  
Cure?**

**Or just a drink?  
eat, drink, relax & enjoy...**

For us, East Head Café is more than just a café or coffee shop, we are about family and friends having a good time with simple food, casual wine and great coffee

Our menu is created with a passion for the new and exciting, every dish uses only the freshest ingredients.

We aim to source our supplies as responsibly as possible and only use sustainable seafood, 'when the best goes in, something wonderful comes out'.

Caution to all food allergen sensitive guests - a variety of seafood, nuts and seeds are used in our kitchen.

Tables of 8 or more guests will be subject to a 10% service charge.

We source responsibly and cook simply.

# good morning starters

bloody good mary	37
glass of beyerskloof pinotage rosé brut	29

## cold beverages

mineral water sparkling and still 500ml	13
san pelligrino sparkling water 750ml	37
aqua panna still water 750ml	37
<b>fruit juice</b> - mango, tropical	13
<b>nestea iced tea</b> - peach	16
<b>bos organic rooibos iced tea</b> - lemon	19
coke, coke zero, cream soda, sprite	15
appletizer, red grapetizer	18
rock shandy 400ml	27
tropical mango crush	23
sticky toffee coffee frappe	28

## milkshakes

small 16 | large 24

strawberry, chocolate, milo, biscotti,  
vanilla, hazelnut, lime or candyfloss

## smoothies

33

mixed berry or strawberry or banana & honey	
- add peanut butter	+5
- add whey powder	+5

## hot beverages

ceylon, rooibos, earl grey or green tea	12
hot chocolate, milo	19
spiced chai latte (powdered)	24

## beers

windhoek, windhoek lite, amstel 330ml	16
heineken 330ml	18
beck's non alcoholic 330ml	18
stella artois 330ml	21
erdinger weissbier 500ml	46
<b>mitchell's knysna brewery</b>	
foresters lager 500ml	25

## alcoholic milkshakes

ponchos coffee tequila milkshake	34
lovoka caramel milkshake	34

# speciality coffees

*Our coffee is artisan roasted by specialty coffee roasters  
TRUTH.Coffee*

**double espresso** 15  
double shot of resurrection espresso blend

**filter coffee** 16  
freshly brewed, served in a mug

**americano** 16  
double espresso layered on hot water

**flat white style cappuccino** 17  
double espresso with micro-textured  
frothed milk

**cappuccino con panna** 22  
cappuccino topped with whipped cream

**mocha** 21  
espresso, milk and chocolate

**café latte** 20  
an old fashioned latté in a glass mug with  
floated layers of coffee, milk and foam

**iced coffee** 26  
espresso, milk and ice cream

**an extra R2 will be charged for  
decaffeinated coffees**

## to enjoy with your coffee

bowl of chocolate hazelnut biscottis 17

bran muffin 19

blueberry and banana muffin 25

croissant 32

served with cheddar cheese and strawberry jam

# **breakfast** - *served until 11h30*

<b>health start</b> 38	<b>eggs hollandaise</b> 46
roast nut and honey muesli layered with farm yoghurt	poached eggs on toast with gypsy ham, rocket and hollandaise sauce
<b>warm oats porridge</b> 32	<b>french toast</b> 43
with toasted almonds and topher's honey	stacked with bacon, banana and maple flavoured syrup
<b>low tide</b> 33	<b>spring tide</b> 77
two eggs, streaky bacon, grilled tomato and toast	two eggs, bacon, pork sausage, burger patty, mushrooms, tomato and toast
<b>smoked salmon hollandaise</b> 58	<b>kippers</b> 53
poached eggs on toast with smoked salmon trout, rocket and hollandaise sauce	oak smoked kipper with wilted baby spinach, two poached eggs and hollandaise sauce
<b>vegetarian breakfast</b> 33	<b>spinach &amp; feta omelette</b> 49
two poached eggs, rocket, cocktail tomatoes and tomato chili jam on toast	with basil pesto and sautéed mushrooms - add streaky bacon + 12
<b>café breakfast</b> 47	<b>farmers omelette</b> 54
two eggs, streaky bacon, pork sausage, sautéed mushrooms, grilled tomato and toast	stuffed with bacon, mushroom, cherry tomatoes and white cheddar cheese
<b>the 'grand' french toast</b> 55	<b>salmon frumpled eggs</b> 56
stacked with camembert, bacon and fig preserve	smoked salmon trout scrambled eggs served on toast with chives

# toasted sandwiches

– served with chips

chicken mayonnaise	44
cheddar cheese, ham and caramelized onions	46
camembert, bacon and cranberry sauce	54
roast pear, blue cheese and gypsy ham	48
mature cheddar, onion, tomato and pesto	41

# cold wraps

<b>roast chicken</b>	54
tortilla wrap filled with roast chicken, horseradish mustard mayonnaise, avocado and gherkins	
<b>smoked salmon</b>	69
tortilla wrap filled with smoked salmon, cream cheese, rocket, capers, onions and fig & dill dressing	
<b>egg mayonnaise</b>	51
tortilla wrap filled with egg mayo, bacon, pumpkin seeds, spring onions and thyme	

# burgers

our 150g burger patties are hand-made using selected AAA grade extra lean topside mince. Burgers are served medium unless otherwise specified – served with rustic chips

<b>bacon &amp; guacamole burger</b>	76
beef patty stacked with bacon, guacamole and peppadews	
<b>jalapeño burger</b>	69
east head café's famous burger smothered with creamy peri peri sauce, topped with pickled jalapeños	
<b>madagascan pepper burger</b>	72
homemade beef patty topped with madagascan green peppercorn sauce	
<b>chicken &amp; camembert burger</b>	69
cajun grilled chicken strips topped with camembert and cranberry sauce	
<b>steak and egg ciabatta roll</b>	67
grilled sirloin strips topped with caramelized onions and a fried egg	

# lunch

	<b>prego roll</b>	<b>67</b>		<b>fish &amp; chips</b>	<b>63</b>
150g sirloin strips topped with a fiery mozambique style chilli sauce				fresh, lightly battered hake - served with traditional home made tartar sauce	
	<b>chicken livers</b>	<b>48</b>		<b>grilled prawns</b>	<b>109</b>
free range chicken livers sautéed with onions, chilli, tomatoes, red wine and cream				9 lightly grilled prawns served with basmati rice and garlic butter	
	<b>thai chicken curry</b>	<b>89</b>		<b>seafood curry</b>	<b>105</b>
free range chicken strips cooked in red thai curry sauce with aubergines, cashew nuts and lime leaves				prawns, calamari and line fish cooked in a spicy cape malay curry with coriander and coconut milk, served with basmati rice	
	<b>madagascan pepper steak</b>	<b>99</b>		<b>seafood combo</b>	<b>120</b>
200g grilled sirloin steak, topped with creamy green peppercorn sauce				100g calamari strips, 200g hake, 3 prawns, side salad, chips, rice & garlic butter sauce	
	<b>potato gnocchi</b>	<b>65</b>		<b>salsa verde fish</b>	<b>75</b>
tomato basil sauce, anchovies, rocket and grated parmesan cheese				fresh grilled hake served with salsa verde and rustic fries	
	<b>calamari &amp; chips</b>	<b>65</b>		<b>hake &amp; calamari combo</b>	<b>78</b>
deep fried calamari strips served with home-made tartar sauce				100g calamari strips, 200g hake, chips and tartar sauce	
				should you wish to substitute chips for salad or vegetables, an additional amount will be charged	
				<b>greek side salad</b>	<b>9</b>
				<b>roast vegetables</b>	<b>17</b>



# desserts and...

<b>belgian waffle</b>	<b>35</b>
with ice cream, maple flavoured syrup and chocolate sauce	
<b>very cool ice cream and chocolate sauce</b>	<b>27</b>
<b>chocolate brownies &amp; ice cream</b>	<b>30</b>
<b>sesame crusted camembert</b>	<b>45</b>
served with ciabatta toasts and mixed berry compote	
<b>vanilla poached pears with ice cream</b>	<b>28</b>

# cakes

<b>home-baked apple pie</b>	<b>31</b>
with a choice of cream or ice cream	
<b>baked cheesecake</b>	<b>28</b>
with berry compote	
<b>lemon meringue</b>	<b>33</b>
<b>chocolate cake</b>	<b>28</b>

# to take home

<b>hungry heads</b> hazelnut & chocolate biscotti's		
<b>200g</b>	<b>38</b>   <b>600g</b>	<b>85</b>
<b>truth coffee - resurrection</b> espresso beans or		
<b>vengeance</b> ground filter		
<b>225g</b>	<b>70</b>   <b>1 kg</b>	<b>280</b>
<b>antithesis</b> decaffeinated espresso beans		
	<b>225g</b>	<b>75</b>

# Food for little

*(younger) ones – up to 12 years*

<b>kiddies milkshakes</b>	<b>16</b>
strawberry, chocolate, milo, biscotti, vanilla, hazelnut, lime or candyfloss	

## **kiddies breakfast - till 11h30**

<b>kiddies oats</b>	<b>17</b>
<b>kiddies french toast</b>	
- with syrup	<b>17</b>
- with bacon, banana & syrup	<b>28</b>
<b>scrambled egg and toast</b>	<b>18</b>
<b>fried egg, bacon and toast</b>	<b>22</b>
<b>poached egg, hollandaise, ham on toast</b>	<b>30</b>

## **toasted sarmies - served with chips**

<b>cheese</b>	<b>22</b>
<b>cheese &amp; tomato</b>	<b>24</b>
<b>cheese &amp; ham</b>	<b>28</b>
<b>tuna mayonnaise</b>	<b>32</b>
<b>chicken mayonnaise</b>	<b>32</b>

## **kiddies lunch - served with chips**

<b>deep fried hake goujons</b>	<b>25</b>
<b>deep fried calamari</b>	<b>28</b>
<b>home-made beef burger</b>	<b>44</b>
<b>chips</b>	<b>10</b>

## **salads**

<b>tuna salad</b>	<b>28</b>
<b>greek salad</b>	<b>19</b>

## **wraps**

<b>shredded chicken mayonnaise</b>	<b>29</b>
<b>bacon and egg mayo</b>	<b>33</b>

## **dessert**

<b>vanilla ice cream</b>	<b>18</b>
sprinkled with astro's chocolates	
<b>belgian waffle</b>	<b>28</b>
with ice cream and maple flavoured syrup	
<b>blueberry and banana muffin</b>	<b>25</b>

# Knysna's BEST Cocktails

**caipirinha**                    **35**            **1 liter pitcher** **120**  
like being on a yacht in brazil! - cachaça, gomme  
syrup and fresh lime juice

**frozen margarita**        **43**            **1 liter pitcher** **92**  
straight tequila over mixed emotions! - tequila,  
butlers triple sec, lemon juice & plenty of ice

**mojito**                    **500 ml** **58**            **1 liter pitcher** **98**  
we have been told that these are better than in  
cuba! - white rum, fresh mint, lime juice &  
crushed ice

**strawberry daiquiri** **54**            **1 liter pitcher** **92**  
bring me two daiquiri's, one for each hand! -  
bacardi, butlers strawberry liqueur and fresh  
strawberries

**pino colada**                **58**            **1 liter pitcher** **98**  
very smooth, creamy and tropical - malibu,  
white rum, coconut mix & pineapple juice

**pimm's original**            **49**            **1 litre pitcher** **96**  
we have our No 1 regulars! Pimm's, lemonade,  
ginger ale and sliced fruit

**sangria**                    **500 ml** **65**            **1 litre pitcher** **115**  
our version of 'island wine' from spain! Chilled  
red wine, citrus fruit and a bit of something else

## Under Age Cocktails Mocktails

**virgin daiquiri**            **28**  
fresh strawberries and  
strawberry juice

**virgin mojito**              **34**  
lemonade, fresh lime juice,  
fresh mint and muddled ice

**virgin margarita**        **23**  
freshly frozen lemon mix

# very casual wines by the carafe

250ml 500ml 750ml

## **The Beach House** 25 50 75

An off-dry, fruity quaffer – the ideal lunch time wine to enjoy whilst the kids are running riot... hopefully somewhere on the rocks below

## **Ken Forrester Petit Chenin** 31 62 93

This delightful little Chenin is everyone's favourite wine & it ought to be at the price -crisp, clean, fruity & very food-friendly

## **Brampton Sauvignon Blanc** 33 66 99

A zesty wine made in a New World style with aromas of passion fruit, gooseberry and litchi – a great summertime sipper

## **Graham Beck Sauvignon Blanc** 37 74 111

What a great wine & a real smasher with seafood. This is what Sauvignon ought to taste like – dry, crisp, clean, herbaceous, lemony and delicious. This wine cries out to be drunk in large quantities!

250ml 500ml 750ml

## **Brampton Rosé** 26 52 78

I really am a fan of Brampton ! They produce quality wines at realistic prices. This Grenache led medium-bodied wine is bright and dry with a nice zingy tail -one that won't bite you!

## **Jordan Chameleon Rosé** 34 68 104

Skilfully crafted, perfect, everything about it is polished & perfect. Lovely summer fruit, crispy, dry, fresh & the most stunning salmon sheen!

## **Ken Forrester Cabernet Merlot** 31 62 93

This petit blend was recently named Best Red Wine of the Year by Robert Parker – beating hundreds of more expensive wines. A juicy quaffer with a dry, dusty, food friendly structure

## **Franschhoek Cellars Merlot** 32 64 96

A friendly country wine from the beautiful town of Franschhoek. A fresh, clean wine with aromas of red cherries & a dark plum colour