



🍷 – Banting

🇿🇦 Proudly SA

♥ PF loves

🌿 vegetarian

Lunch is served from 12:00

Please note that changes to the menu is not advised and will change preparation time

Late lunch and brunch

Something to wet your appetite

♥PF loaded fries

crispy French fries topped with grilled onions, bacon bits, mozzarella cheese sauce, served with a garlic aioli dip

1/2 portion R48

Full portion R70

PF chilli fries- NEW

crispy French fries topped with grilled onions, chilli con carne mince, mozzarella cheese sauce, served with a spicy salsa

1/2 portion R50

Full portion R72

(V)Soup of the day

Enquire about our available flavours, served with toasted French baguette

R65

Le Sandwiches

Toasted sandwiches - served with French fries or a garden salad

A choice of white, brown, or rye

🍷Change to Banting Bread: Add R16 Change to seeded bread: Add R12

- Bacon, egg and mozzarella - R58
- Bacon and mozzarella - R50
- (V)Spinach, feta and sundried tomato - R60
- Mustard mayo, pulled chicken, bacon bits and mozzarella - R68
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♥Quesadillas

Toasted Mexican tortillas with mouth-watering fillings

Add a cup of soup: R30 Add a portion of chips: R20

The Mexican - NEW

BBQ pulled pork, a generous portion of spicy Mexican corn slaw, cheddar and flat leaf parsley served with a traditional Mexican salsa

R92

(V)The ultimate Quesadilla

Cheddar cheese, flame grilled red peppers, coriander, avocado, a hint of red chilli and fresh lemon juice topped with a dollop of chunky cottage cheese - served with a tangy pineapple salsa on the side

R75

Add Bacon bits: R25

An oldie but a goodie

Mustard mayo, pulled chicken, bacon bits, cheddar and mozzarella

R85

♥PF fold overs

Served in our homemade Turkish flat breads served with French fries or a seasonal salad

Turkish chicken fold over

Chicken breast rubbed in with a perfectly balanced blend of Turkish flavours and grilled to perfection, avocado, salad greens, tomato, cucumber and rocket with a dollop of our PF ranch dressing

R89

Add: halloumi - R25 Add: bacon - R25

Aromatic steak fold over - NEW

150g sirloin steak strips rubbed in an aromatic blend of spices, grilled to perfection topped with deep fried feta, crispy bacon bits, spanish onions, tomato and fresh herbs

R115

(V) Mediterranean delight

Hummus, aubergine, flame grilled peppers, halloumi, avocado, olives, fresh coriander, crispy onions, basil pesto, cucumber, mixed greens and tomato

R85

Add: bacon R25



Pf gourmet sandwiches

Served with French fries, a seasonal salad or our signature PF broccoli salad

Choice of bread

Ciabatta, olive ciabatta, rye brea or a French baguette

✿Smoked pork belly delight

Toasted bread topped with a delicious homemade peach chutney, baby spinach leaves, rocket, avocado, radishes, tomato, smoked aioli and crispy strips of smoked pork belly

R98

♥The chef's choice smoked chicken sandwich - NEW

Toasted bread topped with guacamole, pineapple salsa, cheddar, smoked chicken breast, fresh baby herbs and sour cream.

R90

♥The best steak sarmie EVER!

Toasted bread spread with Dijon mustard, bacon aioli topped with medium grilled steak, drizzled with a gruyere cheese sauce topped with crispy onions and fresh rocket and topped with a yummy herb pesto

R110

The Yacht club - NEW

Organic warm smoked salmon, egg salad with yogurt and chives, baby spinach leaves, cucumber and wasabi mayo served on your choice of baguette, ciabatta, health or rye bread accompanied with a side of French fries or a side salad

R110

Salads - because our salads isn't just a salad

♥ (V)My love for paris

pears poached in an aromatic syrup, pecan nuts, mixed baby herbs, baby salad leaves, spring onion, cucumber, beetroot chips and bruschetta's topped with melted brie cheese

Full: R88

half: R65

Add: bacon - R25

Add: chicken strips - R40



✿Pf signature salad with a new twist

Mixed herbs and baby salad leaves with a juicy bacon wrapped chicken breast stuffed with dried figs and ricotta cheese, roasted mixed nuts, cucumber, avocado and red onions with a homemade local apricot glaze - served with crispy onion rings on the side

Full: R98

half: R73

Insalata Lago di Como - NEW

Parma ham, pecan nuts, preserved figs, cucumbers, red onion, cherry tomatoes, poached pears, halloumi on a bed of baby salad greens drizzled with a balsamic reduction

R98

The bro salad - NEW

Chunky croutons, grilled chorizo, asparagus, olives, roasted flaked almonds, fresh salad greens and steak strips served with a flavored olive oil and balsamic reduction

R110

The Count of Monte Cristo - NEW

Steak strips, crispy bacon bits, roasted nuts, crumbled blue cheese served in a bed of mixed herbs, cherry tomatoes, cucumbers and red onions drizzled with a honey mustard mayo, served with a crispy slice of French baguette

R115

Petits Fours Summer treat - NEW

Watermelon, strawberries, blueberries, avocado, flaked almonds, feta, black pepper served on a bed of fresh baby spinach and rocket topped with a strawberry and black pepper balsamic and served with 2 mini French toast bruchettas

R95

Thai chicken salad with a spicy peanut sauce

Mixed baby salad leaves, chopped cabbage, fresh coriander, cucumber, red onions, red peppers, grilled chicken breast drizzled with a spicy peanut sauce and garnished with roasted salty peanuts

Full: R82

half: R62



OMW Burgers

Served with French fries

our burger patties and bread rolls are made from scratch on site. Burgers are served medium unless otherwise specified. All burger patties can be substituted with chicken breast at no additional cost. Try our burgers “the healthy way” on a bed of lettuce with no bun - perfect for the Banting followers

Petits Fours Signature smash burger - NEW

Homemade burger bun with two gourmet smashed burger patties topped with Spanish onions, fresh herbs, tomato, American cheese, Herb mayo and BBQ sauce served with your choice of French fries or side salad

R99

Add 2 crispy bacon strips: R25

♥Whisky burger

Home made patty topped with a whiskey and bacon marmalade, a slice of cheddar cheese, topped with crispy onion rings

R90

Pf signature burger

This delish burger patty is stuffed with cheddar cheese & french caramelised onions, topped with our homemade monkey gland sauce, topped with crispy bacon bits and crispy onions.

R95

Mexicana spicy pulled pork burger

Our homemade burger roll topped with a generous spicy corn slaw, pulled BBQ pork, a traditional Mexican salsa and garnished with Italian parsley

R89

Pastas - Served with your choice of penne or tagliatelle pasta

Creamy smoked salmon and lemon pasta

A creamy smoked salmon and lemon pasta with mange tout and flat leave parsley - a deliciously light and healthy option

R102

🌿♥Smoked pork belly pasta

Crispy pork belly lardons mixed into a soft white wine, cream, garlic and mushroom sauce

R96



Balsamic rump pasta

Pasta tossed in a garlic, tomato and caramelized onion sauce, topped sliced rump steak and provolone cheese and drizzled with a balsamic reduction.

R102

Steak

250g sirloin or rump steak grilled to perfection and served with a side of Chips or salad greens and crispy onions - R120

Add a sauce of your choice R25

Choice of sauce

- gourmet mushrooms and sherry sauce.
- cheese and lager sauce
- Pepper sauce.
- whisky and bacon marmalade
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Extras

Egg R8

Halloumi R25

Feta R20

smoked Canadian salmon R48

pf broccoli salad R28

chicken breast strips R40

Avocado R25

Steak strips R55

Sweet potato fries R25

Bacon R25

Spicy Mexican salsa R8



Freshly baked

Savoury baked goods - baked fresh daily and subject to availability

Served with French fries or a seasonal salad

- Quiches of the day R62
- Crustless quiches of the day ₪ R68 - R15 sharing fee
- Pies of the day R75
- Savoury baked cheesecakes of the day R75

Sweet baked goodies - visit our delectable display table

- Cakes, tarts - R45
- Lemon meringue, assorted cheesecakes - R50
- Slices - R40
- Pavlova served with cream or ice cream - R38
- Pavlova served with cream or ice cream, and fresh fruit - R45

