

Good food takes time and we make it all from scratch, so while we are creating your delicious meal from only the freshest ingredients, we invite you to relax and breathe in the beautiful Karoo...

Lazy Lizard Menu FOOD EMPORIUM

(Where possible our ingredients are sourced from local organic suppliers. We use stoneground unbleached flour in our in house bakery. We offer a variety of vegan and vegetarian options).

BREAKFAST (First things first) served all day

(All served with a basket of toast : sourdough, ciabatta, seed bread, gluten-free bread, low carb bread)

101 Full Monty: **R139**
Bacon, sausage*, tomatoes, eggs, mushrooms and homemade baked beans.
Eggs done: boiled, poached, fried or scrambled
*Boerewors or Whey fed pork banger

102 Vegan/ Vegetarian Full Monty: **R139**
Spinach, hashbrowns, mushrooms, tomatoes, home-made baked beans (add avo)
- Vegetarian (add a free range egg)

107 Classic Omelette: **R129**
Bacon, Mushroom, Cheese or a combination

108 Matt's Omelette: **R129**
Bacon, Tomato, Onion

109 Vegetarian Omelette: **R119**
Spinach and Feta

110 Mediterranean Omelette: **R119**
Pepper, Olives, Tomato, Onion, Garlic, fresh Basil and feta.

111 Laura's Breakfast **R139**
Smoked salmon, poached eggs and avo

112 Sonja's Breakfast **R89**
Eggs(poached, scrambled or fried), bacon and tomato

113 Francis' Breakfast **R69**
Sautéed spinach and a boiled free range egg

114 Breakfast bun (Gluten free option available) **R89**
Fresh Ciabatta roll with crispy bacon and fried eggs

115 Vegan bun (Gluten free option available) **R89**
Fresh Ciabatta roll with mushrooms and tomatoes

116 Haddock steak and poached eggs: **R139**

119 Health Breakfast: Small R89 Large R129
Fruit salad, Gay's yoghurt, Lazy Lizard muesli and a muffin

117 French toast **R98**
Served with: Bacon and maple syrup

118 Croissants (Only on Sundays) **R89**
Served with: cheese, butter and preserves

119 Pancakes (Gluten free option) **R79**
Served with: cinnamon, syrup and cream, (A portion includes 4 pancakes)

120 Shakshuka Bowl **R98**
Middle east spicy tomato sauce with poached eggs, avo and feta

Added options:

- Boerewors	R39	- Tomatoes	R23
- Mince	R69	- Hash Brown	R45
- Bacon	R30	- Mushroom	R30
- Oats	R59	- Mielie Meal	R59
- Homemade baked beans			R59

SOUPS (All served with a basket of freshly baked bread: sourdough, ciabatta, seed bread, gluten-free bread) **R97**

Lazy Lizard homemade stock, all soups are preservatives, lactose and gluten free

201 Split Pea and Bacon Soup

202 Country Vegetable Soup

203 Pumpkin Soup

204 Spicy Tomato and Pepper Soup

205 Winter Brew (With Chicken, Sweet potatoes and Lentils)

206 Beef and Bean Soup

207 Hearty Beef Soup

SANDWICHES (Served with: chips or a salad)
Choose from ciabatta, sourdough, seedloaf, gluten free bread, low carb bread or wraps from our in house bakery

301 Olives, Blue cheese, Tomato, Onion and Basil **R109**

302 Mozzarella, Tomato, Basil, drizzled with Olive Oil **R89**

303 Roast chicken, rocket, Avo with sweet mustard dressing **R109**

304 Roast lamb, Sundried Tomato, Rocket and Cheese **R129**

305 Roast lamb, Mint sauce, Olive paste and Tomato **R129**

306 Bobby sandwich: Chicken, olives, red onion, Prince Albert royal cheese and olive paste **R109**

307 Smoked Salmon, Cream cheese, Avo, Onion and Lettuce **R129**

308 Glazed gammon, salad leaves with cheese (Gay's Prince royal or camembert cheese) **R99**

309 Cream cheese, mushrooms and roasted cherry tomatoes **R99**

310 Spicy cherry tomatoes, mozzarella and pesto **R99**

311 Smashed avo with roasted sesame seeds and tahini zinger (optional: add a free range egg) **R99**

315 Roasted peppers, Onion, Basil, Rocket, Tomato and Mozzarella **R99**

SALADS (served with a basket of homemade bread) (This is a full meal portion)

331 Summer Vegetable Salad **R89**

332 Pasta Salad **R98**

333 Greek Salad **R98**

334 Tuna Salad **R119**

335 Chicken Salad **R139**

336 Salmon Salad **R149**

PASTA **R129**
(Served with homemade crusty bread, local parmesan and homemade chilli sauce)
(Choose from penne, tagliatelle, spaghetti or gluten free rice noodles)

351 Spaghetti Bolognese

352 Mediterranean Pasta

353 Pesto (when available)

354 Blue Cheese, Tomato, Olives and Basil

355 Arrabiata

356 Creamy Sauce with Ham, Onion and Mushroom and peas

357 Creamy Chicken, Broccoli and Mushroom

358 Creamy Salmon, Spinach, Capers, Garlic and Onion **R149**

VEGAN / VEGETARIAN

Served with a basket of homemade bread

371 Veggie Curry (served with rice, sambals, banana and homemade chutney) **R159**

372 Veggie stir fry (served with rice) **R149**

373 Health Bowl (seasonal veggies, salad, sweet potatoes, chickpea curry, quinoa) **R149**

374 Mexican Veggie Bowl (Butternut wedges, homemade baked beans, red cabbage, broccoli, beetroot, avo and tomato salsa) **R149**

375 Budha Bowl (Brown rice with sesame dressing, lentil dahl, salad, broccoli, spinach, add tuna or sardines or a boiled egg) **R149**

376 Harvest Sorghum Bowl (Sorghum salad, cashews, goats cheese, boiled egg and creamy curry dressing) **R149**

PIES

(with chips and salad or seasonal veggies made in our inhouse bakery)

381 Lamb pie **R129**

382 Chicken pie **R129**

383 Veggie pie R99 (when available)

QUICHES **R99**

(with chips and salad or seasonal veggies made in our inhouse bakery)

391 Spinach and feta Quiche

392 Lorraine

GOURMET BURGERS **R129**

(Served with: chips and salad)

(with cheese and homemade barbecue sauce) burger patties made inhouse)

402 Beef Burger
(Pure steak mince patty topped with caramelized onion, tomato and cheese)

403 Chicken Burger
(organic chicken patty topped with caramelized onion, avo, tomato and cheese)

404 Vegetarian / Vegan Burger
(Lentils and butternut patty topped with caramelized onion, avo and tomato)

405 Homemade Boerewors Roll

MEAT DISHES **R197**

(Served with: Roasted potatoes and seasonal veggies)

410 Roast Lamb

411 Roast Chicken

412 Lamb Chops

413 Frikkadels (only on weekends)

Hot and Spicy **R197**

421 Lamb Curry

422 Chicken Curry

423 Bobotie

Traditional spicy Bobotie, complete with rice, sambal salad, coconut and banana salad, seasonal vegetables and freshly baked bread

424 Karoo Platter **R389**
(Platter for two)

A feast of local cheeses, karoo olives, fig preserve, an assortment of local cold meats and salad. Served with a basket of freshly baked bread

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CAKES (half portion R49)

Ask for gluten free options

- 501 Apple Pie (Cream or Icecream)
- 502 English Scones (Homemade jams, cream and cheese)
- 503 Chocolate Cake
- 504 Orange Cake
- 505 Espresso Cake
- 506 Baked Cheese Cake
- 507 Milk Tart
- 508 Carrot Cake
- 509 Lemon Meringue
- 510 Banana Loaf
- 511 Peppermint Tart

SMOOTHIES small R49 large R59

(Yoghurt, icecream or dairy alternatives)

- 565 Seasonal fruits
- 566 Peanut butter and banana
- 567 Mixed berries
- 568 Nicci's go to Smoothie (Banana, dates, vanilla, cinnamon and oat milk)
- 569 Ju's special (Banana, lemon, spirulina, boabab and barley green)
- 570 Nicci's chocolate Smoothie (Banana, cocoa, dates, nut/oat milk)
- 571 Mango, banana smoothie (With coconut water))

Immune boosting Juices small R49 large R69

(Freshly squeezed in our kitchen)

- 571 Orange juice (When in season)
- 572 Green Coolness (Cucumber, Apple, Mint)
- 573 Mint Fresh (Pineapple, Cucumber, Apple, Mint)
- 574 Glow juice (Carrot, Orange, Ginger, Apple)
- 575 Sunrise (Pineapple, Carrot, Ginger)
- 576 Celery juice (Just celery)
- 577 Shine (Orange, Grapefruit, Beetroot)
- 578 Very beet (Beetroot, Carrot, Apple, add Ginger/Tumeric)
- 579 Veggie squared (Spinach, Cucumber, Celery, Lemon, Mint, Ginger)

MILKSHAKES (small R49) (large R69)

- 585 Chocolate Milkshake
- 586 Coffee Milkshake
- 587 Banana Milkshake
- 588 Strawberry Milkshake
- 589 Vanilla Milkshake
- 590 Rooibos Milkshake
- 591 Bubblegum Milkshake
- 592 Lime Milkshake
- 593 Peanut butter Milkshake
- 592 Blueberry Milkshake

R79 COFFEES

- 611 Espresso
- 612 Cappuccino
- 613 Flat White
- 614 Americano
- 615 Caffe Latte
- 616 Macchiato
- 617 Caffe Mocha
- 618 Red Cappuccino
- 619 Cortado
- 621 Iced coffee (only ice and milk)
- 623 Iced coffee (only ice)
- 624 Iced espresso and maple syrup

HOT BEVERAGES

- 635 Hot Chocolate
- 636 Milo
- 637 Chai Latte
- 638 Horlicks

TEAS

- 650 Earl grey tea
- 651 English tea
- 652 Rooibos tea
- 653 Honey bush tea
- 654 Green tea

HERBAL TEAS Special blends

(Raw honey on the side)

- 660 Lazy day blend (Apple, lemongrass, raspberry leaf, cinnamon, peppermint, coriander, camomile, pink rosebuds)
- 661 Energizing spice tea (Ginger, coriander, cardamon, tumeric, cloves, and nutmeg)
- 662 Perfect world tea (Blackberry, camomile, melissa, peppermint, strawberry, lemongrass, hazelnut, rose petals and lavender)
- 663 Tumeric gold (Ginger, tumeric, cocoa pieces, aniseed, fennel, blackberry and vanilla)
- 664 Immune boost tea (Lemon, ginger and mint)
- 665 Lemongrass and ginger
- 666 Elderflower and nettle
- 667 Lemon balm

- R39
- R39
- R49
- R39
- R45
- R39
- R45
- R45
- R39
- R49
- R49
- R49

R59

R29

COLD BEVERAGES

- 680 Homemade ginger beer R49
- 681 Homemade Ice tea R49
- 682 Homemade Lemonade R49
- 683 Cold Drinks R35
- 684 Water (500ml Still or Sparkling) R25
- 685 Water (1lt Still or Sparkling) R45
- 686 Mango juice R49
- 687 Apple juice R49
- 688 Litchi juice R49
- 689 Orange juice R49

BEERS

R49

- 725 Savanna dry or light
- 726 Castle lager or light
- 727 Windhoek Draught
- 728 Black label
- 729 Craft beer (Pilsen lager or Weiss beer)

WINES a glass R49 a bottle R149

- 755 Red wine
 - Pinotage,
 - Merlot,
 - Shiraz
- 756 White wine
 - Sauvignon Blanc,
 - Chardonnay)

757 Rosé

LIQUOR single shot R49 double shot R79

- 783 Soda water 200ml R19
- 784 Tonic water 200ml R19
- 785 Whisky
- 786 Gin
- 787 Brandy
- 788 Gin and tonic
- 789 Beer shandy
- 790 Rock shandy

EVENING SPECIALS

MONDAYS
(Every Monday from 5pm to 7pm)
Burger with chips or salad

WEDNESDAYS
(Every Wednesday from 5pm to 7pm)
Fish with Chips or salad

FRIDAYS
(Every Friday from 5pm to 7pm)
Southern Fried Chicken with chips or salad

SUNDAYS
(Every Sunday from 5pm to 7pm)
Pizza

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