



HOT DRINKS

	S	L
Cappuccino	25	30
Americano	21	25
Espresso	21	25
Flat white	25	30
Café Latte		30
Cortado		27
Chai Latte		33
Red Cappuccino	28	33
Macchiato	25	30
Café Mocha		34
Bullet Proof Coffee		34
15ml butter blitzed into a single Americano		

*Substitute milk for almond milk and make your drink vegan - add 10
Xylitol sachets are available on request*

HEALTH SHAKES

+/- 300ML

Alkalisng Green Super Shake	54
1 scoop Green Superfoods Shake powder containing Baobab*, Hemp Powder*, Wheatgrass, Wild Harvested Moringa Leaf, Spirulina*, Barleygrass blended with a frozen banana and a thumb sized chunk of pineapple	
Super Chai Chocolate shake	54
1 scoop Oats Chai Cacao powder (containing gluten free oats, Cacao (Nibs and powder), Chia Seeds, Wildcrafted Mesquite, Goji Berries and Hemp seeds) blended with a frozen banana	
Super Chocolate Booster	54
1 scoop Chocolate Superfoods shake (containing cacao powder, Mesquite, Lucuma, hemp seeds and maca) blended with a frozen banana, 1 shot almond milk and a teaspoon honey	

HEALTH DRINKS

Turmeric hot toddy	40
Turmeric, ginger, ½ lemon, 3 teaspoons honey mixed into hot water	
Turmeric & Ginger Shake	48
Turmeric, fresh ginger, dash of honey, ice and all blended into milk +/- 300ml (Almond milk option - add 10)	
Jonlyn's Banting Smoothie	59
Omega 3 oil, double thick yogurt, frozen mixed berries, Xylitol, full cream milk B	
K2 Special	
Serious power for the serious man!: green shake powder, avo, hemp protein powder, apple juice, ginger & broccoli	
Single 85 Double 170	
Freshly prepared juices	42
(depending on available fruit) +/- 300ml Orange, Apple, Pineapple, Carrot Add a dash (10ml) ginger or Turmeric to any of the above juices + 8	
Try one of these healthy mixes	50
(depending on available fruit) +/- 300ml	
Vita boost	
Orange, carrot, pineapple, 2 shots lemon and ½ shot ginger	
JJ's special	
Orange, carrot, ½ shot wheatgrass and ½ shot ginger	
Energizer	
Orange, carrot, 1 shot spinach and 1 shot beetroot	
Pick me up	
Apple, carrot, 1 shot lemon and ½ shot ginger	

HEALTH SHOTS

30ML SHOTS
MIX TWO OR MORE TO MIX THINGS UP A LITTLE

Wheatgrass	25
Cleanses liver and blood, source of protein and minerals. Immune and energy booster. Lowers blood pressure, alkaliner. Concentrated amount of nutrients like vitamins C and E, and beta carotene plus other antioxidant and anti-inflammatory properties	
Fresh Ginger	25
(Careful – VERY strong) Immune booster, energizer, aphrodisiac, supports healthy digestion and immunity. Contains anti-nausea, anti-inflammatory, and antioxidant compounds.	
Turmeric	30
(Careful – VERY strong) Potent natural anti-inflammatory, natural antiseptic and antibacterial agent	
Fresh Spinach	25
Rich in antioxidants, creation of red blood cells, relief from rheumatoid arthritis	
Flu Fighter	30
Fresh ginger, lemon juice, squirt of honey, shaken with head of cayenne pepper. Assists with indigestion, fights throat and sinus infection	

Superfood additions	18
Add a teaspoon of the following Superfoods powders to any of the above shakes, shots or fruit juices for a natural boost:	
Choose one >	
Hemp protein	
30% protein content, it's the most complete plant protein available. For building and repairing tissue, immune system support and digestive and colon health. It has a great nutty flavour.	
Black Maca	
Have this this for: increased energy, endurance and strength, enhanced male sperm count and mobility. Helps fight against fatigue and adrenal stress and is also a natural anti-depressant. (for the gents, but ladies can also have)	
Maca	
Have this for: increased energy, endurance and strength, enhanced libido and fertility, balancing hormones and immune boosting adaptogenic properties (For both ladies and gents)	

**We do not issue any straws with your drink
Paper/BioStraws are available on request**

COLD DRINKS

Bos iced tea	29	Elderflower & soda	35
Lemon, peach, lime & ginger, apple		Rock shandy	44
Red Bull (250ml)	35	Steelworks	50
Soft drinks (340ml)	23	Milkshakes	
Coke/Coke Zero/Coke Lite, Cream		Chocolate, strawberry,	
Soda, Fanta Orange/Grape, Sprite/		vanilla, coffee	45
Sprite Zero		Choc brownie, fudge, peanut butter,	
Soft drinks (200ml)	20	oreo, salty caramel, nutella	50
Soda water, Lemonade		Freezochino	50
Appletiser/Red Grapetiser	28	Mango, wild berry, chocolate, coffee	
Water still/sparkling		Cordial Shots	10
250ml 20 750ml 34			

ADULT BEVERAGES

BEERS

Brewers & Union (500ml bottle)	
» Steph Weiss	58
A traditional Bavarian wheat beer, this weiss has aromas of vanilla, all-spice and cloves. Delicately smooth and creamy	
Darling Beers (330ml bottle)	
» Slow	42
A rich golden lager with light bitterness and great sessionability	
» Rogue pony	45
Pale ale, a not too edgy ale with a mid palate body and balanced to perfection	
Aces (440ml bottle)	
» Premium Lager	49
Easy-drinking and refreshing, clean and light	
» Bare Naked Blonde	52
A pale, spicy, fruity, refreshing wheat based ale	
» Indian Pale Ale (IPA)	55
A true American style Indian Pale Ale for the serious hophead	

Beers on Tap

» Jack Black	
330ml – 32, 500ml – 45, 1L jug – 87	
This traditional full bodied lager achieves great balance between hop bitterness & malt sweetness. It delivers a crisp and refreshing taste that never disappoints	
» Castle Lite	
330ml – 33, 500ml – 48, 1L jug – 90	
Africa's most innovative and coldest beer	

LOCAL BEERS

Amstel, Castle lite, Heineken, Windhoek, Windhoek light, Black Label, Hansa, Becks Blue (zero alcohol)	
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CIDERS

Kopperberg Pear Cider	42
Sxollie Golden Delicious, Sxollie Granny smith	42
Savannah, Savannah Lite	32

SPIRITS

Klipdrift, Smirnoff, Gordans, Bacardi, Martini Dry, Captain Morgan Dark, Captain Morgan Spice Gold, Cane, Amarula, Strawberry lips, Kahlúa	
Coffee, Zappa Sambuca	25
Bells, J&B Rare, KWV 10 year Brandy, Jack Daniels, Tequila Gold & Silver, Jagermeister, Caramel Vodka	30
Johnny Walker Black, Jameson's, Grappa, Patron	39

Mirari Pink Damask Rose Gin partnered with Barker & Quinn (On tap)

42
Crafted from a meticulous selection of natural botanicals including damask roses, chamomile, grapefruit, cubeb berries and green cardamom. This gin is gently infused with natural rose water which makes her an absolutely beauty!

Copperfox (330ml)

50
Botanically infused 100% natural "new world" style Gin and tonic, the nose is lead by honeybush, light juniper and spicy floral nuances

COCKTAILS

Bloody Mary	75
Tomato juice, fresh lemon, celery, cucumber with a double shot of vodka & a dash of tabasco	
Cosmopolitan	69
Made the traditional way with vodka, triple sec, cranberry and lime juice.	
Turkish Delight	75
Cranberry juice, rose syrup & Turkish delight with a double shot of vodka	
Champagne Lily Fizz	79
Methode Cap Classique with an elegant addition of peach syrup	
Vodka Club	80
2 shots vodka, lemon juice and rose syrup shaken with an egg white	
Luscious Lemon	75
Fresh lemon juice, dry lemon, mint, a double shot of gin & cucumber garnish	
Queen Bee	69
Tequila, honey water, ½ lemon and served in a martini glass	
Elderflower	75
Elderflower cordial with soda & a double shot of vodka	
Long Island Ice Tea	79
5 White spirits with a shot of lemon & lime mix topped up with Coke	
Mojito	75
White rum, sugar water, lime juice, sparkling water & mint	
Strawberry Daiquiri	75
White rum, lime juice, fresh strawberries & strawberry juice	

GIN & TONIC

Duchess VIRGIN Gin and Tonic (Alcohol and sugar free) (275ml)

35
» **Duchess Botanical:** Classic Gin and tonic taste

» **Duchess Floral:** Infused with the natural extracts of primrose, citrus blossoms and the indigenous honeybush

Add any one of the following to spice up your drink: sprig of rosemary, basil leaves, fresh berries, cucumber or grapefruit slice. (additional items are subject to availability).

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