



Cape Town's Big 7

BREAKFAST

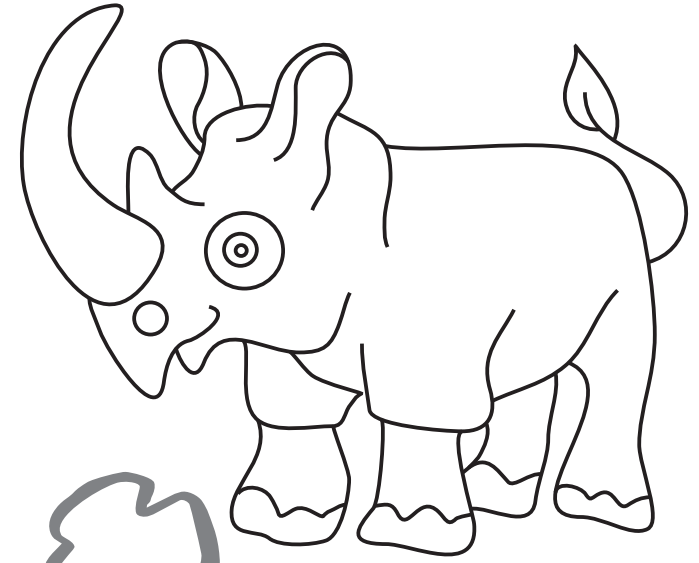
- Oats with Apple with cinnamon & sugar 45
- Scrambled Eggs on Toast 55
- Seasonal Fruit Salad & Yoghurt 55

STARTERS

- Crudité Platter 50
carrot, cucumber, tender stem broccoli with a low fat biltong cheese dip
- 12A Vegetable Salad 45
- Creamed Tomato Soup 45
with toasted ciabatta

DID YOU KNOW?

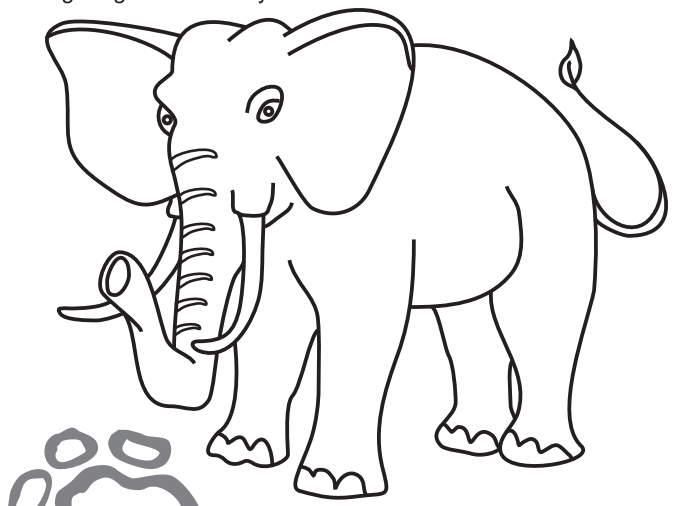
Our rhinos are endangered. There are very few left in the world. Their horns are made from the same stuff your finger nails are made from.



RHINOCEROS

DID YOU KNOW?

Elephants drink about 190 litres (50 gallons) of water a day and eat about 180kg (400lbs) of food per day. That's like a human drinking 760 cups of tea and eating 1600 big burgers in one day!



ELEPHANT

DID YOU KNOW?

The elephant is the only animal on earth that can't jump!

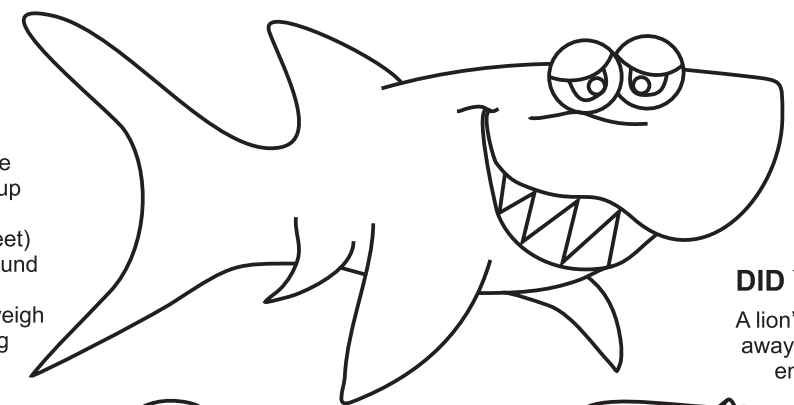
Elephants also purr like cats. It's their way of talking to each other.



GREAT WHITE SHARK

DID YOU KNOW?

A baby great white shark is called a pup and when born, it's about 1.5m (5 feet) long and weighs around 35kg (77lbs). An adult shark can weigh more than 2270kg (5000lbs)!

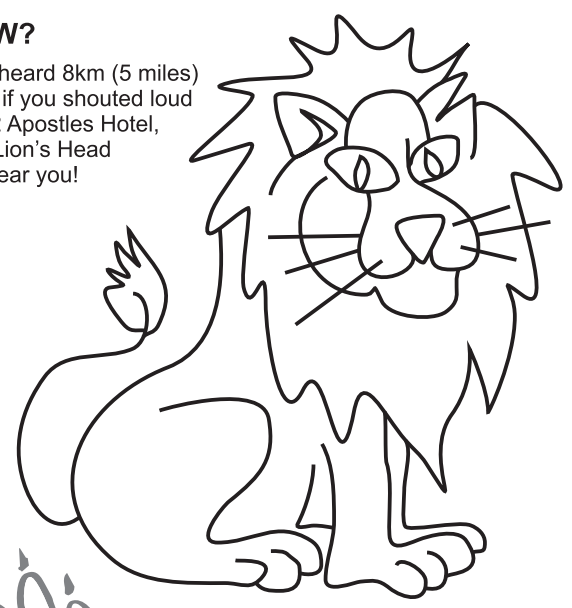


DID YOU KNOW?

A great white shark has approximately 300 serrated (ragged) teeth, arranged in 7 rows. If they lose a tooth, they grow another one.

DID YOU KNOW?

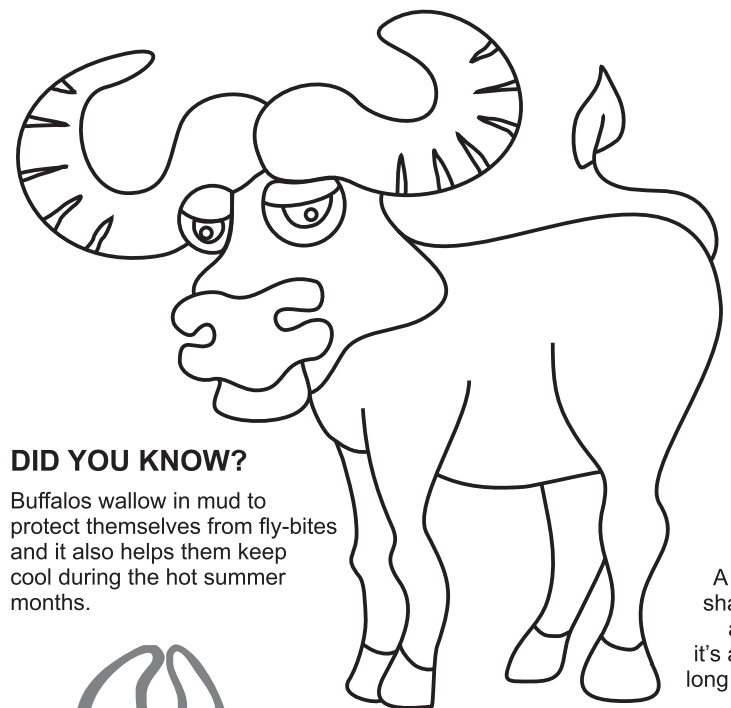
A lion's roar can be heard 8km (5 miles) away! That means, if you shouted loud enough at the 12 Apostles Hotel, people on Lion's Head would hear you!



LION - King of the Jungle

DID YOU KNOW?

Buffalos wallow in mud to protect themselves from fly-bites and it also helps them keep cool during the hot summer months.



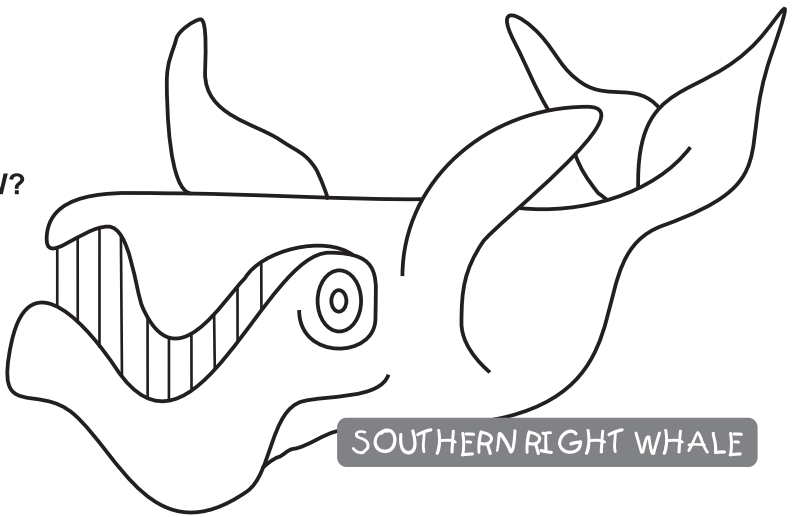
BUFFALO

DID YOU KNOW?

An adult buffalo weighs about 700kg (320lbs) = approximately the same weight as 23 labradors! Buffalos are known to have a very bad attitude and are always ready to charge at any time!

DID YOU KNOW?

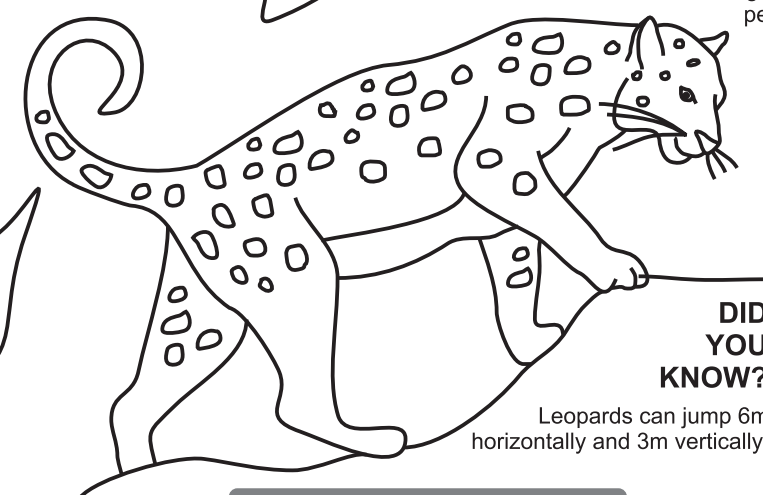
The Southern Right Whale has hundreds of baleen (hairy teeth) to trap the tiny zooplankton they eat.



SOUTHERN RIGHT WHALE

DID YOU KNOW?

Leopards can jump 6m horizontally and 3m vertically!



LEOPARD

DID YOU KNOW?

To prevent other animals eating their dinner, leopards hide their prey in the top of trees.



DID YOU KNOW?

Lions live in a group called a pride. The pride consists mostly of females and they are the main hunters.

MAINS

- Sandwich or Wrap 75
served with *crispy fries* or *side salad*
duo cheese
chicken mayo
tuna & salad
ham & cheddar
- 2 x Mini Chicken or Beef Burgers 80
served with *crispy fries*
- Chicken Nuggets 75
with salad, mash or fries
- Beef or Pork Bangers 75
with mash and peas
- Pasta Bolognese 75
penne pasta or linguini
- Macaroni & Cheese 65
baked with cheddar cheese
- Egg Noodles 60
with side peas, bacon bits and corn
- Mini Pizza 70
ham & pineapple
bacon & mushroom
rustic tomato & cheese
- Fish & Chips 85
batter or pan-fried served with choice of:
match stick fries
side salad
steamed carrots and broccoli

DESSERTS

- Ice-Cream Sundae 65
trio balls, fruits, nuts and chocolate sauce
- Waffle with Strawberry Salad 60
cream or ice-cream
- Chocolate Brownies 60
cream or ice-cream
- Sliced Fruit Platter 55
served with fynbos honey and Bulgarian yoghurt