VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

BREAKFAST SALADS WRAPS

BREAKFAST

SCRAMBLED EGGS 49

Creamy Scrambled Eggs
Served with 2 Slices of Toast

OMELETTE
3 OR 5 FILLING 95 / 125

Your Choice of Cheese, Bacon, Mushrooms, Ham, Salami, Feta, Avocado, Tomatoes, Peppers or Caramelized Onions

SALADS

GREEK 99

A Fresh salad with Tomatoes, Cucumber, Onion, Feta Cheese and Olives, dressed with Salt, Pepper and Olive Oil

CHICKEN & AVO 129

Chicken and Avocado on a Crispy Garden Salad, Drizzled with our Special Munch Dressing

CRISPY CHICKEN & BACON 149

This is the Ultimate Salad. It's Filled with Fresh Veggies, Avocado, Parmesan, Crispy Bacon Bits and Crispy Crumbed Chicken

HOT DRINKS

CAPPUCCINO	37
CAFE LATTE	40
CHAI LATTE	40
TEA	20

CLASSIC BREAKFAST 55

2 Eggs, 3 Rashers of Bacon, Fried Tomato Served with 2 Slices of Toast

MUNCH BREAKFAST 155

2 Eggs, 3 Rashers of Bacon, Mushrooms, Fried Tomato, Cheese Griller and a 150g Rump Served with 2 Slices of Toast

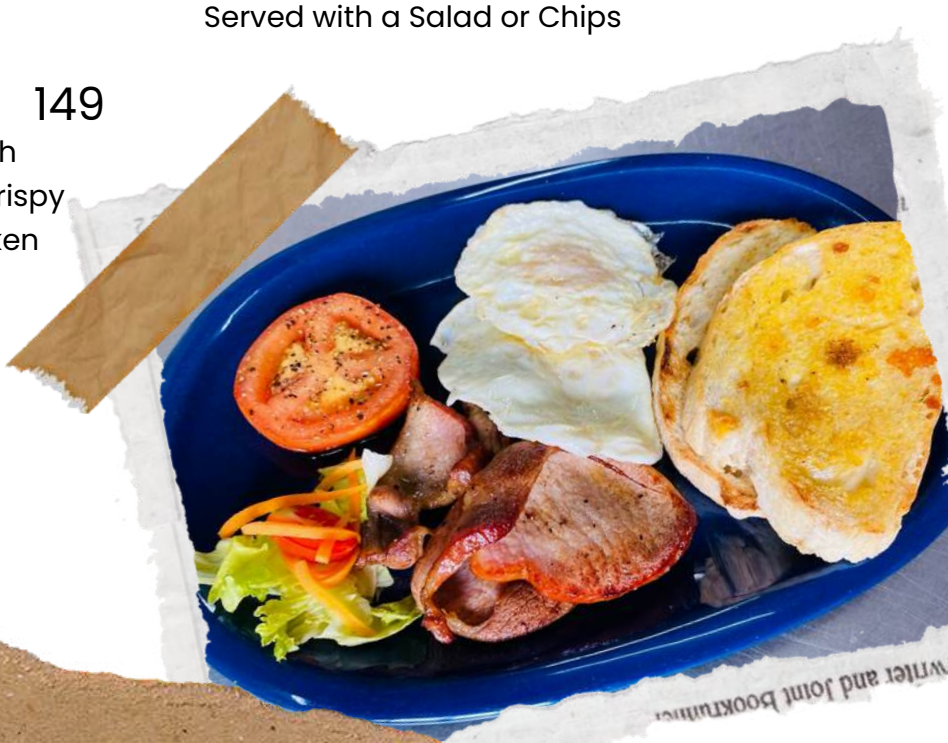
WRAPS

GRILLED OR CRUMBED CHICKEN

Chicken Strips wrapped with Crunchy Lettuce and Cheddar Cheese, Served with a Salad or Chips 99 / 109

PULLED PORK 99

Homemade Slow Cooked Pulled Pork with Crunchy Lettuce and Tomatoes, Served with a Salad or Chips



VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

STARTERS & SNACKS

STARTERS

MARROW BONES 65

Served with Freshly Baked Ciabatta and a Lemon Wedge

CHEESY PRAWNS 105

Prawns topped with Cheddar, Mozzarella and Garlic, Served with Freshly Baked Ciabatta Bread

CALAMARI 90

Served with Our Homemade Tartare Sauce

SNAILS 90

In a Creamy Garlic Wine Sauce, Served with Freshly Baked Ciabatta Bread

Add Bacon Bits 15

GARLIC MUSSELS 90

Mussels in a Creamy Garlic Wine Sauce, Served with Freshly Baked Ciabatta Bread

CHICKEN LIVERS 85

Served on Freshly Baked Ciabatta Bread and Homemade Peri-Peri Sauce

Add Bacon Bits & Caramelized Onions 15

BUFFALO WINGS 95

Six of our Renowned Wings Served with Our Homemade Wing Sauce

MOZZARELLA STICKS 85

3 Deep Fried Mozzarella Sticks in Phyllo Pastry Served with Our Homemade Tomato Relish

SNACKS

ONION RINGS 65

Sauce of Your Choice

CRUMBED MUSHROOMS 85

Sauce of Your Choice

LOADED FRIES 85

Chips Topped with Cheese Sauce, Bacon & Jalapeno's **OR** Caramelized Onions

JALAPENO POPPERS 109

3 Jalapeno's Stuffed with Seasoned Mozzarella Cheese, Wrapped in Bacon and Deep Fried

Beef Samosas 80

Vegetable Samosas 70

Chicken Samosas 80

Cream Cheese & Jalapeno 80

4 Samosas served with a Dipping Sauce



VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

BEEF CHICKEN LAMB

BEEF

OXTAIL 220

500g Oxtail Served with Vegetables and Mash or Rice

RUMP 300g / 500g 180 / 210

Served with Chips and Vegetables

PORTERHOUSE 350g 190

Served with Chips and Vegetables

T-BONE 500g 225

Served with a Sauce of your choice, Chips and Vegetables

STEAK TOPPINGS

Fried Egg 15

Jalapeno, Bacon & Cheese Sauce 45

Peri-Peri Chicken Livers 60

SAUCES 40

Pepper / Mushroom

Cheese / Peri-Peri / Biltong

Creamy Wine Garlic / Blue Cheese / Jalapeno Cheese

Monkey Gland or Lemon Butter

CHICKEN

BUFFALO WINGS 175

12 of Our Renowned Wings Served with Chips and Our Homemade Wing Sauce

CHICKEN SCHNITZEL 165

Crumbed Chicken Breast, Deep Fried and Served with your choice of Two Sides and a Sauce

CHICKEN A LA MUNCH 165

Chicken Breast Cooked in a Creamy Sun-dried Tomato & Basil Pesto Sauce, Served with Mash & Vegetables

LAMB

LAMB CHOPS 230

Three Lamb Chops Served with Mash and Vegetables

MUTTON CURRY 230

Served with Rice, Vegetables and a Poppadum



VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

PORK PASTA SEAFOOD

PORK

GRILLED PORK BELLY 185

Served with Our Homemade Honey Mustard Sauce, Mash and Vegetables

PORK RIBS

400g / 650g 185 / 250

(Uncooked Weight)

Served with Chips and Vegetables

EISBEIN 210

A ± 1kg Eisbein Served with our Homemade Honey Mustard Sauce, Mash and Vegetables

PORK CHOPS Single / Double

Grilled 115 / 135

Crumbed 135 / 165

Served with Our Homemade Honey Mustard Sauce, Mash and Vegetables

PASTA

VEGETARIAN 125

Julienne Stir Fry in a Creamy White Sauce or Napolitano Sauce

ALFREDO 140

Your Choice of an Old Time Favorite with either Ham, Bacon or Chicken

SEAFOOD 185

Prawn Meat, Mussel Meat and Calamari in a Creamy Garlic Wine Sauce

SEAFOOD

HAKE 130

Grilled or Fried, Served with a Side of Your Choice and Our Homemade Tartare Sauce

CALAMARI 145

Fried Calamari Steak Strips, Served with a Side of Your Choice and Our Homemade Tartare Sauce

PRAWNS 8 / 12 250 / 330

Pan Fried Prawns Served with Chips or Savory Rice and a Lemon Garlic Butter Sauce

RED THAI CURRY 185

An Exotic taste with Prawns, Mussels & Calamari, Served with Basmati Rice and a Poppadum

SEAFOOD PLATTER 410

Hake, 4 Prawns, 6 Mussels & Calamari Strips Served with Savory Rice or Chips and a Lemon Garlic Butter Sauce



VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

BEST PIZZA IN TOWN

PIZZA

Small Large

BRAZILIAN 60 120
Chicken Strips, Pineapple, Caramelized Onions & BBQ Mayo

MEAT MANIA 70 140
Chicken Strips, Ham, Bacon & Mushroom

JALAPENO POPPER 60 120
Bacon Bits, Jalapeno & Caramelized Onions

MAC & CHEESE 60 120
Mac & Cheese topped with Your choice of Sauce - Buffalo Wing or BBQ Sauce

MARGHERITA 50 90
Homemade Tomato Sauce & Cheese

GARLIC FOCACCIA 50 90
Homemade Base Topped with Garlic

BUILD YOUR OWN

65 130

Small Large

First 3 Toppings are Free

Add Toppings @ 30

Garlic ▪ Mushroom ▪ Feta ▪ Chili
Blue Cheese ▪ Pineapple ▪ Halloumi
Green Pepper ▪ Parmesan ▪ Peppadew
Caramelized Onions ▪ Extra Cheese

Add Toppings @ 40

Beef Strips ▪ Chicken Strips ▪ Bacon
Biltong ▪ Avocado ▪ Ham

Small Large

PHILLY CHEESE STEAK 80 160
Cream Cheese, Beef Strips, Peppadew, Caramalized Onions & Pepper Sauce

SMOKIN' 67 60 120
BBQ Sauce, Chicken, Mushroom, Caramelized Onion

SWEET CHILI CHICKEN 60 120
Chicken Strips and Our Famous Buffalo Wings Sauce

MOZABIQUEN CHICKEN 70 140
Peri Peri sauce, Chicken, Green Pepper, Garlic & Caramelized Onions

VEGETARIAN 60 120
Mushroom, Green Pepper, Olives, Caramelized Onion

HAWAIIAN 60 120
Ham, Cheese & Pineapple

3 CHEESE FOCACCIA 60 120
Mozzarella, Cheddar & Feta Cheese



VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

BURGERS & SHARING PLATTERS

BURGERS

MUNCH BURGER 125

A 200g Homemade Beef Patty, Topped with a Mushroom Sauce and Onion Rings, Served with Chips

3 CHEESE BURGER 135

A 200g Homemade Beef Patty, Topped with a Mozzarella Sauce, Grated Cheddar and Fried Halloumi, Served with Chips

JALAPENO POPPER BURGER 145

A 200g Homemade Beef Patty, Topped with a Jalapeno Popper, Cheese Sauce & Onion Rings, Served with Chips

CHICKEN BURGER 125

Fried Chicken Breast, Topped with Sweet Tangy Mayo and Served with Chips

PULLED PORK 115

Homemade Slow Cooked Pulled Pork with a BBQ Sauce, Served with Chips

BACON CHEESE BURGER 145

A 200g Homemade Beef Patty, Topped with a Cheese Sauce, Crispy Bacon & Onion Rings, Served with Chips

SHARING

QUICK BITE 140

Loaded Fries topped with Bacon and Jalapeno or Caramelized Onions and a Portion of Onion Rings

FOR THE HUNGRY 390

6 Buffalo Wings, Chicken Strips, Pork Riblets, 4 Beef Samosas, 3 Jalapeno Poppers and a Portion of Chips

FOR THE GROUP 300

Large Three Cheese Focaccia, 6 Mozzarella Sticks and a Portion of Crumbed Mushrooms

FOR TWO 260

4 Chicken Samosas, Mozzarella Sticks and 6 Buffalo Wings and a Portion of Chips



VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

ZINI / SARMIES
LIGHT MEALS
KIDS MEALS

SARMIES

Toasted on Freshly Baked Ciabatta, White or Brown Bread and Served with Chips or a Salad on the Side

Cheese	65
Ham, Cheese & Tomato	75
Chicken Mayo	80
Bacon, Egg & Cheese	85

TRAMEZZINIS

Toasted on our Homemade Tramezzini's and Served with Chips or a Salad on the Side

Ham & Cheese	80
Chicken Mayo	90
Bacon, Egg & Cheese	105
Bacon & Feta	95

MILKSHAKES

Served with a Flake

CLASSICS 55

Strawberry, Banana, Lime, Bubblegum, Coffee, Chocolate, Vanilla, Grape

GOURMET

Bar-One, White Chocolate, Chai, Peppermint Crisp, Turkish Delight, Milo, Salted Caramel, Milkybar

LIGHT MEALS

Served with Chips or a Salad

Bacon & Cheese Quiche	75
Biltong Quiche	75
Pepper Steak Pie	75
Chicken Mushroom Pie	75

KIDS MEALS

Chicken Strips & Chips	85
Small Chips	40
Large Chips	50
Buffalo Mac & Cheese	65
Cheesy Mac	60
Cheese Burger & Chips	85
Corn Dogs & Chips	75



VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

FRESHLY BAKED & DESSERT

CAKE

We try and keep everything as fresh as possible, thus not all items below will be available on a Daily basis, we bake on a rotational basis

Strawberry Cheesecake	35
Granadilla Cheesecake	35
Oreo Cheesecake	45
Bar One Cheesecake	55
Peppermint Crisp Tart	45
Carrot Cake	35

DESSERTS

Malva Pudding and Chocolate Brownies are Baked In-House to ensure Top Quality

Malva Pudding 65

Served with your choice of Cream, Ice Cream or Custard

Chocolate Brownie 70

Served with your choice of Cream, Ice Cream or Custard

Ice Cream - Plain	40
Ice Cream & Bar One Sauce	65
Sugar Free Ice Cream Vanilla & Toffee	65

FRESHLY BAKED

Baked on Request, please order a day in advance

Ciabatta Loaf	40
White Bread Loaf	30
Brown Bread Loaf	30
Burger Buns	6
Full Cake	SQ
Cookie Packet (5)	25

Ginger, Oat or Sugar Cookie

LIQUID DESSERT

Don Pedro Single 50

Don Pedro Double 65

Your Choice of Amarula, Kalua, Chocolate Liquor or Strawberry Lips

Irish Coffee Single 50

Irish Coffee Double 65

Your Choice of J&B, Jameson or Jack Daniels



VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

BEERS & CIDERS

BEERS

Black Label		33
Castle Lager / Lite		33
Castle Double Malt		33
Hansa		33
Stella Artois		37
Corona		37
Heineken		37
Windhoek Draught	440ml	40
Flying Fish Lemon		35

BUCKETS

Local Bucket 180

Black Label, Castle Double Malt, Lite, Lager or Hansa - Choose a Total of 6

International Bucket 210

Stella Artois, Corona or Heineken - Choose a Total of 6

CIDERS

Black Crown Gin & Dry Lemon	35
Brutal Fruit	35
Ruby Apple / Strawberry	
Savanna Dry	40
Hunters Dry / Extreme	40
Bernini Mimosa	40
Hooch	35
Strawberry / Blackcurrant	

ON TAP

Please ask the Waiter what we have Available

Beer

300 ml	30
500 ml	45

Craft Gin

200 ml	35
500 ml	65

Beer Shandy

300 ml	27
500 ml	40

NON ALCOHOLIC

Heineken 0%	37
Corona Cero	37
Savanna Lemon	40



VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

LIQUORS & SPIRITS

BRANDY

Richelieu	25
Klipdrift Premium	30
Hennesey VS	50

WHISKEY

J & B	25
Jameson	30
Jameson Select	40
Johnnie Walker Black	40
Glenfiddich 12 yo	50
Jack Daniels	30
Old No.7 / Honey / Fire	

RUM

White Rum	25
Stroh Rum	40
Capt. M Spiced Gold	25
Capt. M Dark Rum	25

WHITE SPIRITS

Vodka	25
Cane	25

GIN

Craft Gin on Tap	
200 ml	35
500 ml	65
House Gin	25
Malfy Blood Orange	35
Cape Town Pink Lady	35

LIQUEURS

Strawberry Lips	25
Kahlua	30
Chocolate Liqueur	25
Amarula Cream	25
- Double on Ice	45
- Tripple on Ice	60



VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

SHOOTERS

DOUBLE OR NOTHING

Served as a Double Shot

Piet Retiewer 40
Peppermint, Amarula & Stroh

Springbokkie 35
Peppermint & Amarula

Spookasem 30
Strawberry Lips & Bubblegum

Top Deck 30
Chocolate Liqueur & Amarula

Turkish Delight 30
Chocolate Liqueur & Grenadine

Sowetan Toilet 35
Banana, Amarula & Chocolate

GROUP SHOTS

Served as 6 Shooters

Superman 100
Libido & Sparberry

Jägerbomb 150
Jägermeister & Red Bull

Kick in the Crouch 90
Vodka, Blue Curacao & Cranberry Juice

Sour Apples 90
Apple Sours & Appletiser

QUICK SHOT

Apple Sours	20
Cherry Sours	20
Libido	25
Zoerdoef	25
Strawberry Lips	25
Amarula Cream	25

ONE & DONE

Bubblegum Tequila	30
Cactus Jack Original	30
Tequila Silver	30
Tequila Gold	30
Stroh Rum 60	40
Jägermeister	30
Oyster	30
Bee Sting	30



VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

COCKTAILS & MOCKTAILS

COCKTAILS

Blue Hawaii 65
Vodka, White Rum Blue Curacao & Lemonade

Cane Swizzle 65
Grenadine, Blue Curacao, Cane & Lemonade

Munch Cocktail 75
Grenadine, Tequila, Libido & Lemonade

Sex on the Beach 65
Vodka, Triple Sec, Orange Juice & Cranberry Juice

Tequila Sunrise 65
Grenadine, Tequila & Orange Juice

Mojito 70
White Rum, Mojito Syrup & Lemonade

Munch Lime Margarita 65
Lime, Triple Sec & Tequila

Strawberry Daquiri 60
Strawberry Slush, Triple Sec & Vodka

ADD PEARLS 20

Add Bursting Boba Pearls to any Cocktail or Mocktail

MOCKTAILS

Mojito 55

Strawberry Daquiri 50

Sunrise 50

Blue Lagoon 50

JAM JARS

Jelly baby 85
White Rum, Vodka & Jelly Baby Switch

Long Island Ice Tea 95
Lime, Vodka, Tequila, White Rum, Gin, Triple Sec & Coke

Apple Berry 85
Apple Sours, Cherry Sours, Vodka & Lemonade

Pure Passion 85
Zoerdoef, Passion Fruit, Vodka & Lemonade

Summer Sun 85
Vodka, Grenadine, Orange Juice & Lemonade



VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

WINE

REMEMBER :

Wine does not make you FAT it makes you LEAN....Against Tables, Chairs and Funny People....

RED WINE

Fat Man Pinotage 160

Making a memorable impression with layers of succulent red fruit, oak spice and supple tannins

Brampton Cab Sav 165

Layers of red cherry, mulberry and blackcurrant are backed up by ripe plum and cocoa on the nose, and luscious dark chocolate notes

Franschhoek Merlot 160

Soft and juicy with attractive plum and black cherry aromas intertwined with herbal tea, liquorice and gentle oak spice

Franschhoek Shiraz 160

Exuberant mulberry and plum flavors, it has soft ripe tannins that provide a well-structured and balanced juicy finish

Kanonkop Kadette 195

The nose is shows cassis, raspberries, cherries, black plums, cinnamon, allspice and a hint of chocolate

WHITE WINE

The Smous Sav Blanc 160

Equally layered and intriguing, with exotic tropical fruit notes beautifully balanced by a vibrant acidity and flinty minerality

LeCourier Chenin Blanc 165

This complex Chenin Blanc was built for the long haul. Its ripe stone fruit flavours and leesy richness ripple through to a persistent, satisfying finish

Brampton Sav Blanc 165

Sip on some summer sunshine with tropical fruit, green fig and apple. Fruit forward and expressive but beautifully balanced with lively acidity and mouth-watering minerality

Franschhoek Chardonnay 160

Pineapple and lemon & lime fruit purity with an intensity on both the nose and palate

Pinot Grigio 165

A delightfully easy-drinking pale gold wine with a palate of abundant fruit. Savour its fresh zeal with notes of peach and pineapple





VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

WINE

REMEMBER :

Wine does not make you FAT it makes you LEAN....Against Tables, Chairs and Funny People....

WINE BY THE GLASS

Vineyard Friends - Red 45

Merlot
Pinotage

Vineyard Friends - White 45

Sauvignon Blanc

Sunkissed 45

Sweet Red
Sweet White
Sweet Rose

FORTIFIED

Old Brown Sherry 30

The sweet, fortified nature of the drink makes it perfect for cold evenings, and it's traditionally enjoyed neat. The phrase "winter warmer" is practically synonymous with Old Brown in South African vocabulary

CORKAGE 50

A Corkage fee will be charged to a customer for consuming any of their own beverages on the restaurant premises

A Cake fee will be charged to a customer for consuming any of their own Cake (or any other food item) on the restaurant premises

ROSE WINE

Brampton Rose 160

With a seductive pink tint and layers of berries and other ripe red fruit. It is crisp and dry, but with a delicious hint of fruit sweetness that lingers on and on

Cinsault 165

Its vibrant raspberry-red colour leads into a palate bursting with juicy flavours of cranberry, fresh red cherry and red wine gums

SPARKLING

J.C. Le Roux 160

Sparkling Wine is stocked only on request. Please give us one day notice if you would like a bottle. Other Brands also available on Request (lead time may differ)

Non Alcoholic 160



VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

HOT & COLD DRINKS

HOT DRINKS

Espresso
- Single 27
- Double 32

Americano
- Regular 30
- Large 35

Cappuccino
- Regular 32
- Large 37

Red Cappuccino 40

Hot Chocolates
- Classic 35
- Bar One 40
- White Chocolate 40
- Milky Bar 40
- Peppermint Crisp 40
- Milo 35

Latte
- Chai 40
- Cafe 35
- Salted Caramel 40
- Hazelnut 40
- Mocha 40
- Rose 40

Add Cream 15

Tea
- Five Roses 20
- Rooibos 20

COLD DRINKS

Still / Sparkling Water 20

300 ml Soda 20
Coke, Coke Zero, Sprite, Fanta Orange

440 ml Soda 30
Coke, Coke Zero, Sprite Zero, Creme Soda, Sparberry

200 ml Moxers 20
Dry Lemon, Ginger Ale, Lemonade, Soda Water, Blue Tonic, Pink Tonic, Indian Tonic, Sugar Free Tonic

Cordials 10
Passion Fruit, Lime, Cola Tonic, Blueberry, Watermelon

Fruit Juices
Apple, Orange, Cranberry
- 250ml 25
- 350ml 35

Appletizer / Grapetizer 35

Ice Tea - Peach / Lemon 35



VAN VELD TOT VURK

MUNCH

• 2014 •

RESTAURANT

SPECIALITY DRINKS

MILKSHAKES

Served with a Flake

CLASSICS 55

Strawberry, Banana, Lime, Bubblegum, Coffee, Chocolate, Vanilla, Grape

GOURMET 55

Bar-One, White Chocolate, Chai, Peppermint Crisp, Turkish Delight, Milo, Salted Caramel, Milkybar

KIDDIES SHAKES 45

All of the above are available in a kiddies size as well



SLUSHIES

Please ask the Waiter what we have Available

Small	20
Medium	25
Large	30

BUBBLE TEA

Small	40
Large	60

Taiwanese drink made from a Rooibos tea base mixed with a fruit syrup and bursting bubble pearls (or "boba") at the bottom. Served cold with a wide straw for sipping the tea and toppings together.

Step 1 : Choose the Syrup

Apple, Cherry, Lemon & Lime, Strawberry, Pineapple, Grape, Passion Fruit

Step 2 : Choose the Boba

Blueberry, Mango, Strawberry, Litchi, Apple, Peach, Grape, Cherry

Step 3 : Enjoy!

Availability of these flavours may vary, please ask the waiter what we have available.

