

Drinks

KIKKA 1: Central Paarl: Tel 021 872 0685

KIKKA 2: Laborie: Tel 021 863 1184

COFFEES

Filter coffee 18 | Refill 10
Filter coffee in a mug 21
Americano normal | decaf 22
Espresso (double) 19
+ *steamed milk* +4
+ *soya milk* | *cream* +6
+ *cream* +6
Cappuccino: Single 21 | Grande 24 | In a mug 27
Caffé latte 27
Flavoured cappuccino or caffè latte: vanilla | hazelnut
almond | American fudge 31
Chococcino 32
Siphon (allow 10 minutes to brew, serves 2) 45

TEA

Ceylon, rooibos, Earl Grey or green 19
Fresh lemon & mint 19
Rooibos Espresso: Double 21 | Grande 27 | In a mug 30
Rooibos Latté 31
Chai rooibos cappuccino with soya milk & cinnamon 26
Siphon loose leaf (allow 10 minutes to brew) 37

HEALTHY DRINKS

Rooibos with honey, lemon, turmeric &
cayenne pepper (hot/cold) 23
Almond, organic oats, honey & cinnamon
drink (hot/cold) 29
Cashew milk with maple syrup & vanilla powder
(hot/cold) 29
Woody Cape chicory (caffeine-free & natural –
a coffee alternative) 21
Lemon juice, maple syrup (cold) 18
+ *add cayenne pepper*

OTHER HOT BEVERAGES

Horlicks | Milo | Hot chocolate | Chai tea 26
Peppermint Crisp hot chocolate 35

MILKSHAKES

Vanilla | Hazelnut | Almond | Ginger biscuit | Cinnamon
American fudge | Rooibos espresso | Chocolate | Milo |
Peanut butter | Lime | Strawberry |
Bubble gum | Banana 28
Chocolate brownie | Choc nut spread |
Peppermint Crisp 34
Coffee shake: ice - cubes or crushed | ice cream 28

COLD DRINKS

Soda | Iced tea (sugar free; 330ml) | Steri Stumpie 19
Appetizer | Grapetizer 24
Fresh juices 22
Mineral water: 500ml 16 | 1 Litre 26
Ginger beer (homemade) | Pineapple beer 25
Soda float 28
Rooibos espresso with cloudy apple juice 30
Kikka iced tea: Pomegranate, ginger & elderflower 25
Cranberry, lemongrass & echinacea 25
Kombucha: Probiotic fermented tea drink 25 | Shot (50ml) 9
Strawberry fiz: Strawberry juice, Kombucha, honey & ice 35

SMOOTHIES

Choose from: cow's milk | cream | soya milk | almond milk |
cashew milk | kefir | yoghurt | ice | ice cream |
water (450ml) 39
Glowing green – apple, pear, spinach, parsley, kale
lemon juice, banana
Banana – banana, cinnamon, honey
Superfood – banana, green grass, African Moringa,
hemp, kelp powder
Peanut butter – banana, honey, peanut butter, cinnamon
Choc-Peanut punch – banana, honey, peanut butter,
cinnamon, cacao
Berry chia – banana, mixed berries, chia seeds, honey
Tropical bliss – pineapple, guava, mango juice, banana
Pineapple – pineapple, lemon, mint
+ *whey powder* +15
High 5 protein recovery drink: summer fruit | chocolate |
banana-vanilla - with milk | ice cream | water 25
Plain Kefir sold in 300ml bottles 25
Kefir culture 40

COLD-PRESSED JUICE

Apple | Apple & lemon 29
Red – beetroot, apple, lemon & mint 36
Green – kale, spinach, apple, cucumber, lemon & mint 36
Orange – carrot, orange, ginger & lemon 36

**Craft beers, ciders & wine available. Ask your waiter.*



Lunch

SALADS

Smoked salmon, avocado, cucumber, spring onion, cherry tomatoes, fresh lemon & olive oil dressing 88

Chicken, apple, cucumber, broccoli florets, avocado, tomato and croutons dressed with a creamy blue cheese dressing 78

Fennel, red onion & apple salad, with beetroot spaghetti, baby spinach, pecan nuts & Kombucha dressing 69

Roasted vegetable salad with butternut, sweet potato, broccoli, spinach, green beans, chickpeas & sunflower seed with honey mustard Kefir dressing 75

PIES

Served with salad, vegetables or chips

Chicken, leek & bacon 79

Mutton curry 79

Low carb chicken & mushroom | lamb & mushroom served in a ceramic dish with a crust 88

ARANCINI

Crumbed risotto balls, filled with cheese & served with tomato relish 50

PASTA TAGLIATELLE

Chicken, bacon, butternut with sweet chili cream topped with parmesan 75

Roasted tomatoes, artichoke, mushroom, aubergine, pesto, feta & spinach 72

KIDDIES MENU

Milkshake 25

Apple juice (box) 18

Babyccino 9

French toast with maple syrup (1 slice) 25

Pancakes: 1 large pancake with cinnamon sugar 15

+ *ice cream* +12

+ *small chips* +25

Plain pasta with pesto | cheese sauce | grated cheese 35

Plain broccoli florets | Tomato & cucumber 15

TOASTED SANDWICHES

Choose from: Kikka farm or rye bread.

Kikka low carb bread +15

Cheese 24

Ham & cheese 32

Ham, cheese & tomato 38

Bacon, egg & cheddar 45

Chicken mayo & mozzarella 44

Grilled vegetables & feta cheese 40

Pork belly, figs & blue cheese 66

Figs, brie & caramelised onion 45

+ *side salad* | *vegetables* | *chips* +25

+ *pesto* | *hummus (homemade, no garlic)* +9

GOURMET SANDWICHES

Choose from: Kikka farm or rye bread.

Kikka low carb bread +15

Roasted rosemary tomatoes, buffalo mozzarella, artichoke hearts, roasted beetroot, basil pesto, toasted seeds & fresh herbs 69

Free range chicken, crispy bacon, avocado, rocket, mayonnaise with cranberry chutney & toasted seeds 73

Salmon, avo, cream cheese & pickled cucumber 78

BURGERS

Takeaway burgers without chips or salad 55

Beef burger (180g), caramelised onion, cheddar, lettuce & tomato with chips or salad 85

Chicken burger: chicken breast, cheddar cheese, grilled pineapple, lettuce, tomato & mayo with chips or salad 85

Pork belly burger: slow braised pork belly, sliced & served on lettuce, tomato & balsamic fig marmalade with chips or salad 88

Make it low carb +15

WRAPS

Veggie wrap: carrot, beetroot, butternut, cucumber, fresh greens, feta cheese & herb mayo 65

Shredded chicken, carrot, cucumber, tomato, coriander, lettuce with honey & mustard mayo 75

Pulled pork with pineapple, mozzarella, peppadews & shredded cabbage with sweet chilli sauce 78

+ *side salad* | *vegetables* | *chips* +25

Breakfast

KIKKA BREAKFAST

Two eggs, two bacon rashers, mushrooms, grilled tomato, fried onion, sausage, cheese & a slice of toast with butter 79

EGGS BENEDICT

Kikka homemade muffin topped with sautéed spinach & poached egg, finished with creamy mayonnaise. Choose bacon rashers or smoked salmon 78

ENGLISH BREAKFAST

One egg, two bacon rashers, tomato & toast 42

FRENCH TOAST

Two slices of Kikka farm bread with maple syrup 38
BBB Frenchie: Brie, banana, caramelised onion, bacon & maple syrup 72

SCOTTIE (Scotch egg)

Boiled eggs in sausage mince, crumbed & deep fried. Served with tomato relish, fresh herbs & grated cheese – one egg 42 | two eggs 67

MUSHROOM GRATIN

Pan fried mixed mushrooms with basil pesto, spring onion & cream. Served on an English muffin topped with parmesan cheese 68

Make any breakfast low carb +15

HEALTHY

Seasonal fresh fruit salad with plain full cream yoghurt 38

+ Kikka low carb muesli +18

Acacia berry yoghurt with chia seeds, almond milk, fresh fruit & low carb muesli 45

Almond, cashew & oats porridge with banana, honey & cinnamon 38

Sorghum (Maltabella) – banana, butter & honey 28

CROISSANTS

Plain 17

Savoury: Cheese 28

Cheese & ham 38

Tomato, scrambled eggs & fresh greens 53

Sweet: Butter & jam 25

+ cheddar cheese +12

+ choc nut spread +12

OMELETTES

Two eggs or just egg whites, one slice toast

Basic cheddar 49

+ bacon | ham +18

Roasted tomato, artichoke, feta, mushrooms & sweet basil 72

Bacon, cranberry, brie & rocket 75

Salmon, rocket, spring onion & avocado 88

LOW CARB STAR

Toasted low carb bread topped with creamed spinach, sautéed mushrooms & grilled cheddar cheese, topped with poached eggs

Choose bacon rashers or smoked salmon 87

INDIVIDUAL ITEMS

Toast (one slice):

Kikka farm bread 5 | Kikka rye 8 | Kikka low carb 15

Eggs: One 8 | Two 12

Ham | Bacon (two rashers) 18

Beef sausage 14

Smoked salmon (40g) 28

Oven roasted, grilled or fresh tomato 10

Sautéed mushrooms | Avo 16

Pesto | Hummus (homemade, no garlic) 9

Fish paste | Cheddar cheese 12

Savoury mince 20

Butter & jam, honey | Marmite 7

Plain full cream yoghurt 16

PANCAKES

Savoury: served with salad | vegetables | chips

Bacon, cheddar & mushrooms 75

Shredded lamb, feta, mushrooms, caramelised onions & spinach 85

Make it low carb +15

Sweet: Two large pancakes with cinnamon sugar 28

+ vanilla ice cream +14

+ grilled banana & choc nut spread +25

SCONES

Butter, jam & cream | Cheese 35

QUICHE OF THE DAY

Quiche only 40

Homemade quiche (14cm) with side salad | vegetables | chips 65

Make it low carb +15