

first things available 07:30-12:00

- ★ **ANCHOVY TOAST *50.00**
two slices of grissone with butter and anchovies, mashed with fresh lemon and rosemary, on the side
- SOURDOUGH TOAST & THREE SPREADS 50.00**
biltong butter, duck rillette and bacon & ros  butter
- PAPINO SPLIT 68.00**
a papino half filled with our own frozen vanilla yoghurt (sugar-free) and fresh fruit salad served with our own granola and banana and date puree
- OMELETTE: TOMATO, SPINACH AND FETA 45.00**
a three-egg omelette filled with tomatoes, spinach and feta cheese
- OMELETTE: BACON, MUSHROOM AND CHEDDAR 55.00**
a three-egg omelette filled with bacon, fried mushrooms and cheddar cheese
- NORTH AFRICAN-STYLE POACHED EGGS 80.00**
courgette Noodles served on a spicy tomato and pepper sauce, topped with two poached eggs, double thick yoghurt and brinjal mash
ADD fried pancetta +30.00
-   **PUTU PAP AND BILTONG 85.00**
house speciality for more than a decade: putu pap topped with mascarpone and chef's own fried beef biltong
-   **SAVOURY FRENCH TOAST 90.00**
french toast filled with mozzarella and cheddar cheese, dipped in a herbed egg custard and pan fried; served with two of chef's own maple-sage pork sausages and saut ed leeks
- EGGS BENEDICT *with either pancetta 100.00 or salmon trout 110.00**
chef's own buttermilk biscuit topped with either fried pancetta or smoked salmon trout, finished with two poached eggs and hollandaise sauce

d.i.y. breakfast options available 07:30-12:00

D.I.Y. ENSEMBLES

compose your own breakfast or brunch from the list of options below

- + **BASICS**
one croissant (served with butter) **+18.50**
one slice of rye / low GI bread (served with butter) **+7.50**
a 65g slice of our gluten free banting bread **+18.00**
jam / preserve of the day / sweet chilli sauce **+6.50**
- + **NICE TO HAVE**
grated cheddar cheese / mozzarella **+15.00**
crispy fried bacon / two maple-sage pork sausages **+30.00**
smoked rainbow trout **+65.00**
- + **SCRAMBLED EGGS**
creamy scrambled eggs **+15.00**
indian-style scrambled eggs with onion, spices, tomato and chillies **+30.00**

a cuppa and a scone

-   **TEA / COFFEE + SCONE 45.00**
a cup of dilmah tea (see HOT DRINKS), or a cup of filter coffee, served with a handmade scone, granadilla cream, strawberry jam and grated cheddar cheese [have a standard cappuccino or red cappuccino instead **+3.50**]

sarmies etc.

-   **CARLTON TOASTED CHEESE AND ONION *75.00**
a toasted grissone with balsamic caramelised onions and grilled haloumi cheese; served with tomato jam
- ★ **CARLTON SPICY CHICKEN MAYO* 80.00**
a toasted grissone with pan-fried turmeric-chilli marinated chicken strips, lemon and garlic mayonnaise, sweet chilli sauce and gherkins
- CARLTON CHEF SANDWICH* 90.00**
a toasted grissone with spiced pressed pork belly, hickory ham, Ementhal cheese, mustard and gherkins served with rustic fries
- CARLTON SHORT RIB SARMIE *95.00**
a toasted grissone with shredded beef short rib, slow-roasted in duck fat and moroccan spices, topped with preserved lemon, fried haloumi and chef's carrot chutney
- CHICKEN CAESAR BURGER *98.00**
flame-grilled butterflied chicken breast marinated in Caesar dressing served on a handmade tahini bun with rustic fries and a parmesan crisp with courgette & chilli dressing on the side
-   **BEEF BBQ BURGER *110.00**
a handmade 100% pure beef patty topped with gouda and mozzarella cheese, crispy pancetta and caramelised red onions on a handmade tahini bun; served with shoestring potato chips and our own smokey tomato-barbecue sauce on the side

on the lighter side

-   **MARMITE  TART 50.00**
true menlo park nostalgia: a serving of old fashioned marmite  tart topped with a soft poached egg, caramelised onions and a parmesan crisp
ADD chef's own beef biltong +25.00
- SALAD VERDE 78.00**
spinach noodles in a salsa verde dressing served with cucumber ribbons, grilled asparagus, sugar snap peas, sunflower shoots, green tahini sauce, and a pumpkin seed dressing
- BLOODY MARY TART 85.00**
vodka and tabasco sauce roasted tomatoes and gouda in an olive pastry case topped with a salad of fresh heirloom tomatoes, green olives, sundried tomato salsa with white chocolate and vodka jellies
- CORONATION CHICKEN SALAD 98.00**
a Cape Malay flavoured chicken mould, rolled in mixed nuts and seeds, served with dried yellow peaches in ginger syrup, fresh nectarines, a mebos dressing and apricot sourdough melba toast on the side

- ★ indicates popular menu items that we have been serving since we first opened in 2002
-   indicates popular items that our regular patrons keep asking for
- ★ an asterisk indicates that a gluten free, banting friendly bread is available with the dish at an additional R18 per 65g slice; we make ours with psyllium husks, almond flour, mixed seeds and egg
- alcohol: we are licenced to sell alcoholic drinks from 10:00 - please refer to our wine list; we charge a corkage fee of R25 per bottle if you choose to BYO wine
- allergens: please note that we use egg, dairy, wheat and nut products in our kitchen
- compliments & complaints: we will gladly listen to feedback and queries; please address them to the manager on duty

delicious: visit Delicious The Food Shop to order delicatessen fare and for take-aways, speciality ingredients and gifts

payment: we accept most major credit and debit cards; unfortunately we do not accept payment by cheque

reservations: table bookings are recommended; please respect the fact that we are unable to easily accommodate tables with more than eight patrons

smoking: this is entirely a no-smoking establishment

variations: we are unable to prepare variations on menu items; half portions are charged at 75% of menu prices

wi-fi: a free wi-fi connection is available to our patrons; please ask for the latest password

carlton comforts

- VENISON CARPACCIO GARDEN 75.00**
smoked venison flowers with a ginger and sesame mayonnaise heart, herbed couscous, broccoli florets served with an avocado, mint & lemon dressing
- EAT YOUR PLATE 85.00**
a crisped tortilla plate with a poached egg, fried haloumi, herb grilled courgettes, honey and harissa roasted brinjals, butternut skordalia
-   **FISH AND CHIPS 85.00**
white fish goujons deep-fried in our signature batter, served with shoestring potato chips and our own mayonnaise and smokey tomato-barbecue sauce
-   **CONNYS SOUTHERN FRIED CHICKEN 95.00**
deep fried chicken breast strips rolled in chef conny's mix of herbs and spices; served with baby potato and mint pesto salad and a feta, yoghurt and mustard dipping sauce on the side
- RAINBOW TROUT & HEIRLOOM SALAD 110.00**
pan-grilled rainbow trout, served with heirloom vegetables, chia seeds, micro herbs, our own labneh, balsamic reduction and a pomegranate relish

sweet things

-   **CHOCOLATE BROWNIE 45.00**
carlton's signature dark chocolate brownie [contains nuts] served with a scoop of our own chocolate ice-cream and a berry coulis
-   **WHITE CHOCOLATE BLONDIE 45.00**
carlton's signature white chocolate and macadamia nut blondie served with our own vanilla-bean ice-cream
- BAKED MILK TART 30.00**
carlton's version of the south african classic
- A SLICE OF CHEESECAKE 40.00**
cheesecake is one of our specialities:
FRIDGE CHEESECAKE: gelatine-free, made with organic cream cheese and lemon zest in a butter and oats crust; served with berry coulis
BAKED NEW YORK CHEESECAKE: a classic baked cheesecake with a brownie crust
OREO  BAKED CHEESECAKE: crushed biscuits in a baked cheesecake with a caramel topping
- OTHER BAKES**
please ask your waiter what is available

coffee • we use *Bean There* fair trade coffee

COFFEE filter / decaf / americano **16.50** • refill **9.00** • mug **20.00**

CAPPUCCINO classic / cream / decaf / skinny **20.00** • mug **28.50**

ESPRESSO single **15.50** • double **21.50**

CAFF  LATTE **21.00**

VANILLA COFFEE **25.00**
espresso topped with vanilla froth

  **SWEET MASALA COFFEE** **27.50**
a sweet coffee, infused with cardamom, ginger and cinnamon, with milk froth

  **TAAI KOFFIE** **27.50**
coffee on a layer of condensed milk served in a glass

★ **RACHEL'S COFFEE** **28.00**
espresso laced with dark chocolate and frothed milk

tea

DILMAH TEA **16.50**
english breakfast / earl grey / rooibos / peppermint / vanilla / camomile / lemon-and-lime

RED CAPPUCCINO **20.00** • mug **28.50**
rooibos cappuccino topped with a drizzle of honey

ROOIBOS CHAI LATTE **25.00**
rooibos tea infused with our own mixture of spices, served in steamed milk

the house speciality

★ **CHILLI HOT CHOCOLATE** small **30.00** • large **48.50**
a rich drink made with bitter chocolate and finished with a sprinkling of chilli

chillers

★ **ROSEMARY LEMONADE CHILLER** **25.00**
chef's rosemary infused syrup and lemon juice topped with sparkling water

★ **GINGER-ALE CHILLER** **25.00**
chef's ginger syrup with a hint of chilli topped up with sparkling water

ICED COFFEE **30.00**
espresso blended with ice cubes, full cream milk and condensed milk

GRANADILLA LEMONADE **30.00**
granadilla pulp and orange juice topped up with sparkling water

BERRY SMOOTHIE **39.50**
mixed berries pulped with honey and cranberry juice, blended with yoghurt

★ **ROCK SHANDY** **35.00**
thirst quencher on the rocks: lemonade, soda water and a dash of fresh lemon juice finished with aromatic bitters

etc.

STEINFURT PURE GRAPE JUICE **340ml** **20.00**
pure pressed red grape juice without sugar or preservatives

FRUIT JUICE **24.50**
orange / mango / strawberry

PRESSED VEGGIE JUICE **250ml** **30.00**
orange, carrot, ginger & lemon / beetroot, carrot, apple, mint & lemon / pineapple, coconut water & lime / apple, cucumber, spinach, kale & celery

BOS FLAVOURED ICE TEA **18.00**
apple / berry / lemon / lime & ginger / peach

MINERAL WATER, MIXERS & SODAS
sparkling / still water 500ml **14.00** sparkling water 1000ml **24.00**
appletiser / red grapetiser 275ml **18.00**
coke / coke light / coke zero / sprite / sprite zero 340ml **16.50**

When I compiled this list my

priority was to find interesting and quality offerings at affordable prices. This is, after all, what one expects from a daytime eatery. The list is limited as I personally recommend each wine. It will change regularly as I discover new and exciting ones that I enjoy and want to share.

Rachel

  corkage fee: **R25/750ml bottle**

  indicates wine sold by the glass

  our license allows us to serve alcoholic drinks from 10:00

carlton cocktails

SKEKBOOM GIN+TONIC **R65**
a favourite with our patrons: new harbour distillery's artisanal spekboom infused gin served with fitch and leedes indian tonic and a twist of lemon - local and lekker

CARLTON PINK GIN **R65**
musgrave pink gin and dry vermouth topped with our own rhubarb and fennel syrup, turkish delight and fennel seeds, garnished with fresh fennel and rhubarb

G&T+V&MCC **R65**
a smooth serving of iverroche classic gin with a dash of citrus infused vodka topped with tonic and m thode cap classique bubbly, fresh thyme and lemon peel

SIX DOGS BLUE GIN single **30.00** double **50.00**
served on ice - a new craft gin infused with blue pea and rose pelargonium

SPICY GIN & ROCK SHANDY **65.00**
ginologist spice gin served with a rock shandy and white chocolate fudge

BUSHWILLOW GIN TONIC **55.00**
earl grey infused flowstone African bush botanicals Bushwillow gin with tonic and a slice of charred lemon

MARMALADE G&T **65.00**
clemengold gin served with tonic on a marmalade and masala syrup ice cube

MALFY PEAR GIN **65.00**
lemon infused Malfy gin with roasted pear and rosemary, prosecco and lemonade

GARDEN MARY **65.00**
all the traditional flavours of a bloody Mary complimented with Triple Three African Botanicals gin and carrot juice

sparkling wine

HOUSE BUBBLY   **R40**
a delightful m thode cap classique brut

SARONSBERG M THODE CAP CLASSIQUE BRUT 2012 **R205**
a fresh, dry bubbly with delicate flavours of toasted biscuit and fresh apple

GROOTE POST BRUT ROS  M THODE CAP CLASSIQUE NV **R205**
gentle salmon-pink with strawberry flavours and hints of yeasty biscuit

white wine

HOUSE WHITE   **R40**
dry, crisp, refreshing and unwooded

PROTEA PINOT GRIGIO 2016   **R45 / R100**
fresh with juicy stonefruit aromas with hints of elderflower and citrus and a dry finish

SURVIVOR CHENIN BLANC 2016 **R140**
lightly oaked with a medley of apricot and peach flavours and fresh lime zest finish

GROOTE POST THE OLD MAN'S BLEND WHITE 2016   **R45 / R100**
my best recent find - fresh and dry with features of apple and tropical fruit

CAPE ATLANTIC SAUVIGNON BLANC 2015   **R50 / R110**
crisp with tropical fruit, hints of pear, citrus and grassy notes

HERMANUSPIETERSFONTEIN Nr 7 KAALVOET MEISIE 2015 **R145**
mostly sauvignon blanc; aromas of white peach and grapefruit and a fruitful zesty palate

SARONSBERG SAUVIGNON BLANC 2016 **R155**
full-bodied with tropical, gooseberry and fruit salad flavours and a hint of grassiness

HARTENBERG CHARDONNAY 2015 **R155**
wooded with blossomy lemon and lime and chalky notes with a fresh fruitiness

ros  wine

CEDERBERG SHIRAZ SUSTAINABLE ROS  2016 **R115**
a crisp, coral pink ros  with hints of strawberry, watermelon and cotton candy

red wine

HOUSE RED   **R40**
a medium-bodied red with ripe juiciness

GROOTE POST THE OLD MAN'S BLEND RED 2015   **R45 / R100**
lunchtime star, a smooth blend with berries and wood on the nose and an elegant finish

SURVIVOR OFFSPRING 2015 **R110**
label tells the lovely story of the nguni cow named survivor and her offspring. blend of syrah, pinotage and cabernet sauvignon; berry aromas and flavours with a touch of spice

MORGENSTER NU SERIES 1 CABERNET SAUVIGNON 2012 **R145**
medium-bodied with rich flavours of currants, cherries and plums and tones of warm spice

EIKENDAL PINOTAGE 2015 **R145**
a very accessible young pinotage perfumed with pomegranate and fresh strawberry; freshness on the nose and palate

beer

HEINEKEN LAGER 330ml **R25**
light bodied pale lager balanced between fruity notes and hop bitterness

GUINNESS DRAUGHT 440ml **R35**
a rich, creamy and distinctively black stout

BRAUHAUS AM DAMM FARMERS' DRAUGHT 440ml **R40**
local micro-brewed blond-coloured lager; light on the palate, with a crisp, dry finish

BRAUHAUS AM DAMM PILS 440ml **R40**
local micro-brewed amber pils with refreshing hop aromas and a hint of apricot and honey