

## first things available 07:30-12:00

### ★ ANCHOVY TOAST \*60.00

two slices of grissone with butter and anchovies, mashed with fresh lemon and rosemary, on the side

### SOURDOUGH TOAST & THREE SPREADS 65.00

biltong butter, duck rillette and bacon & ros  butter

### PAPINO SPLIT 70.00

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 65.00

a three-egg omelette filled with tomatoes, spinach and feta cheese

### OMELETTE: BACON, MUSHROOM AND CHEDDAR 75.00

a three-egg omelette filled with bacon, fried mushrooms and cheddar cheese

### NORTH AFRICAN-STYLE POACHED EGGS 85.00

julienned courgette served on a spicy tomato and pepper sauce, topped with two poached eggs, double thick yoghurt and brinjal mash  
**ADD fried pancetta +35.00**

###   PUTU PAP AND BILTONG 90.00

house speciality for more than a decade: putu pap topped with mascarpone and chef's own fried beef biltong

###   SAVOURY FRENCH TOAST 95.00

oats bread made with sunflower seeds, 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 105.00 or salmon trout 115.00

chef's own buttermilk biscuit topped with either fried pancetta or smoked salmon trout, finished with two poached eggs and hollandaise sauce  
**ADD chef's own beef biltong +35.00**

## 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) **+20.00**  
 one slice of rye / low GI bread (served with butter) **+8.00**  
 a 65g slice of our gluten free banting bread **+18.00**  
 jam / preserve of the day / sweet chilli sauce **+7.00**

#### + NICE TO HAVE

grated cheddar cheese / mozzarella **+18.00**  
 crispy fried bacon / two maple-sage pork sausages **+35.00**  
 smoked rainbow trout **+68.00**

#### + SCRAMBLED EGGS

creamy scrambled eggs **+20.00**  
 indian-style scrambled eggs with onion, spices, tomato and chillies **+35.00**

## a cuppa and a scone

###   TEA / COFFEE + SCONE 50.00

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 **+7.50**]

## sarmies etc.

###   CARLTON TOASTED CHEESE AND ONION \*80.00

a toasted grissone with balsamic caramelised onions and grilled haloumi cheese; served with tomato jam

### ★ CARLTON SPICY CHICKEN MAYO\* 85.00

a toasted grissone with pan-fried turmeric-chilli marinated chicken strips, lemon and garlic mayonnaise, sweet chilli sauce and gherkins

### CARLTON CHEF SANDWICH\* 95.00

a toasted grissone with spiced pressed pork belly, hickory ham, Ementhal cheese, mustard and gherkins served with rustic fries

### CARLTON SHORT RIB SARMIE \*98.00

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 \*100.00

flame-grilled butterflied chicken breast marinated in Caesar dressing (contains anchovy) served on a handmade tahini bun with rustic fries and a parmesan crisp with courgette & chilli dressing on the side

###   BEEF BBQ BURGER \*115.00

a handmade 100% pure beef patty topped with gouda and mozzarella cheese, crispy pancetta and caramelised 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 55.00

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 +35.00**

### SALAD VERDE 80.00

spinach noodles in a salsa verde dressing served with cucumber ribbons, grilled asparagus, sugar snap peas, green tahini sauce, and a pumpkin seed dressing  
**ADD parmesan shavings +25.00**

### BLOODY MARY TART 85.00

vodka and tabasco sauce roasted tomatoes and gouda in an olive pastry case topped with a salad of fresh tomatoes, green olives, sundried tomato salsa with white chocolate and vodka jellies  
**ADD grilled chicken breast strips +35.00**

### CORONATION CHICKEN SALAD 100.00

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

### BEEF FLOSS AND NOODLE SALAD 100.00

finely shredded beef saut ed in aromatic spices and coconut milk until dry served on rice noodles with fresh spinach, berries and preserved lemon and almond tzatziki

### EAT YOUR PLATE 90.00

a crisped tortilla plate with a poached egg, fried haloumi, herb grilled courgettes, honey and harissa roasted brinjals, butternut skordalia

###   FISH AND CHIPS 90.00

white fish goujons deep-fried in our signature batter, served with shoestring potato chips and our own mayonnaise and smokey tomato-barbecue sauce

###   CONNY'S SOUTHERN FRIED CHICKEN 100.00

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 SALAD 115.00

pan-grilled rainbow trout, served with vegetables, chia seeds, our own labneh, balsamic reduction and a pomegranate relish

## sweet things

###   CHOCOLATE BROWNIE 50.00

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 50.00

carlton's signature white chocolate and macadamia nut blondie served with our own vanilla-bean ice-cream

### BAKED MILK TART 35.00

carlton's version of the south african classic

### A SLICE OF CHEESECAKE 45.00

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 **20.00** • refill **15.00** • mug **22.50**

**CAPPUCCINO** classic / cream / decaf / skinny **24.00** • mug **30.00**

**ESPRESSO** single **18.00** • double **25.00**

**CAFF  LATTE** **25.00**

**VANILLA COFFEE** **28.00**  
espresso topped with vanilla froth

  **SWEET MASALA COFFEE** **30.00**  
a sweet coffee, infused with cardamom, ginger and cinnamon, with milk froth

  **TAAI KOFFIE** **30.00**  
coffee on a layer of condensed milk served in a glass

★ **RACHEL'S COFFEE** **32.00**  
espresso laced with dark chocolate and frothed milk

## tea

**DILMAH TEA** **20.00**  
english breakfast / earl grey / rooibos / peppermint / vanilla / camomile / lemon-and-lime

**RED CAPPUCCINO** **24.00** • mug **30.00**  
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 **35.00** • large **50.00**  
a rich drink made with bitter chocolate and finished with a sprinkling of chilli

## chillers

★ **ROSEMARY LEMONADE CHILLER** **30.00**  
chef's rosemary infused syrup and lemon juice topped with sparkling water

★ **GINGER-ALE CHILLER** **30.00**  
chef's ginger syrup with a hint of chilli topped up with sparkling water

**ICED COFFEE** **35.00**  
espresso blended with ice cubes, full cream milk and condensed milk

**GRANADILLA LEMONADE** **35.00**  
granadilla pulp and orange juice topped up with sparkling water

**BERRY SMOOTHIE** **45.00**  
mixed berries pulped with honey and cranberry juice, blended with yoghurt

★ **ROCK SHANDY** **38.00**  
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 **25.00**  
pure pressed red grape juice without sugar or preservatives

**FRUIT JUICE** **30.00**  
orange / mango / strawberry

**PRESSED VEGGIE JUICE** 250ml bottled **35.00**  
orange, carrot, ginger & lemon / beetroot, carrot, apple, mint & lemon / pineapple, coconut water & lime / apple, cucumber, spinach, kale & celery

**BOS FLAVOURED ICE TEA** **25.00**  
apple / berry / lemon / lime & ginger / peach

**MINERAL WATER, MIXERS & SODAS**  
sparkling / still water 500ml **16.00** sparkling water 1000ml **26.00**  
appletiser / red grapetiser 275ml **20.00**  
coke / coke light / coke zero / sprite / sprite zero 340ml **18.00**

### 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

**BEKSLANER** **75.00**  
Bossieveld Mystique gin with green olives, jalapenos and citrus, topped with bitter lemonade

**MEERKATBLAF** **75.00**  
Bossieveld Inspiration gin with cinnamon, orange and star anise, topped with ginger ale

**SKEKBOOM GIN+TONIC** **65.00**  
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** **75.00**  
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** **75.00**  
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** **65.00**  
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** **75.00**  
all the traditional flavours of a bloody Mary complemented with Triple Three African Botanicals gin and carrot juice

## ros  wine

**ZEVENWACHT 7EVEN ROS **   **50.00 / 110.00**  
mostly cabernet franc with flavours of rose petals and ripe stawberries

**CEDERBERG SHIRAZ SUSTAINABLE ROS ** 2016 **125.00**  
a crisp, coral pink ros  with hints of strawberry, watermelon and cotton candy

## sparkling wine

**HOUSE BUBBLY**   **45.00**  
a delightful m thode cap classique brut

**SARONSBERG M THODE CAP CLASSIQUE BRUT** 2012 **210.00**  
a fresh, dry bubbly with delicate flavours of toasted biscuit and fresh apple

**GROOTE POST BRUT ROS  M THODE CAP CLASSIQUE NV** **210.00**  
gentle salmon-pink with strawberry flavours and hints of yeasty biscuit

## white wine

**HOUSE WHITE**   **45.00**  
dry, crisp, refreshing and unwooded

**BOSCHENDAL RACHELSFONTEIN CHENIN BLANC**   **50.00 / 110.00**  
peach-infused citrus with a hint of honey-glazed nuts

**SURVIVOR CHENIN BLANC** 2016 **150.00**  
lightly oaked with a medley of apricot and peach flavours and fresh lime zest finish

**BABYLONSTOREN CHENIN BLANC** **150.00**  
fruity, crisp and dry with guava flavours

**GROOTE POST THE OLD MAN'S BLEND WHITE** 2016   **50.00 / 110.00**  
my best recent find - fresh and dry with features of apple and tropical fruit

**CAPE ATLANTIC SAUVIGNON BLANC** 2015   **55.00 / 120.00**  
crisp with tropical fruit, hints of pear, citrus and grassy notes

**RUNNER DUCK VERGENOED SAUVIGNON BLANC**   **55.00 / 120.00**  
crisp green apple, lemon and pineapple

**LAVENI'R SAUVIGNON BLANC** **140.00**  
citrus flavours with good acidity

**ATARAXIA SAUVIGNON BLANC** **180.00**  
tropical fruits, granadilla and pink grapefruit with a hint of gooseberries

**GROOTE POST CHARDONNAY** **170.00**  
unwooded with citrus and lime tones

## red wine

**HOUSE RED**   **45.00**  
a medium-bodied red with ripe juiciness

**GROOTE POST THE OLD MAN'S BLEND RED** 2015   **50.00 / 110.00**  
lunchtime star, a smooth blend with berries and wood on the nose and an elegant finish

**SURVIVOR OFFSPRING** 2015 **120.00**  
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

**KLEINE ZALZE CABERNET SAUVIGNON / MERLOT** **140.00**  
cabernet fruit on the nose and palate, with savoury characters and velvety tannins coming from the merlot

**BABYLONSTOREN BABEL** **210.00**  
a blend of shiraz, cabernet sauvignon, merlot, cabernet franc, malbec and petit verdot with berry and chocolate flavours

## beer

**BRAUHAUS AM DAMM M RZEN** 440ml **45.00**  
amber lager; malt forward with just enough hops to balance the sweetness

**BRAUHAUS AM DAMM DUNKEL** 440ml **45.00**  
dark brown beer with coffee, caramel and roasted malt flavours

**BRAUHAUS AM DAMM FARMERS' DRAUGHT** 440ml **45.00**  
local micro-brewed blond-coloured lager; light on the palate, with a crisp, dry finish

**BRAUHAUS AM DAMM WEIZEN** 440ml **45.00**  
cloudy golden beer with clove and citrus flavours