

## breakfast

served from early morning to 12h00

<b>healthy heart</b> (our house favourite)	75
a delicious combination of crunchy roasted muesli topped with live natural yogurt, freshly prepared fruit salad and essential seeds drizzled with honey	
<b>egg roll</b>	75
the new way of having breakfast! smoked salmon and a dash of cream cheese rolled up in a single egg omelette "pancake" served with butter and toast or bread of your choice	
<b>eggs benedict</b>	95
a true classic! with 2 poached eggs and parma ham/bacon/smoked salmon, topped with a hollandaise sauce served on toasted utopia health bread	
<b>breakfast wrap</b>	85
butter-sautéed potato, peppers and onions with scrambled eggs and spicy salsa, wrapped in a tortilla and served with fresh sour cream – irresistible!	
<b>raisin french toast</b>	82
egg & milk soaked raisin bread, pan fried in butter and served with crispy bacon and honey	
<b>breakfast steak pita</b>	105
toasted pita triangles and pan-fried 150g minute steak topped with caramelized onions and a fried egg	
<b>beef-it-up</b>	93
savoury beef mince on your choice of toast topped with german gouda and a fried egg	
<b>breakfast-in-a-pan</b>	95
eggs, pork sausage, bacon and tomatoes fried up together, topped with german gouda and served in the pan	

## scrambled eggs

three large eggs served with your choice of white or rye  
replace white or rye bread with utopia bread **+10**

<b>plain</b> with toast, butter and jam (3)	49
<b>german gouda</b> with cherry tomatoes	65
<b>smoked salmon</b> and cottage cheese with toast	95

## omelette

three-egg omelette served with your choice of white or rye  
replace white or rye bread with utopia bread **+10**

<b>cheese</b> german gouda	65
<b>bacon</b> , mushroom, tomato and german gouda	89
<b>smoked salmon</b> and cream cheese	115

## create your own

with your choice of white or rye bread  
replace white or rye bread with utopia bread +10

fried eggs – 2	20	streaky bacon – 3 rashers	24
scrambled – 3	27	beef sausage – 100g portion	23
pork sausage – 100g portion	23	smoked salmon	65
roasted tomato	18	fried onions	12
sautéed mushrooms	24	german gouda	25
extra slice of utopia bread	10	extra slice of rye bread	10

## croissants

a fresh warm croissant with your choice of topping

<b>sweet 'n sticky</b>	45
butter and jam or honey	
<b>nutella</b>	63
with nutella chocolate spread and crushed nuts	
<b>savoury</b>	72
shredded gypsy ham and melted camembert.	
<b>bbc</b>	72
crispy bacon, fried banana and camembert.	
<b>delux</b>	95
scrambled eggs and smoked salmon.	

For available sweet treats, please see our cake fridge  
(gluten-, wheat- and sugar-free options)

select one of our scrumptious daily lunch specials from the black boards

we serve dinner monday through saturday from 17h30 to 21h30

book our 'chef's table' and enjoy a 5-course taylor-made set menu designed by our head chef

we do catering for large events to small private functions on or off site! for more info, please ask any of our friendly staff or contact Danielle Pragt @ 081 321 2466 / daniellep@freshwild.net

the fresh 'n fabulous daily lunches are delivered every day to your desk. To receive the menu via e-mail, please ask your waiter to be added to the mailing list.

## **gourmet sandwiches**

served on your choice of plain or toasted, rye or utopia health bread (2 large slices)

<b>german gouda &amp; fresh tomatoes</b>	75
<b>gypsy ham</b> , german gouda, oven-roasted tomatoes, baby leaf & micro greens	95
<b>bacon</b> , avocado, tomato, danish feta, baby leaf & micro greens	90
<b>smoked salmon</b> , cream cheese, lemon, caper, baby leaf & micro greens	135
<b>roast beef</b> , mustard mayo, gherkins, tomato, grilled onions, baby leaf & micro greens	105
<b>halloumi</b> , olives, fresh tomato, roasted peppers & brinjal, baby leaf and micro greens	110

## **toasted sandwiches**

with your choice of white, rye or utopia health bread

<b>cheese &amp; tomato</b>	45
fresh sliced tomato and grated german gouda	
<b>ham, cheese &amp; tomato</b>	60
gypsy ham, fresh sliced tomato and grated german gouda	
<b>bacon, egg &amp; cheese</b>	65
crispy bacon and a fried egg, topped with german gouda	
<b>bacon, banana &amp; cheese</b>	65
crispy bacon with sliced caramelized banana	
<b>chicken mayo</b>	60
tender chicken breast with mayonnaise	
<b>tuna mayo</b>	60
light meat tuna with mayonnaise	
<b>triple club sandwich</b>	85
layers of sliced tender chicken, crispy bacon, tomato, cheese and mayo	

## **wrap it or stack it**

toasted mexican flat bread

<b>chicken tortilla</b>	86
diced poached chicken topped with sweet chilli sauce and german gouda	
<b>brunch quesadilla</b>	79
shredded spinach, tomato salsa, diced crispy bacon and german gouda	
<b>roasted veg</b>	90
oven-roasted mediterranean vegetables, wrapped up with lightly fried halloumi cheese	
<b>mexican</b>	105
spicy beef mince with guacamole, tomato salsa & german gouda	
<b>crumbed chicken</b>	105
crumbed chicken strips, sliced avo, german gouda, pepadew and tangy garlic mayo	
<b>smoked salmon</b>	125
smoked salmon, cream cheese, sliced fresh avo, cucumber strips with a zesty lemon mayo	

## crispy greens

all our fresh produce is sourced from local organic growers where possible  
please note: if ingredient is not available, it will be replaced with an alternative

**grilled chicken** 115  
grilled chicken strips, baby leaf & micro greens, toasted walnuts, sundried tomatoes and avo with balsamic and olive oil

**thai beef salad** 115  
tender pan-seared beef rump marinated in a thai-style sauce of lime juice, chilli, fresh coriander and soya sauce served on a bed of baby leaf & micro greens

**salmon ceviche** 160  
fresh norwegian salmon cured in a lemon, lime and herb infused marinade served on baby leaf & micro greens with cherry tomatoes, red onion and cucumber

**utopia house salad** 75  
baby leaf and micro greens tossed in our mustard dressing with cherry tomatoes, cucumber, carrot and onion.

### extras

tender pan-seared chicken breasts	35	fresh avocado (seasonal)	25
pan-seared rump	45	smoked salmon	65
danish feta	25	olives	20

## sizzling and succulent

**new york burger** 110  
200g pure beef patty topped with crispy bacon, german gouda, baby leaf, tomato and gherkins, served with wedges and side salad

**t-bone steak** 160  
400g beef t-bone topped with garlic-paprika butter, served with wedges

**beef fillet** 165  
namibian 250g beef fillet, served with wedges  
(side order onion rings **+10**) (mushroom sauce, red wine sauce or garlic butter **+20**)

**pan-seared salmon** 185  
pan-seared norwegian salmon with lemon butter, served with wedges

### sides

polenta chips 25, cauli rice 35, sweet potato and butternut bake 30  
seasonal veg 30, side green salad 30, side greek salad 36

## platter 2 share

**antipasto platter** 250  
assorted cold meats, roast vegetables, cheese, olives & breads

## power smoothies

<b>toning</b>	60
blackberries, apple, banana, low fat yogurt, honey, oats <b>+booster</b> hemp for muscle building & energy	
<b>energy booster</b>	60
mango, banana, orange, honey <b>+booster</b> organic maca for brain fusion and energy	
<b>revitalize</b>	60
pineapple, mixed berries, mango, orange <b>+booster</b> camu camu for anti-inflammatory and anti-depressant	
<b>super food</b>	70
almond milk, banana, honey, cinnamon, brazil nuts, hemp protein, lucuma, maca & raw cocoa	

## utopia smoothies

<b>banana heaven</b>	52
mixed omega 3 seeds, banana, honey yogurt & fruit juice	
<b>summer sunset</b>	52
mixed omega 3 seeds, banana, pineapple, coconut milk, pineapple juice, honey and mint	
<b>pink berry crush</b>	52
mixed omega 3 seeds, strawberry juice, berries, honey and yogurt	
<b>kefir</b> (we make our own)	60
<b>PRO-BIOTIC / PROMOTES GUT HEALTH</b> banana, apple, kiwi, strawberries and apple juice with kombucha promotes healthy intestinal flora. Light in fiber with vitamin c, potassium and antioxidants	

## fresh juices

<b>freshly squeezed juice of the day</b>	50
<b>green ambulance</b> (detox)	55
cucumber, celery, lemon, apple, parsley & spirulina	

## cold beverages

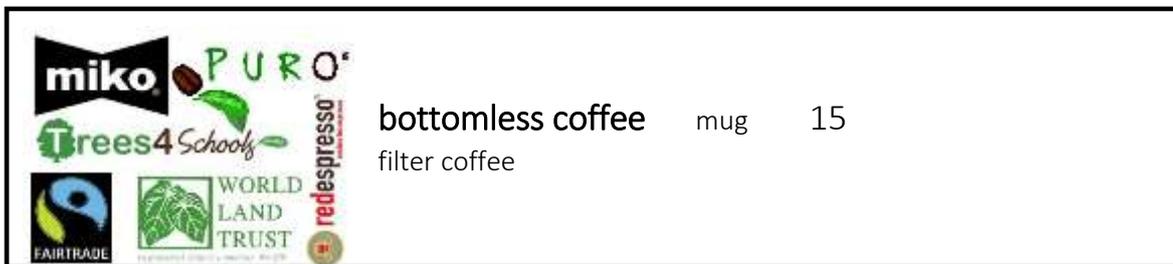
<b>sodas 330ml</b>		22
coke, coke light, coke zero, sprite, sprite zero		
<b>mixers 200ml</b>		18
tonic, ginger ale, lemonade, dry lemon, soda, coke		
<b>fruit juice per glass</b>		29
tropical, strawberry, mango, orange, apple, guava		
<b>speciality drinks</b>		28
appetizer, grapetizer, tomato cocktail, lipton iced tea (peach or lemon)		
<b>water</b>	500ml	23
still or sparkling	750ml glass	44

## iced beverages

<b>iced coffee</b>		46
chilled percolated coffee served over vanilla ice cream		
<b>fresh red and apple</b>		46
iced red espresso with apple juice served over ice		
<b>frappe</b>		52
blended ice with milk, flavored with toffee-caramel, brazilian hazelnut or chocolate		

## other beverages

<b>milk shakes</b>		42
strawberry, chocolate, vanilla, mixed berry		
<b>berry twinkle</b>		38
strawberry juice with a touch of soda		
<b>homemade iced tea</b>	made fresh	35
organic rooibos tea combined with flavours of ginger, lemon, mint and honey		
<b>rock shandy</b>		40
a harmonious blend of soda and lemonade with ango-bitters served over ice		
<b>malawi shandy</b>		48
ginger ale and lemonade with ango-bitters served over ice		
<b>cordials</b>		12
50ml of roses lime or passion fruit		



## the art of coffee

Brewed with Lavazza

<b>café latte</b> a cup or mug of hot frothed milk with a shot of espresso	small	30	large	45
<b>cappuccino</b> one third milk one espresso and one third foam	small	25	large	40
<b>espresso</b> it is what it is...	single	17	double	27
<b>7americano</b> a shot of espresso topped up with boiling water	small	22	large	35

## red

<b>red cappuccino</b> one third milk one espresso and one third foam	small	30	large	45
<b>red latte</b> a cup or mug of hot frothed milk with a shot of red	small	35	large	48
<b>red espresso</b> its red ... and roibos ....	small	20	double	32

## tea

<b>tea</b> five roses, khoisan roibos, green, green mint & earl grey	ceylon	18	herbal	25
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## decadent

<b>chai tea</b> a shot of chai, steamed milk and foam ...	small	38	large	45
<b>brazilian hazelnut latte</b> a shot of brazilian hazelnut, steamed milk & foam	small	38	large	45
<b>chococino</b> steamed milk espresso & chocolate	small	38	large	45
<b>hot chocolate</b> available in milk or white vanilla chocolate	small	32	large	40
<b>white chocolate latte</b> a shot of white, steamed milk & foam	small	38	large	45

## nespresso

<b>espresso</b>	single	25	double	35
<b>cappuccino</b>	single	35		
<b>café latte</b>	single	40		
<b>americano</b>	single	30		

## beers & ciders

windhoek lager	22	castle lite	24
windhoek light	24	heineken	24
tafel lager	22	savannah dry/light	26
windhoek draught 440ml	28	hunters gold/dry	26

## craft beers

stellenbrau lager	35
stellenbrau weiss	35

## brandy & cognac

Richeleau	18	kwv 5yrs	26
klipdrift	18	hennesey fine cognac	65

## whiskey

bells	23	johnny walker red label	33
chivas regal 12yrs	49	johnny walker black	44
jack daniels	38	jack & honey	44
jameson	33		

## gin, rum, vodka & tequila

smirnoff	18	absolute	23
southern comfort	22	bombay	30
bacardi	18	gordons	20
red heart rum	20	tanqueray	35
tequila silver / gold	35		

## liqueurs & aperitifs

frangelico	30
campari	30
cinzano bianco, rosso, dry	30
amarula	20
underberg	38

kahlua	25
kleine keiler	35
martini bianco / rosso	30
jägermeister	25

## don pedro & more

don pedro	55
Kahlua, jameson or frangelico	

irish coffee	55
Jameson	

## boutique wines available