



Aloe Aloe

1 - 7 September **In this issue:**

Weekly Activities:

Your weekly guide to sport & recreational activities in the Village

It's a Celebration:

Birthdays, Anniversaries & New Residents

What's Happening?

Catholic Group - 1 September

Opera - 2 September

Aviation Talk - 3 September

Kind 2 Hearing - 4 September

Movie: When Harry met Sally - 4 September

Upcoming Events:

Alida's Fashions - 8 September

Classical Music Group - 9 September

Cape Town Brass Band - 18 September

Quiz Night - 25 September

"Spring adds new life and new beauty to all that is."

— **Jessica Harrelson**

Dear Evergreen Lake Michelle Residents,

Spring is here! We're wishing all of our lovely residents a beautiful new season - may your days get warmer, brighter, prettier, may your happiness bloom and your worries dissipate.

The Bistro will be introducing their Spring menu, which will be in effect from the 1st September. For more information, please see the last 2 pages of this newsletter.

Mr. Van Der Spek will be hosting an Aviation Talk, which will include some of his latest deep space photographs as well as pictures and discussions about the airshows he's frequented over the years. If you caught his last Aviation talk, please note that this one will include new pictures and information.

Kind2Hearing will be here on the 4th September from 10am. To book your timeslot, contact Reception on 021 001 4312 or Ext.2400.

We wish all our residents a blessed week ahead. Stay warm and stay well.

*Best regards,
Village Team*


















Wednesday
IS RECYCLING

WEEKLY EVENTS

MON 1 Sept	TUE 2 Sept	WED 3 Sept	THUR 4 Sept	FRI 5 Sept	SAT 6 Sept	SUN 7 Sept
09h00 STRETCH CLASS 1ST FLOOR	08h00 PILATES ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL	08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h00 ARTS FOR ENJOYMENT CREATIVE HUB	09h00 CALLINETICS 1ST FLOOR	09h00 TÁI CHI ACTIVITY ROOM 1	09h00 STRETCH CLASS 1ST FLOOR 09H30 -10H00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL		10h00 CHRISTIAN FELLOWSHIP UPSTAIRS LOUNGE	10h00 KNITTING GROUP MAIN LOUNGE 10h30 TÁI CHI ACTIVITY ROOM 1			12H00 LUNCH BISTRO
10h30 CATHOLIC GROUP CINEMA ROOM			10h00 KIND 2 HEARING MAIN LOUNGE	11h00 LINE DANCING ACTIVITY ROOM 1		
	14h00 OPERA CINEMA ROOM	12h00 RIAAN'S FRUITVAN PARKING	14h00 BRIDGE ACTIVITY ROOM 2		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	15h00 AVIATION TALK UPSTAIRS LOUNGE	14h30 TABLE TENNIS TABLE TENNIS ROOM	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
	14h30 TABLE TENNIS TABLE TENNIS ROOM	18H00 DINNER BISTRO	15H00 MOVIE CINEMA ROOM	18H30 DINNER BISTRO	16H00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	

<p>STRETCH CLASS</p> <p>Stretching exercises suitable for any level of fitness and ability.</p> <p>☎ Sue - 072 212 0277</p>	<p>AQUA AEROBICS</p> <p>Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome.</p> <p>☎ Renate - 082 519 1873 ☎ Linda - 082 410 9443</p>	<p>CALLANETICS</p> <p>Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability.</p> <p>☎ Louise- ext. 2143</p>
<p>TÁI CHI</p> <p>Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability.</p> <p>☎ Roy - ext. 22129 ☎ Fiona - 082 920 1818</p>	<p>BACKCARE YOGA</p> <p>All level yoga class with a focus on mobility and strengthening of the back.</p> <p>☎ Claire - 083 453 5539</p>	<p>LOW IMPACT CARDIO</p> <p>Stay active and fit with this slightly more active exercise class.</p> <p>☎ Louise- ext. 2143</p>
<p>GOLF CROQUET</p> <p>Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy.</p> <p>☎ Brian - ext. 2089</p>	<p>LINE DANCING</p> <p>A little exercise, a little mobility and a whole lot of fun for beginners and regulars</p> <p>☎ Shereen - 071 471 3624 ☎ Glenda - ext. 2073</p>	<p>TABLE TENNIS</p> <p>Social table tennis for beginners or more experienced players</p> <p>☎ Ronnie A - ext. 2035</p>
<p>MOSAIC GROUP</p> <p>A group for creativity and fun, open to all skill levels. All help and a start up pack will be provided to get you going.</p> <p>☎ June H- ext. 2107 ☎ Cora - ext. 2051</p>	<p>SNOOKER & POOL</p> <p>Get together and enjoy a social game of snooker or pool for beginners or more experienced players</p> <p>☎ Pat - ext. 22224 ☎ Selwyn - ext. 22130</p>	<p>GAMES</p> <p>Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games</p> <p>☎ Norma - ext. 2089 ☎ Rowan - ext. 2150</p>
<p>LIBRARY</p> <p>Enjoy the wide range of books, jigsaw puzzles and DVDs in our collection.</p> <p>☎ Johanna - ext. 2112</p>	<p>SWIMMING POOL & GYM</p> <p>Heated indoor swimming pool and state of the art gym for your enjoyment</p> <p>Contact Reception for Access Code</p>	<p>SALON</p> <p>Ladies & gents are welcome at Janine's Hair Studio</p> <p><u>Hours</u> Tue - Sat 09h00 - 16h00</p> <p>☎ Janine - 073 294 9655</p>

<p>CHRISTIAN FELLOWSHIP</p> <p>Meeting to worship God, hear His word and sharing a time of fellowship over coffee.</p> <p> John - ext. 2018</p>	<p>BIRD WATCHING</p> <p>Bird watching in the Village or outside. Walks and talks and movies about Western Cape and South African Birdlife and other wildlife in general.</p> <p> Ron - ext. 2068</p>	<p>OPERA APPRECIATION</p> <p>Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.</p> <p> Mike - ext. 2112</p>
<p>KNITTING GROUP</p> <p>Knitting while socializing for an amazing cause.</p> <p> Avril - ext. 2049</p>	<p>TUESDAY HIKERS</p> <p>Looking for a challenge? Take in amazing views and what Cape Town Nature has to offer. Every Tuesday Morning (Weather Permitting)</p> <p> Ron - ext. 2068</p>	<p>MOVIES</p> <p>Enjoy classics and award winning movies of all genres with fellow residents.</p> <p> Clare - ext. 2039</p>
<p>GARDENING GROUP</p> <p>Passionate about gardening? Join a "green finger" network for talks and events.</p> <p> Val - ext. 2056</p>	<p>CLASSICAL MUSIC</p> <p>Once a month video concert of Classical Music lasting approximately 1 hour.</p> <p> Peter - ext. 2055</p>	<p>WEDNESDAY WALKERS</p> <p>Enjoy walking but prefer less demanding walks? Join us to enjoy the beauty of what Nature has provided in the areas surrounding us.</p> <p> Vicky- ext. 22229</p>
<p>BRIDGE</p> <p>This is an invitation to all residents, both new and not-so-new, who would like to play bridge on a regular basis.</p> <p> Rowan - Ext. 2150</p>	<p>EVERGREEN CATHOLIC GROUP</p> <p>Weekly meetings for prayers, spiritual support, friendly discussions and Bible study to better understand God's Word. All are welcome.</p> <p> Mel - ext. 2008</p>	<p>AVIATION TALKS</p> <p>Come and listen to Pete tell us more on anything and everything airplane related.</p> <p> Pete - ext. 2065</p>
<p>ART CLASSES</p> <p>Water colour lessons: 1st and 3rd Saturdays @10h30 -12h30 Roz - ext. 22220 Drawing & Sketches: 2nd and 4th Saturdays @ 09h45-12h45 Judy - ext. 2141</p>	<p>BOOK CLUB</p> <p>This is an invitation to all new and old residents to come and chat about books with other readers on the 3rd Tuesday of each month at 14H30.</p> <p> Johanna - ext. 2112</p>	<p>ARTS FOR ENJOYMENT</p> <p>This is an invitation to anyone who would enjoy a free of cost creative arts class.</p> <p> Judy - ext. 2141  Marie - ext. 22125</p>

*"Nothing ever seems impossible in spring, you know!"
- L.M. Montgomery*



Spring has Sprung! We wish you all a lovely new season, full of warmth and comfort.

May your days be filled with joy, just like you bring to us every day.

All our love,
The Evergreen Team



SPRING PHOTOGRAPHY CHALLENGE

See something beautiful? We'd like to see it too!

This Spring, we challenge our Residents to send us their best Spring Pictures to be featured in our Aloe Aloe. The winners of each category will be displayed throughout the month of September.

What do we need from you?

A picture and a short explanation of where you took it (in your garden, on a walk, etc) as well as why it struck you as so beautiful.

CATEGORIES:

Trail Views
Flowers in Bloom
Birds in Flight
Budding Plants
Something Yellow

**Please email your pictures to Lea at Reception
(Lead@evergreenlifestyle.co.za)**

WHEN HARRY MET SALLY



DATE: 4th Sept

TIME: 3pm

WHERE: Cinema

RSVP: Form on Notice Board

In 1977, college graduates Harry Burns (Billy Crystal) and Sally Albright (Meg Ryan) share a contentious car ride from Chicago to New York, during which they argue about whether men and women can ever truly be strictly platonic friends. Ten years later, Harry and Sally meet again at a bookstore, and in the company of their respective best friends, Jess (Bruno Kirby) and Marie (Carrie Fisher), attempt to stay friends without sex becoming an issue between them.

Please note: If you booked and are not personally in your seat by 2.55pm, and there are people at the cinema who have not booked a seat, your seat will be given to the next person on the waiting list. The movie will start promptly at the advertised time. Latecomers will have forfeited their seats.



**KIND2HEARING
BLAAUWBERG**

**IS VISITING
EVERGREEN NOORDHOEK**

Date: 4 September

Time: 10h00

Place: Main Lounge

**To Service current patients
Book a free Hearing Screening**

AVIATION TALK

South African Airshows and Deep Space

Hosted by Pete Van Der Spek



Join me for an interesting journey down memory lane with South African Airshows. Back by popular demand, I will be showing mostly new photographs from the many Airshows I have attended over the years. I have also thrown in some Deep Space photographs to show my latest photographic interest – come and see the results of my first attempt.

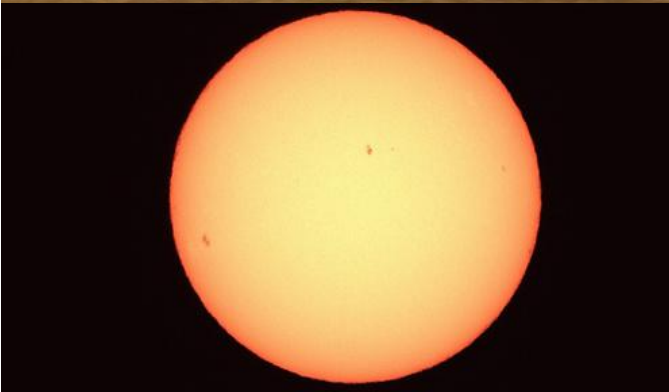


Date: 3 September

Time: 15H00 Sharp

Venue: Upstairs Lounge

RSVP: Pete on Ext.2065



Photographic

COMPETITION

2025

Happy Snapping!

"A GOOD SNAPSHOT
KEEPS A MOMENT FROM
RUNNING AWAY."

~ EUDORA WELTY

THE RULES ARE:

- It must be your own photos.
- You may submit two photographs per theme.

HOW TO SUBMIT:

- Please include the following per submission:
 - theme
 - your name
 - village
 - caption
 - short explanation of how your picture -fits in with the theme
- Submit in JPG or PNG format, Word or PDF will not be accepted.
- All pictures to be submitted in high resolution – 5MB or higher.
- All entries to be submitted by latest 31 October 2025. (Judging in November 2025 and the winners to be announced in December 2025)
- Submit all entries to photos@evergreenlifestyle.co.za

You can submit your photographs for any of the themes throughout the year.



Themes



The Family

Whether it is your direct family, or a family of the Animal Kingdom.



Abstract

Think out the box - put together some crafty scraps and snap away or find a mind-blowing abstract object.



Black and White

Not everything has to be seen in colour.



Sunrise/Sunset

Get to the beach or on the mountain and let's see the best Sunrise or Sunsets you can find.



Village Life

What does everyday life look like in your Evergreen Lifestyle Village?



Fauna and Flora

Sticks, Stones, Trees, Seeds, Pods, Flowers - "Go bos".



Stranger Things

Seen something odd? Or maybe something upside down? A weird reflection?



Tools of the Trade

A chef and his knives, a writer and his pen or even....A photographer and his camera?



Planes, Trains and Automobiles

Or Motorcycles, or Bicycles or carts. There is no limit here, if it moves take a pic of it.



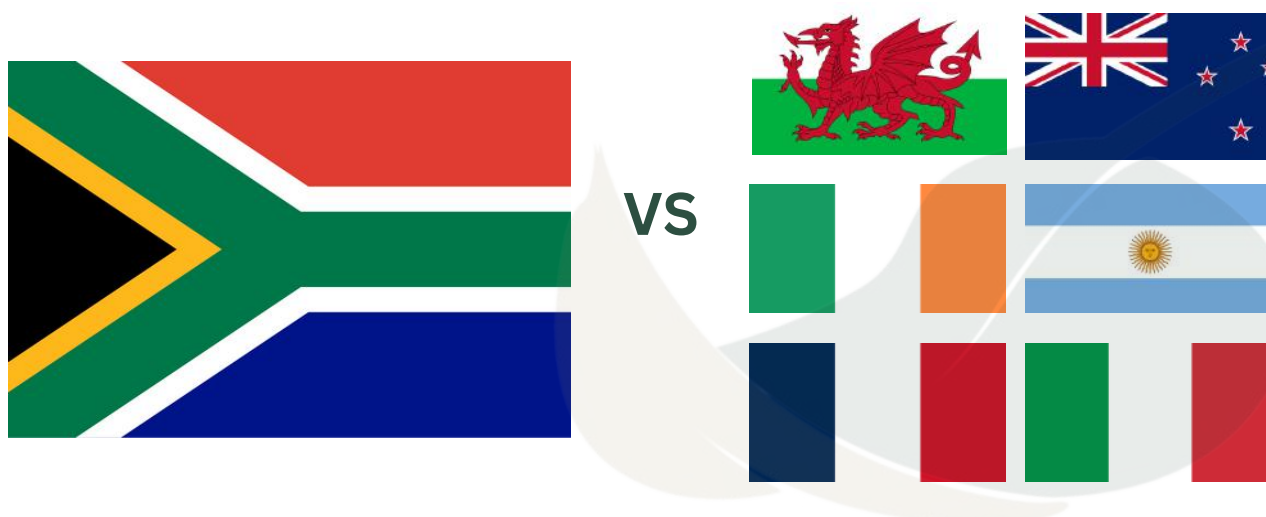
Food

Going to a fancy restaurant? Or having a Braai? Snap away on those yummy meals.

A reminder of the upcoming South African Rugby games:

AUGUST- OCTOBER: THE RUGBY CHAMPIONSHIP			
16 AUG	South Africa vs. Australia	17:10	Johannesburg
23 AUG	South Africa vs. Australia	17:10	Cape Town
06 SEPT	New Zealand vs. South Africa	09:05	Auckland
13 SEPT	New Zealand vs. South Africa	09:05	Wellington
27 SEPT	South Africa vs. Argentina	17:10	Durban
04 OCT	Argentina vs. South Africa	15:00	Twickenham
NOVEMBER: END-OF-YEAR TOUR			
08 NOV	France vs. South Africa	22:10	Paris
15 NOV	Italy vs. South Africa	14:40	Turin
22 NOV	Ireland vs. South Africa	19:40	Dublin
29 NOV	Wales vs South Africa	17:10	Cardiff

The Bar will be open again for Rugby celebrations on the 27th September from 5pm



A reminder of the upcoming South African Wenman's Rugby games:



WOMEN'S RUGBY WORLD CUP 2025

FIXTURES

	
SPRINGBOK WOMEN VS BRAZIL	
24 AUGUST 2025 15:45 SAST	
FRANKLIN'S GARDENS, NORTHAMPTON	
	
ITALY VS SPRINGBOK WOMEN	
31 AUGUST 2025 18:30 SAST	
YORK COMMUNITY STADIUM, YORK	
	
FRANCE VS SPRINGBOK WOMEN	
07 SEPTEMBER 2025 17:45 SAST	
FRANKLIN'S GARDENS, NORTHAMPTON	

PLUS

SPRINGBOK WOMEN

**CAPE TOWN
CONCERT BRASS**

SPRING EVENING CONCERT

Performing a Variety of Light Classical and Popular Tunes



EVERGREEN NOORDHOEK LIFESTYLE CENTRE

on Thursday, 18th September

starting at 19H00

FUNDRAISING FOR “CLEVER KIDS”

AFTER-SCHOOL CARE CENTRE IN MASIPHUMELELE

R 50 per ticket

Book the date

Tickets on sales daily from Monday 1st September @ 4pm-5pm at the Lifestyle center with Ron Jones

"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

BIRTHDAYS

1st September

Ally Sayers - Noordhoek
Ron Clarke-Noordhoek

2nd September

Helen Moffet - Lake Michelle
Brian Valentine- Noordhoek
Vicki Falls-Noordhoek
Ed Van Der Niet- Noordhoek
Lesley Bourne- Noordhoek

4th September

Diana Blatt - Noordhoek

7th September

Victor Pollachi- Noordhoek

ANNIVERSARIES

1st September

Ian & Wendy Wrench
Noordhoek

3rd September

Gerd & Ena Stotzel
Noordhoek

5th September

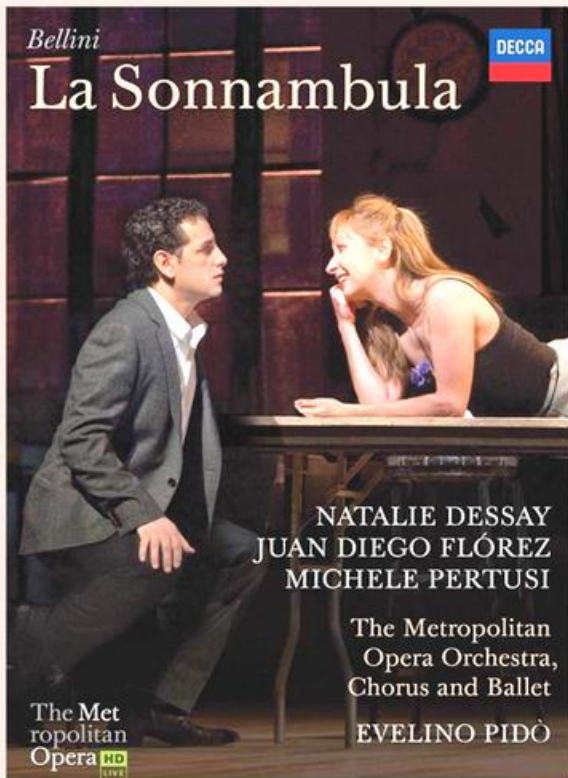
Dave & Lorraine Innes
Noordhoek

6th September

Brian & Jenny Brooks
Noordhoek

NEW RESIDENTS

Margaret Vermaak A228



La Sonnambula

(The Sleepwalker)

(Vincenzo Bellini)

Date: Tuesday 2 September 2025

Time: 2pm

Venue: Cinema Room 1

Set in a peaceful Swiss village, La Sonnambula tells the story of Amina (Natalie Dessay – soprano), a beautiful young woman who is engaged to Elvino (Juan Diego Flórez – tenor), the wealthy

landowner's son. The villagers gather to celebrate their betrothal, but the arrival of a mysterious stranger, Count Rodolfo (Michele Pertusi – bass), stirs curiosity. Unknown to all, Amina suffers from somnambulism (sleepwalking). One night, she is discovered asleep in Rodolfo's room, having wandered there unknowingly. Though Rodolfo behaves honourably, appearances create scandal, and Elvino, believing her to be unfaithful, angrily breaks off the engagement.

The truth is revealed when Amina is later seen sleepwalking across a dangerous mill bridge, still professing her love for Elvino in her trance. Witnessing her innocence firsthand, the villagers and Elvino finally understand her strange condition. Elvino repents, and the opera concludes with the lovers reunited and the community rejoicing in Amina's vindication.



Book using the booking list on the notice board located at the back entrance to the Lifestyle Centre nearest the lift and swimming pool



ALIDA'S FASHIONS WILL BE VISITING
EVERGREEN NOORDHOEK
ON MONDAY 8 SEPTEMBER 2025
10H00
LOVELY TOPS, JERSEYS, JACKETS, GILETS
SLACKS, DENIMS and MORE..



PLEASE CONTACT US ON 082 848 7475 OR 084 596 4888
FOR ANY ENQUIRIES

WE ACCEPT CASH AND BANK CARDS

Weekly Menu: 01– 07 September 2025

Low carb meals are available daily

House menu available on order same day before 10am

Monday: 1st September

Seasame meatballs: You're going to love these tender, flavourful meatballs topped with sesame seeds and served with basmati rice, steamed green beans and braised cabbage.

N: R90 // L: R70 // Family: R285

OR

Creamy chicken salsa: Chicken breast cooked with corn, salsa and sour cream to make it creamy. Served with savoury rice and garden peas

N: R90 // L: R70 // Family: R285

Tuesday: 2nd September

Chicken carbonara pasta: A creamy chicken pasta with mushrooms over pasta. Served with parmesan cheese

N: R90 // L: R70 // Family: R285

OR

Asian pork stir fry: Pork sautéed with garlic, ginger and soy sauce, served over rice and sautéed stir fry veg

N: R90 // L: R70 // Family: R285

Wednesday: 3rd September

Chicken breyani: Traditional South African dish, with a side sambal

N: R95 // L: R75 // // Family: R300

OR

Texas pulled pork: served with mash, gravy, butternut and baby marrows

N: R90 // L: R70 // Family: R285

Thursday: 4th September

Tomato bredie: Bredie is an old Cape name for a dish of meat and vegetables stewed together so that the flavours intermingle. With rice, carrots and peas

N: R95 // L: R75 // Family: R300

Or

Thai chicken stir fry: over spaghetti and stir fry veg

N: R90 // L: R70 // Family: R285

Friday: 5th September

Beef burger: Our homemade beef patty with lettuce and tomato, topped with balsamic onions and cheddar cheese. Served with chips

N: R95

OR

Hannah Chicken: BBQ chicken breast topped with bacon bits, ham and mushrooms then oven baked with cheese, served with green beans, carrots and sauteed potatoes

N: R95 // L: R75 // Family: R300

Saturday: 6th September

Chicken & mushroom pasta: Sauteed chicken breast with bacon and mushrooms slightly creamy over penne pasta

N: R90 // L: R70 // Family: R285

OR

Pork sausages and mash: Grilled pork sausages served with mash, gravy, garden peas and butternut

N: R90 // L: R70 // K: R60 and Family: R285

Sunday: 7th September

Roast Lamb or Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley of garden peas and carrots.

Dessert: Waffles and ice cream

R180 Lamb // R150 Beef

OPEN DAILY

08H00 – 15H00

FRIDAY DINNER SERVICE

– 18H00

DAILY MEAL ORDERS BY

10H00

Price List

Normal Meals..... R85
Low Carb/Gluten Free..R90
Kiddies..... R50
Ladies Portion.....R65
Vegan.....R90
Family Normal (2 Adult, 2 Kids)..... R260
Family Low Carb..... R270
Free Range:
N R95/ L R75/ Family... R285

FRIDAY FISH & CHIPS

Fried Hake and Chips, served with tartare sauce and a lemon wedge

R110

standard portion

R90

ladies portion



Monthly Menu



**MONTHLY MENU
SEPTEMBER 2025**

Open MONDAY to FRIDAY
Text **082 603 3518** for orders
Delivery or Collection
Card and efc available

FREEDOM FOODS
Catering Kitchen

021 785 7199
082 603 3518

Evergreen Retirement Village
GlenCairn Expressway

www.freedomfoodsck.co.za
orders@freedomfoodsck.co.za

Find us on Facebook

Salads now available!

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SALADS Daily: →	Strawberry chicken Salad	Goats cheese beets and broc Salad	Chicken caesar Salad	Strawberry spinach Salad	Bacon & mozzarella Salad	
1 Sunday Roast Gammon or Roast Beef	1 Seesame meatballs or Creamy Chicken salsa	2 Chicken carbonara pasta or Asian pork stir fry	3 Chicken breyani or Texas pulled pork	4 Tomato bredie or Thai chicken stir fry	5 Beef burger or Hannah chicken	6 Chicken & mush pasta or Pork sausages & mash
7 Roast Lamb or Roast Beef	8 Mushroom stroganoff or Spaghetti bolognaise	9 Chicken parmesan or Braised pork in sweet soy	10 Chicken Marsala or Pork adobo	11 Traditional meatloaf or Thai chicken curry	12 Hungarian goulash or Sweet n sour chicken	13 Broc bacon mac n cheese or Chicken cacciatore
14 Sunday Roast Chicken or Roast Beef	15 Pork potjie or Baked penne bake	16 Beef casserole or Chicken a la king	17 Savoury bake potato or Arrabiatta pasta	18 Hawaiian Pork Chop or Beef ragu	19 Butter chicken or Traditional bobotie	20 Asian beef stir fry or Rosemary infused Chicken
21 Sunday Roast Pork or Roast Beef	22 Chicken broc bake or Chilli con carne	23 Cottage pie or Moroccan chicken	24 Monterrey chicken bake or Korean BBQ pork	25 Chicken lemons or Mild pork curry	26 Mongolian chicken or Steak Gatsby	27 Eggplant parmesan or Chicken kebabs
28 Sunday Roast Beef	29 Chicken stroganoff or Chicken pasta bake	30 Beef curry or Chicken supreme	Penne a la vodka or Glazed sticky pork	Alfredo pasta or Coconut Beef marsala	Pork schnitzel or Grilled fish	Coronation chicken or Gourmet mac n cheese

Standard House Menu: Choice of mash, rice or roast potato's with veg of the day

Chicken Schnitzel Topped with cheese sauce **R95**

Chicken or Beef Curry Served with rice and sambal salad **R95**

Cottage Pie with garden peas **R90**

Beef Stroganoff **R95**

Tender beef strips served in a sour cream and mushroom sauce **Lemone Chicken R90**

Chicken breast cooked soft and tender in a buttery lemon broth

Chicken Penne a la Vodaka **R90**

Eggplant Parmesan **R90**

These can be ordered from daily if you dont feel for the meals of the day

PRICE LIST		BOX MEAL PRICES
Normal meals	R90-R95	For the freezer
Low Carb / Gluten free	R95	10 meals per pack
Elderly / ladies	R70-R75	Normal meals
Vegan	R90-R95	Normal LC/GF
Family Normal (2 adults/2 kids)	R285-R300	Elderly / Ladies
Family Low carb	R290	Elderly / Ladies LC
Free Range:		Soup box (10)
N R95 / L R75 / Family R320		

They can be made up to your meal preferences and all labelled & dated

WEEKLY SALAD MENU:

Monday – Strawberry Chicken Salad

Tuesday – Goats Cheese Beetroot & Broccoli Salad

Wednesday – Chicken Caesar Salad

Thursday – Strawberry Spinach Salad

Friday – Bacon & Mozzarella Salad

Spring Is In The Air Menu

1st September 2025

Sit down menu in the Bistro
1 SEPTEMBER 2025
Spring is in the Air

Join us for lunch

Bacon and cheese quiche
with side spinach salad
R65

Chicken Strawberry salad
Normal: **R85** // Ladies: **R70**

Sticky wings and chips **R75**

Seasame meatballs

You're going to love these tender, flavourful meatballs topped with seasame seeds and served with basmati rice, steamed green beans and braised cabbage
Normal: **R90** // Ladies: **R70**

Creamy chicken salsa

Chicken breast cooked with corn, salsa and sour cream to make it creamy.
Served with savoury rice and garden peas
Normal: **R90** // Ladies: **R70**