



25 MAY - 31 MAY 2026

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Weekly Activities:

Your weekly guide to sport & recreational activities in the Village

It's a Celebration:

Birthdays, Anniversaries & New Residents

What's Happening?

Ballet Group- 26 May

Christian Fellowship- 27 May

In Conversation with Mr. John Payne- 27 May

Garden Club Meeting- 28 May

Upcoming Events:

Opera- 2 June

Dementia Talk- 3 June

"To plant a garden is to believe in tomorrow."— Audrey Hepburn

Dear Evergreen Lake Michelle Residents,

All gardeners are invited to a meeting next Thursday the 28th at the Lifestyle Centre for a talk by nurseryman Steve Longman of Longman nurseries. He'll discuss design and suggest plantings for our small patches. Contact Mrs. Val Stockden at house 56 on ext.2056 for more details.

Our knitting group ladies has recently made a generous donation of knitwear to Tygerberg Children's Trust, we thank all those who has made wonderful donations to keep those little ones warm this winter. Kindly see below pictures on page 16.

We encourage our residents to book for the dementia awareness talk that's taking place on 3 June, kindly book with reception on ext.2400 or 021 001 4312.

We end the month of May off with mental awareness, reminding our residents that a healthy mind is a better life.

*Cheers to a wonderful & peaceful week!!!
Village Team*

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Weekly Menu

Dear Residents,

First and foremost, thank you for your patience with the amended traffic flow and parking constraints around the Lifestyle Centre this past week. Your cooperation has made a real difference.

Parking Update:

I've received confirmation that the parking bays closest to the embankment can reopen as the debris is cleared. However, the row of bays closest to the apartment block will remain closed until roof repairs are complete.

Roof Repairs:

Engineers are still finalising the repair methodology and reviewing several options. At this stage I'm unable to give a timeline, but please know this is our top priority and we're pushing for progress daily.

Generator:

Good news – the new generator for the houses has arrived, been commissioned, and tested. We can all breathe a sigh of relief that this is finally resolved.

Wishing everyone a happy and healthy week ahead.

Stay safe,
Stephan



WEEKLY EVENTS

 **Wednesday**
IS RECYCLING

MON 25 MAY	TUE 26 MAY	WED 27 MAY	THUR 28 MAY	FRI 29 MAY	SAT 30 MAY	SUN 31 MAY
09h00 STRETCH CLASS MEZZANINE LEVEL	08h00 PILATES ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL AREA	07h30-08h30 PILATES ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h00 ART CLUB CREATIVE HUB	09h00 CALLINETICS MEZZANINE LEVEL	10h00 CHRISTIAN FELLOWSHIP MEZZANINE LEVEL	08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1 09h30 -10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL AREA		
10h15 AQUA AEROBICS POOL AREA		12h00 RIAAN'S FRUITVAN TOP PARKING	09h00 STRETCH CLASS MEZZANINE LEVEL	10h00 ART CLUB CREATIVE HUB	10h30 WATER COLOUR LESSONS CREATIVE HUB	
10h30 CATHOLIC GROUP CINEMA ROOM			10h00 KNITTING GROUP MAIN LOUNGE			12h30 SUNDAY LUNCH BISTRO
	14h00 BALLET GROUP CINEMA ROOM		10h30 TÁI CHI ACTIVITY RM 1			
14h00 BRIDGE /CARD GAMES MEZZANINE LEVEL	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	16h00 IN CONVERSATIO N WITH MR. JOHN PAYNE MEZZANINE LEVEL	14h00 TABLE TENNIS TABLE TENNIS ROOM	15h00 SOCIAL POOL & SNOOKER MEZZANINE LEVEL	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h30 TABLE TENNIS TABLE TENNIS ROOM	18h00 RESIDENT SOCIAL & DINNER BAR AREA	14h30 MOVIE CINEMA ROOM	18h00 RESIDENT SOCIAL & DINNER BAR AREA	16h00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	



STRETCH CLASS Stretching exercises suitable for any level of fitness and ability. Sue - 072 212 0277	AQUA AEROBICS Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome. Renate - 082 519 1873 Linda - 082 410 9443	CALLANETICS Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability. Louise- ext. 2143	TÁI CHI Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability. Roy - ext. 22129 Fiona-082 920 1818
BACKCARE YOGA All level yoga class with a focus on mobility and strengthening of the back. Claire- 083 453 5539	LOW IMPACT CARDIO Stay active and fit with this slightly more active exercise class. Louise- ext. 2143	GOLF/CROQUET Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy. Brian - ext. 2089	LINE DANCING A little exercise, a little mobility and a whole lot of fun for beginners and regulars. Shereen-071 471 3624 Glenda - ext. 2073
TABLE TENNIS Social table tennis for beginners or more experienced players. Ronnie A - ext. 2035	MOSAIC GROUP 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. June H- ext. 2107 Cora - ext. 2051	SNOOKER & POOL Get together and enjoy a social game of snooker or pool for beginners or more experienced players. Pat - ext. 22224 Selwyn - ext. 22130	GAMES Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games. Norma - ext. 2089 Rowan - ext. 2150
LIBRARY Enjoy the wide range of books, jigsaw puzzles and DVDs in our collection. Johanna - ext. 2112	SWIMMING POOL & GYM Heated indoor swimming pool and state of the art gym for your enjoyment. Contact Reception for Access Code	PILATES Exercises focusing on core strength, flexibility, breathing and mindful movement. All fitness levels welcome. Getanya- 071 173 7843	SALON Ladies & gents are welcome at Janine's Hair Studio <u>Hours</u> Tue – Sat 09h00 – 16h00 Janine - 073 294 9655



CHRISTIAN FELLOWSHIP Meeting to worship God, hear His word and sharing a time of fellowship over coffee. John - ext. 2018	BIRD WATCHING Bird watching in the Village or outside. Walks and talks and movies about Western Cape and South African Birdlife and other wildlife in general. Ron - ext. 2068	OPERA APPRECIATION Opera lovers and anyone wondering if they might be, join Willem and friends for the monthly opera viewing. Willem - ext. 22220
KNITTING GROUP Knitting while socializing for an amazing cause. Avril - ext. 2049	TUESDAY HIKERS Looking for a challenge? Take in amazing views and what Cape Town Nature has to offer. Every Tuesday Morning (Weather Permitting) Ron - ext. 2068	MOVIES Enjoy classics and award winning movies of all genres with fellow residents. Clare - ext. 2039
GARDENING GROUP Passionate about gardening? Join a "green finger" network for talks and events. Val - ext. 2056	CLASSICAL MUSIC Once a month video concert of Classical Music lasting approximately 1 hour. Peter - ext. 2055	WEDNESDAY WALKERS Enjoy walking but prefer less demanding walks? Join us to enjoy the beauty of what Nature has provided in the areas surrounding us. Vicky- ext. 22229
BRIDGE This is an invitation to all residents, both new and not-so-new, who would like to play bridge on a regular basis. Rowan - Ext. 2150	EVERGREEN CATHOLIC GROUP Weekly meetings for prayers, spiritual support, friendly discussions and Bible study to better understand God's Word. All are welcome. Mel - ext. 2008/Lionel-ext.22126	AVIATION TALKS Come and listen to Pete tell us more on anything and everything airplane related. Pete - ext. 2065
ART CLASSES Water colour lessons: 1 st and 3 rd Saturdays @10h30 -12h30 Roz - ext. 22220 Drawing & Sketches: 2 nd and 4 th Saturdays @ 09h45-12h45 Judy - ext. 2141	BOOK CLUB This is an invitation to all new and old residents to come and chat about books with other readers on the 3 rd Tuesday of each month at 14H30. Johanna - ext. 2112	ART CLUB This is an invitation to anyone who would enjoy a free of cost creative arts class. Judy - ext. 2141 Marie - ext. 22125



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

BIRTHDAYS

25 May

Ivan Van Der Westhuizen-
Lake Michelle

26 May

Peter Cramb - Noordhoek

27 May

Mary Jennings-Noordhoek
Glenda Inskip- Noordhoek
Trevor Douglas-Noordhoek

28 May

Anthony Johnston-Lake
Michelle

30 May

Patricia Von Bormann-Lake Michelle
Sheila Grobbelaar- Noordhoek

ANNIVERSARIES

30 May

Guy & Wendy Wilson-Noordhoek

New Residents

Bruce & Penny Nicol- Lake Michelle



'GALLIPOLI'

"Gallipoli" is a 1981 Australian film directed by Peter Weir. It stars Mel Gibson and Mark Lee, and is set against the backdrop of World War I.

The movie follows two young Australian men, Frank Dunne (Mel Gibson) and Archy Hamilton (Mark Lee), who join the Australian army and end up fighting in the Gallipoli campaign in Turkey.

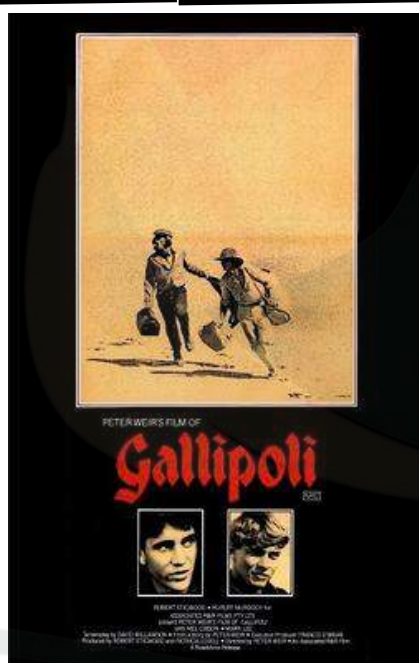
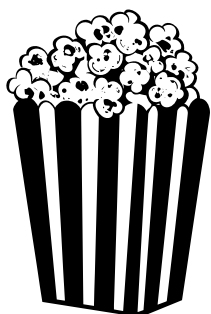
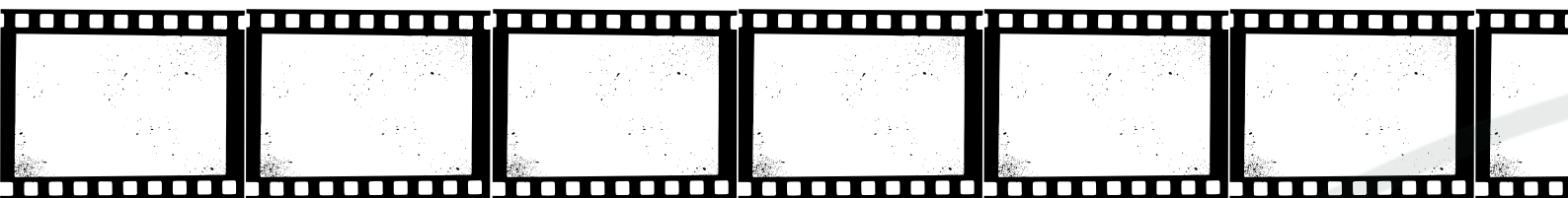
The film explores themes of friendship, the futility of war, and the impact of conflict on individuals.

It's widely regarded as a powerful anti-war film and has received critical acclaim for its emotional depth, historical accuracy, and strong performances. If you're interested in historical dramas or war films, "Gallipoli" is definitely worth a watch.

Where: Cinema Room

When: Thursday 28 May at 2.30pm sharp

RSVP: [Booking form on notice board](#)





Cinderella

(Sergei Prokofiev)

Date: Tuesday 26 May 2026

Time: 2pm

Venue: Cinema Room 1

Frederick Ashton's "Cinderella", created for The Royal Ballet and premiered on 23 December 1948 at Covent Garden, is a sparkling, comic reimagining of Perrault's fairy tale set to Sergei Prokofiev's evocative 1940s score. Blending wistful lyricism, dramatic urgency, and glittering magic, the music perfectly suits Ashton's neoclassical elegance infused with British pantomime humour and Petipa-inspired grandeur. It remains the company's quintessential festive ballet.

The three-act work opens in a gloomy kitchen where kind-hearted Cinderella (*Marianela Nuñez*) endures drudgery from her grotesque Stepsisters—often played by men in travesty for broad slapstick—and her weak father. Clutching her mother's portrait, she dances a poignant broom solo dreaming of escape. A beggar woman appears; Cinderella's generosity reveals her as the Fairy Godmother, who summons the dazzling Fairies of the Seasons in witty, musical variations. Mice become footmen, a pumpkin a coach, and Cinderella is transformed into radiant finery before gliding to the palace ball.

Act II explodes in the opulent ballroom (or enchanted garden in recent stagings), filled with courtiers, a flamboyant Jester, and the Prince (*Vadim Muntagirov*). The Stepsisters' clumsy antics provoke laughter as Cinderella makes her ethereal entrance down the staircase in *pas de bourrée*. She and the Prince fall instantly in love through tender, flowing duets of melting lifts and mirrored grace. Ensemble dances build to midnight's ominous chime; Cinderella flees in panic, losing her glass slipper as her magic dissolves.

In Act III, Cinderella doubts the night's events while replaying ball fragments at home. The Prince searches the kingdom with the slipper, the Jester at his side. The Stepsisters' vain attempts fail comically. When Cinderella matches the slipper, joy erupts. The lovers ascend to a starry realm in a radiant final *pas de deux*, framed by a twinkling corps and infinite staircase amid glitter and projections.

Ashton's 1948 choreography balances enchantment and humour: the Stepsisters provide post-war escapism, while the Seasons' variations and central *pas de deux* showcase technical brilliance and warmth. The 2023 revival, with designs by Tom Pye and Alexandra Byrne, enhances the magic through atmospheric projections and nostalgic opulence. Prokofiev's transcendent score drives the narrative from melancholy to ecstasy. Though concise in its final act, the ballet endures as an optimistic jewel celebrating kindness rewarded.



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



MENTAL HEALTH *Matters*

A healthy mind, a better life.



IMPROVES WELL-BEING

Helps you feel happier and more positive.



BUILDS RESILIENCE

Helps you manage stress and bounce back stronger.



BETTERS RELATIONSHIPS

Improves understanding, communication and connection with others.



BOOSTS PRODUCTIVITY

Enhances focus, creativity and decision-making.



SUPPORTS OVERALL HEALTH

A healthy mind supports a healthy body.



IT'S OKAY TO NOT BE OKAY.
TALK. REACH OUT. TAKE CARE.



TALK



REACH OUT



TAKE CARE

YOUR MENTAL HEALTH MATTERS. ALWAYS. ♥



Understanding Dementia: An Informative Talk

Understanding dementia starts with conversation.

Join Jacqueline Delange to *discuss support, lifestyle changes, hearing loss, and adapting with compassion.*

A FREE Hearing Screening is included after the talk.

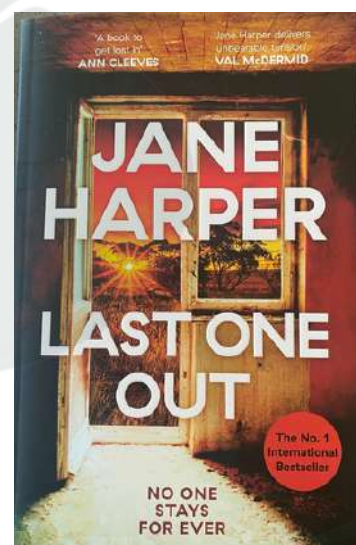
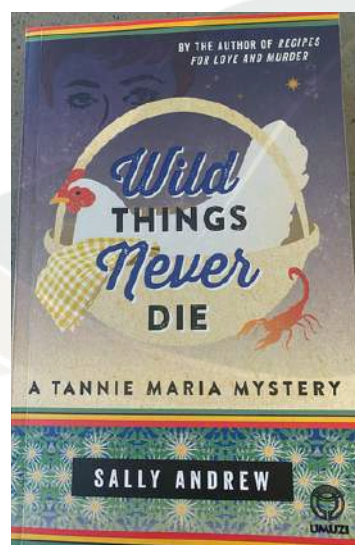
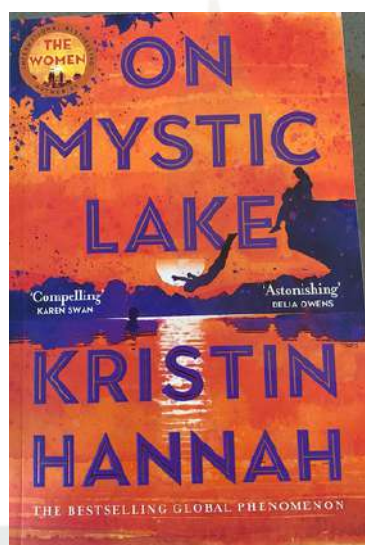
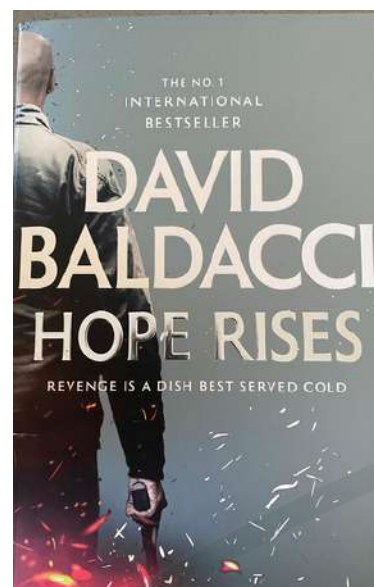
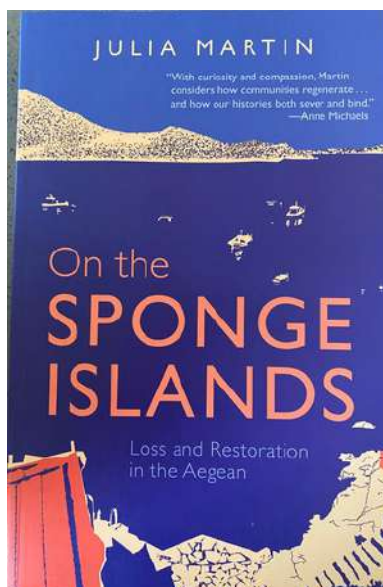
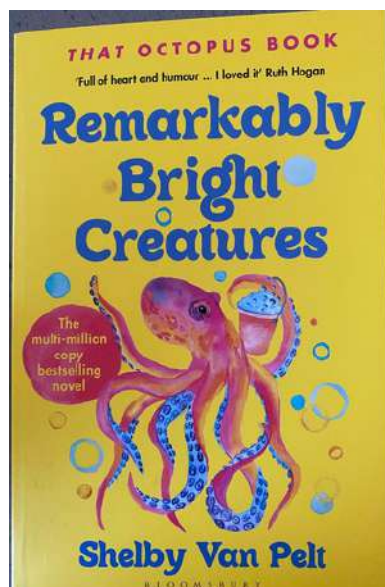
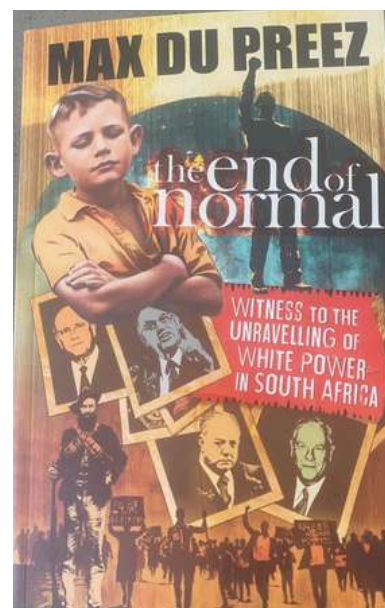
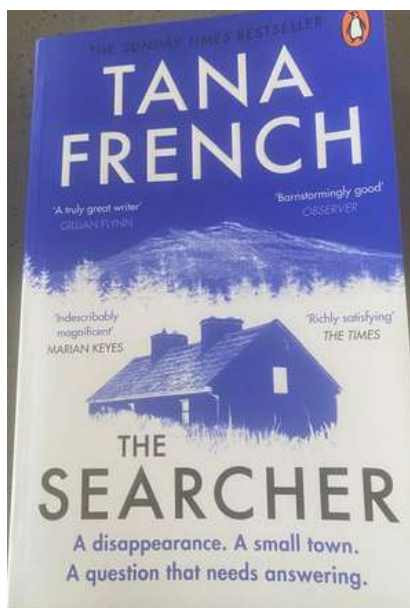
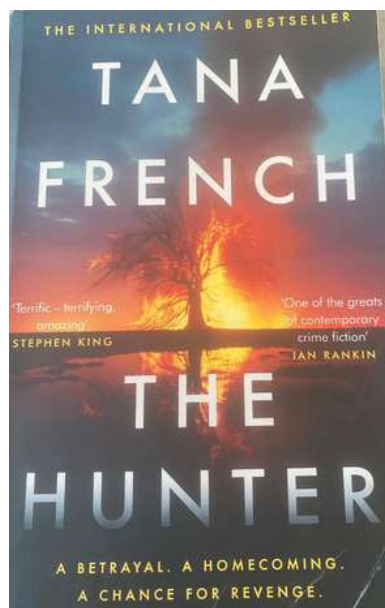
Place: Evergreen Noordhoek

Date: 3 June 2026

Time: 10:00

Join us for FREE tea and cake after the discussion, where Jackie will be available to answer your questions.







LIBRARY CORNER MAY 2026

Andrew, Sally. **Wild things never die.** In the fourth Tannie Maria mystery, agony aunt Tannie Maria and her fiancée Detective Henk Kannemeyer go undercover in an operation to prevent the theft of Karoo succulents.

Baldacci, David. **Hope rises.** Sequel to **Nash falls** which needs to be read first. Continues the story of Walter Nash, working undercover as Dillon Hope, and how he takes down his nemesis who controls a global criminal empire. Plenty of twists, turns and plenty of action.

Du Preez, Max. **The end of normal: witness to the unravelling of white power in South Africa.** On the 50th anniversary of the 1976 Soweto Uprising, journalist Max du Preez takes us on a journey from that fateful day to the present, providing analysis and insights into the soul of White South Africans.

French, Tana. French's Cal Hooper trilogy has been hailed a crime fiction masterpiece with masterly dialogue and magnificent nature writing. It centers around Cal Hooper, a retired Chicago police detective, who moves to a remote village in Ireland where he finds that "evil can fester under shamrocks as abundantly as it does on city streets". The series is best read in order - **The searcher (#1), The hunter (#2) and The keeper (#3).**

Hannah, Kristen. **On Mystic Lake.** A tender story of love and loss. When Annie's husband of 20 years says that he's fallen for a younger woman, she retreats to the lakeside town of Mystic where she grew up.

Harper, Jane. **Last one out.** Set in a decaying town in the Australian outback town that is overshadowed by a nearby coalmine. Ro left after the mysterious disappearance of her student son but returns each year to attend the memorial vigil. But this year, she may just get some answers.

Martin, Julia. **On the sponge islands: loss and restoration in the Aegean.** "A visit to paradise turns into a multiyear quest to investigate a massive ecological collapse in this immersive travelogue. South African literary scholar Martin "knew hardly anything" about the Dodecanese islands in Greece when she arrived for a 2017 sabbatical. But during her stay, she came to see the murky history of the sponge-diving industry as a gaping mystery at the center of daily life." (Publishers' Weekly)

Van Pelt, Shelby. **Remarkably bright creatures.** Warmhearted, poignant and charming story about a grieving woman who befriends an octopus at the small town aquarium where she works. Filmed with Sally Field in the lead role, this is on Netflix at the moment.

Johanna de Beer



SNOOKER COMPETITION





BEANIE COMPETITION



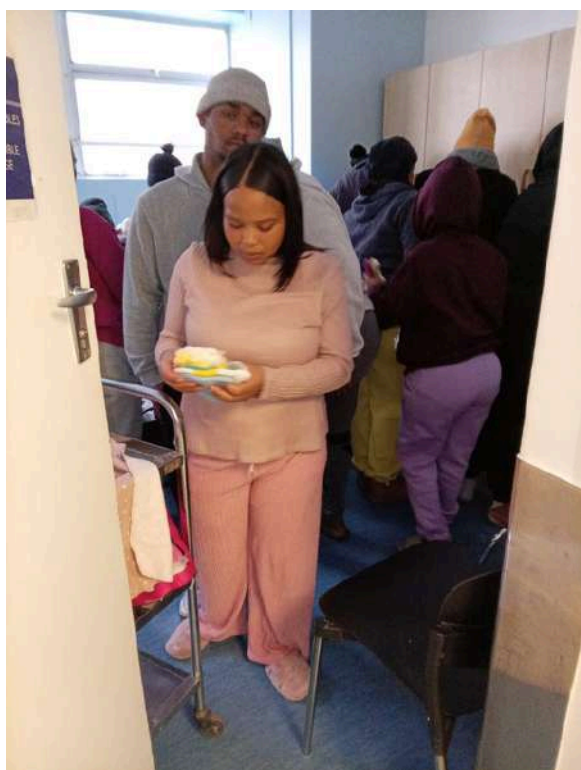
Happy Beanies

IT'S THAT TIME OF THE YEAR AGAIN AND THE CHILL IN THE AIR IS UNDENIABLE.

FOR 2026, THE CHALLENGE IS EXTENDED AGAIN TO KNITTERS FROM ALL EVERGREEN VILLAGES TO HELP KNIT AS MANY "HAPPY BEANIES" AS POSSIBLE. TO ENSURE WE ARE ABLE TO DONATE AS MANY BEANIES AS POSSIBLE, WE AIM TO DONATE BEANIES TO THOSE LESS FORTUNATE AND IN NEED OF AN EXTRA LAYER OF WARMTH THIS WINTER. WE DONATE TO MULTIPLE INSTITUTIONS RANGING FROM CHILDREN'S HOMES TO OLD AGE HOMES AND HELP HUNDREDS OF PEOPLE KEEP WARM THIS WINTER.

WE WELCOME BEANIES OF ALL SIZES AND THE MORE VIBRANT THE BETTER. FOR THOSE WHO DO NOT KNIT, WOOL DONATIONS FOR THE KNITTERS IS WELCOME AND CAN BE DELIVERED AT YOUR VILLAGE RECEPTION. LAST COLLECTIONS WILL BE ON 30 JUNE, 2026.

FOR FURTHER DETAILS OR TO ORGANIZE COLLECTION, PLEASE CONTACT VILLAGE MANAGEMENT TEAM





BITS & BOBS

A COMMUNITY MARKET FULL OF
CREATIVITY • FOOD • LOCAL FINDS

Creative Crafters

Fabulous Foodies

Awesome Artists

Thrifty Thrifters

Crafty Bits & Bobs

SHOP • EAT • CREATE • CONNECT

FRIDAY 29 MAY
12NOON - 5PM

SATURDAY 30 MAY
9AM - 2PM

FISH HOEK CIVIC CENTRE
Support Local. Celebrate Community.

Photographic

COMPETITION

2026

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.

Take a moment to ensure that your
photo is suited and submitted in to
the correct theme.

All entries to be submitted by latest
31 October 2026 (Judging in
November 2026 and the winners to
be announced in December 2026)

Submit all entries to
photos@evergreenlifestyle.co.za

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



Themes



Natural Sculptures

A natural sculpture is a sculpture that is inspired by forms and
processes from nature.



Locomotion

Some organisms move through their own active efforts, while
others may be moved by external forces like wind or water.

Portraits

To show a person's essence, character, or status, going beyond
a simple snapshot.



Night Photography

The practice of taking photographs outdoors between dusk and
dawn, when natural light is minimal or nonexistent.



Travel

It involves going to a new place using various means like
walking, driving, flying, or sailing, and can be a way to
experience different cultures, discover new places, and
challenge oneself.



Macro

Macro photography is extreme close-up photography that
makes tiny subjects, like insects or flowers, appear life-size or
larger, revealing incredible detail invisible to the naked eye



Minimalist

A style characterized by extreme simplicity, using minimal
elements to create a clean and impactful image



Wildlife

Wildlife photography is a genre capturing animals in their
natural habitats



Landscapes

Landscape photography is the art of capturing the beauty of
outdoor scenes, from natural landscapes to man-made features
within them



Colours

Colour photography is the art and process of capturing and
reproducing images with a full spectrum of colors, mimicking
how the human eye sees the world



Table 11

Meet Someone New

We invite all Single Residents to join us daily for lunch at Table 11

There is a standing reservation Daily in the Bistro at 12:30, come and join other singles and make new friends over a delicious meal

Monday: 25 May

Eggplant parmesan: Crumbed eggplant topped with red sauce and cheeses and served with mash, carrots and broccoli

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

OR

Chicken marsala: Golden pan-fried chicken breast cutlets and mushrooms in a rich Marsala wine sauce.

Served with mash, garden peas and carrots

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

Soup of the day: Chicken noodle soup R45

Vegetarian of the day: Stuffed pita with roasted chickpeas, hummus, feta cheese, and fresh vegetables (cucumbers, tomatoes, lettuce) with side tzatziki sauce

Tuesday: 26 May

Tuscan Chicken: Tender chicken breasts with tomatoes and spinach, fresh basil and onions, simmered in a light smoked paprika and cream sauce, finished with parmesan. Served on rustic mashed baby potatoes and broccoli

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

OR

Braised pork in sweet soy: Tender pieces of pork braised in a flavourful sauce with a touch of heat. Served with rice, garden peas and butternut

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

Soup of the day: Mushroom soup R45

Vegetarian of the day: Sweet n sour falafels served with rice

Wednesday: 27 May

Cottage pie: Served with garden peas

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

OR

Chicken supreme: Pan-fried chicken breast nestled in a creamy sauce with mushrooms and bacon. Enjoy this creamy chicken supreme with mashed potato and steamed green veggies

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

Soup of the day: Tomato basil soup R45

Vegetarian of the day: Lentil mushroom shepards pie with side veggies

Thursday: 28 May

Broccoli bacon mac n cheese: Creamy bacon pasta with broccoli and topped with cheddar cheese

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

Or

Chicken cacciatore: Chicken breast with red peppers, tomato, onions, carrots, thyme and rosemary slow cooked in the oven. Served with rice, carrots and garden peas

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

Soup of the day: Butternut soup R45

Vegetarian of the day: Pesto pasta with side parmesan cheese

Friday: 29 May

Hearty beef casserole: Slow cooked beef with veggies in hearty stew then served with rice, garden peas and carrots

N: R100 // L: R80 and Family: R350

OR

Chicken limone: Chicken breast cooked soft and tender in a buttery lemon broth. Served with broccoli, butternut and lemon roasted potatoes

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

OR

Grilled or Fried Fish: Served with chips, coleslaw and tartar sauce

N: R120 // L: R90 // Family: R350

Soup of the day: Thai chicken soup R45

Vegetarian of the day: Baby marrow limone with lemon roast potatoes, butternut and broccoli

Saturday: 30 May

Beef stir fry: Beef sautéed with garlic, ginger and soy sauce, served over rice and sautéed stir fry veg

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

OR

Coronation chicken: A light chicken curry made with yogurt, saltana's, Indian aromatics and a touch of mayo. Served with rice, butternut and green beans

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

Vegetarian of the day: Butter bean potjie with rice

Sunday: 31 May

Roast Beef or Gammon: Served with rice Yorkshire pudding, roast potatoes, gravy and veggies

Dessert: Malva pudding with custard R180

Vegetarian of the day: Italian style roasted cabbage

OPEN DAILY

08H00 – 15H00

FRIDAY DINNER SERVICE

– 18H00

DAILY MEAL ORDERS BY

10H00

Price List

Normal Meals..... R90-95

Low Carb/Gluten Free..R95

Kiddies..... R50

Ladies Portion.....R70-75

Vegan.....R90-95

Family Normal (2 Adult, 2

Kids)..... R285-300

Family Low Carb..... R290

Free Range:

N R95/ L R75/ Family... R320

FRIDAY FISH & CHIPS

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

R110

standard portion

R90

ladies portion

