



20 JULY - 26 JULY 2026

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?

Village Shuttle Services- 17 July @09h00

Book Club- 21 July @14h00

Christian Fellowship- 22 July @10h00

Aviation Talk- 22 July @15h00

Upcoming Events:

Evergreen Mid- Winter Market- 24 July

Ballet Group- 28 July

General Management Movement- 30 July

Christmas in July- 31 July

*"Man's goodness is a flame that can be hidden but never extinguished."—
Nelson Mandela*

Dear Evergreen Lake Michelle Residents,

This week we have our monthly **book club** gathering in the library, where book lovers get together and share what they have read. Come out and enjoy the afternoon, kindly see below on page 10 for more details.

On Wednesday morning @10h00 we have our **Christian Fellowship** meeting on the mezzanine floor, all are welcome to join.

Pete Van Der Spek will be hosting an **Aviation talk** on Flying Legends Airshow which was the largest airshow for warbirds (WW1 & WW2 aircraft). Come and hear & see the inside stories on this magic airshow. Kindly see below on page 9 for more details.

Wol aan die rol will be in the village on Thursday @10h00 in the lifestyle centre, please pop around and show support.

Security Alert for mid-winter market - residents expecting guests for the market, can find the QR Code for access on the poster.

Wishing you all a healthy & happy week!
Village Team

IN THIS ISSUE

PAGE

FROM THE DESK OF THE VILLAGE MANAGER

3

WEEKLY EVENTS

4

Your weekly guide to sport & recreational activities in the Village

5

ACTIVITIES AND FACILITIES GROUPS AND EVENTS

6

IT'S A CELEBRATION

Birthdays, Anniversaries & New Residents

7

RESIDENT EVENTS

Movie

8

Aviation Talk

9

Book Club

10

General Management Movement

11

Mid- Winter Market

12

Library Raffle

13

DA Townhall

14

Upcoming Rugby Fixtures

15

Shuttle Services

16

Photographic Competition

17

Green Fingers

18

Fish Hoek Valley Museum Events

19

Creative Hub

20

BISTRO MENU

Table 1&1

21

Christmas in July

22

Weekly Menu

23

Dear Residents,

We hope and trust that everyone is keeping warm this winter. There are quite a few strains of flu making their way around, including RSV, so please stay safe and practise good hand hygiene.

We are looking forward to the Mid-Winter Market, as it is always a big drawcard. The Lifestyle Centre comes alive with energy, colour and wonderful aromas that just jiggle the senses in the best way!

While many places seem to slow down and go into hibernation this time of year, that is certainly not the case at Evergreen Noordhoek. The July Activity Calendar is filled to the brim – from talks and the Market, to Christmas in July.

Both Evergreen Noordhoek and Lake Michelle residents can be very proud of the social activities and community events hosted here. Thank you for the spirit and participation that make our village such a vibrant place to live.

Stay warm and well,

Stephan Lloyd
General Manager



WEEKLY EVENTS


**Wednesday
IS RECYCLING**



**MONDAY
20
JULY**

09h00
**STRETCH
CLASS**
MEZZANINE
LEVEL

10h00
**ART CLUB
CREATIVE
HUB**

10h15
**AQUA
AEROBICS**
POOL AREA

10h30
**CATHOLIC
GROUP**
CINEMA
ROOM

14h00
**BRIDGE
/CARD
GAMES**
MEZZANINE
LEVEL

**TUESDAY
21
JULY**

08h00
**PILATES
ACTIVITY**
ROOM 1

09h00
CALLINETICS
MEZZANINE
LEVEL

14h00
**GOLF
CROQUET
FISH HOEK
BOWLING
CLUB**

14h30
BOOK CLUB
LIBRARY

14h30
**TABLE
TENNIS**
TABLE
TENNIS
ROOM

**WEDNESDAY
22
JULY**

09h15
**AQUA
AEROBICS**
POOL AREA

10h00
**CHRISTIAN
FELLOWSHIP**
MEZZANINE
LEVEL

12h00
**RIAAN'S
FRUITVAN**
TOP PARKING

15h00
**AVIATION
TALK**
MEZZANINE
LEVEL

15H00
**LINE
DANCING**
ACTIVITY RM
1

18h00
**RESIDENT
SOCIAL &
DINNER**
BAR AREA

**THURSDAY
23
JULY**

07h30-08h30
**PILATES
ACTIVITY**
ROOM 1

08h45-09h30
**LOW IMPACT
CARDIO**
ACTIVITY ROOM 1

09h30 -10h00
**ABS & BUTT
(MAT CLASS)**
ACTIVITY ROOM 1

09h00
STRETCH CLASS
MEZZANINE LEVEL

10h30
TÁI CHI
ACTIVITY RM 1

10h00
**KNITTING
GROUP**
MAIN LOUNGE

10h00
**WOL AAN DIE
ROL**
MAIN LOUNGE

14h00
**TABLE
TENNIS**
TABLE
TENNIS
ROOM

14h00
MOVIE
CINEMA
ROOM

**FRIDAY
24
JULY**

09h00
**BACK
CARE YOGA**
ACTIVITY
ROOM 1

09h15
**AQUA
AEROBICS**
POOL AREA

09h00
**VILLAGE SHUTTLE
SERVICES**
LSC

10h00
ART CLUB
CREATIVE HUB

11h00-13h00
LINE DANCING
ACTIVITY RM 1

15h00
**SOCIAL POOL &
SNOOKER**
MEZZANINE LEVEL

10h00-16H00
**MID-
WINTER
MARKET**
LSC

18h00
**RESIDENT
SOCIAL &
DINNER**
BAR AREA

**SATURDAY
25
JULY**

10h30
**WATER
COLOUR
LESSONS**
CREATIVE
HUB

14h30
**TABLE
TENNIS**
TABLE
TENNIS
ROOM

**SUNDAY
26
JULY**

12h30
**SUNDAY
LUNCH**
BISTRO

14h30
**TABLE
TENNIS**
TABLE
TENNIS
ROOM

16h00
RESIDENT SOCIAL
Wednesdays &
Fridays
BISTRO & BAR AREA



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: 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 3rd 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 group. Judy - ext. 2141 Marie - ext. 22125



IT'S A CELEBRATION

BIRTHDAYS

21 July

Gillian Vigne-Noordhoek

22 July

Maria Nulty-Noordhoek

23 July

Gloria Bryen-Noordhoek

24 July

Jill Turner-Noordhoek

Koos Reynders- Noordhoek

25 July

Bev MacHutchon-Noordhoek

Jean Thomas- Lake Michelle



ANNIVERSARIES

25 July

Bob & Jean Thomas-Lake Michelle

26 July

Robert & Ally Sayers-Noordhoek



New Residents

NO NEW RESIDENTS THIS WEEK!





'SHERLOCK HOLMES: INCIDENT AT VICTORIA FALLS'



**SHERLOCK
HOLMES**
Incident at Victoria Falls

King Edward asks Sherlock Holmes to perform one more task before his retirement: to safeguard the Star of Africa on a trip to Cape Town. Soon the fabled jewel is stolen and several people end up being murdered.

Starring Christopher Lee as Sherlock Holmes and Patrick Macnee as Dr. Watson.

Where: Cinema Room 1

When: Thursday 23 July at 2pm sharp

Please Note: This is a long movie - run time is 3 hours starting time will be 2pm.

RSVP: Booking form on notice board



Flying Legends Airshow - Duxford

The biggest warbirdairshow in the world

Mostly WW2 aircraft displayed

Find out theinside story



Date: 22 July Wednesday

Time: 15:00

Venue: Mezzanine floor - big TV

Presented by: Pete van der Spek



Book Club

Join our book club



Date:
23 July



Venue:
**Lifestyle Centre,
Library**



Time:
14h30 - 16h00

Come and enjoy





EVERGREEN
lifestyle
— NOORDHOEK —

FAREWELL & Welcome

FAREWELL
Stephan Lloyd

Thank you, Stephan,
for your dedication,
hard work and the
positive impact you've
made at Evergreen
Noordhoek.

We wish you all
the best in your
next chapter!

WELCOME
Johan De Villiers

We're excited to
welcome Johan
to the Evergreen
Noordhoek team.

We look forward
to the great
things ahead!

&



LIGHT SNACKS
& DRINKS
WILL BE SERVED



THURSDAY
30 JULY 2026



FROM
15H00



RSVP BY WEDNESDAY 29 JULY AT 17H00.
CALL RECEPTION ON EXT 2400



LIFESTYLE CENTRE
EVERGREEN NOORDHOEK





EVERGREEN
lifestyle

MID-WINTER MARKET

Evergreen MID-WINTER MARKET

*What's better on a Winter's day
than indoor shopping at our Artisanal market.*



WHERE:

Evergreen Lifestyle
Retirement Village
Noordhoek,
Glencairn Expressway



WHEN:

Friday,
24 July



TIME:

10h30 – 16h00



Quality food products, cheese, jams, breads,
nuts, confectionery, samosas



Innovative Crafts, clothing, candles, art glasses,
jewellery, soap, pottery and so much more...



The QR Code will allow you access
into the village/to the market.

**SIMPLY SAVE THE QR CODE
INTO YOUR PHONE TO SHOW
SECURITY UPON YOUR ARRIVAL.**





EVERGREEN
lifestyle

LIBRARY RAFFLE

SUPPORT
= **YOUR** =
LIBRARY

Funding will buy new books

Together, we keep stories alive and minds inspired!

BUY RAFFLE TICKETS

RAFFLE 741226

PUZZLE FOR SALE

AND STAND A CHANCE TO WIN THIS PAINTING

WHERE: LIFESTYLE CENTRE, MID-WINTER MARKET

DATE: FRIDAY, 24 JULY

TIME: 10h00 - 16h00

Thank you for your support!



TOWNHALL

Join the DA Cape Town Mayoral Candidate,
Geordin Hill-Lewis as he unpacks his plan
to Take Cape Town Foward for All.



MONDAY, 20 JULY 2026



19H00



FISH HOEK CIVIC CENTRE (CENTRAL CIRCLE, FISH HOEK)



FIXTURES 2026

SPRINGBOKS
FIXTURES 2026

Celebrating
10
YEARS IN
BUSINESS

20 JUNE 2026	15:00	SPRINGBOKS vs BARBARIANS	
4 JULY 2026	17:40	SPRINGBOKS vs ENGLAND	
11 JULY 2026	17:40	SPRINGBOKS vs SCOTLAND	
18 JULY 2026	17:40	SPRINGBOKS vs WALES	
8 AUGUST 2026	21:00	SPRINGBOKS vs ARGENTINA	
22 AUGUST 2026	17:00	SPRINGBOKS vs ALL BLACKS	
29 AUGUST 2026	17:00	SPRINGBOKS vs ALL BLACKS	
5 SEPTEMBER 2026	17:00	SPRINGBOKS vs ALL BLACKS	
12 SEPTEMBER 2026	17:05	SPRINGBOKS vs ALL BLACKS	
27 SEPTEMBER 2026	11:45	SPRINGBOKS vs AUSTRALIA	
13 NOVEMBER 2026	TBC	SPRINGBOKS vs FRANCE	
21 NOVEMBER 2026	TBC	SPRINGBOKS vs IRELAND	
27-29 NOVEMBER 2026 NATIONS CHAMPIONSHIPS FINALS			



EVERGREEN
NOORDHOEK
SHUTTLE
Services

with
Eshels Transport



When:
EVERY FRIDAY



Time:
9AM – 12PM



Destination:
**LONGBEACH MALL
& CHECKERS**



**BOOK WITH RECEPTION
ON EXT. 2400**

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



Leucospermum 'Tango'



Leucospermum 'High Gold'



Leucospermum 'Scarlet Ribbon'



Leucospermum 'Goldie'

How to grow Pincushion Proteas

After the winter rains the fynbos of the Cape floristic region bursts into life in late winter and spring with a diversity of stunning blooms full of busy pollinators. And this wonderful display of colour can continue for many months.

Some of the most spectacular of these spring bloomers are our beloved pincushions with their strange looking flowers that never fail to intrigue, and one might be forgiven for thinking they come from outer space! They are produced in dense inflorescences which have large numbers of prominent styles, each thickened at the apex to form the stigma. The flowers look rather like a whole lot of pins stuck into a pincushion, hence the inspiration for its common name, "pincushion flower".

Leucospermum leaves are spirally arranged and are tough and sometimes leathery. And, when not in bloom, you can tell them apart from other members of the *Protea* family by their 'toothed' leaves. The small indentations with raised edges are often red in colour, and occur along the margins, or at least at the leaf tips.

Leucospermum is a genus of about 50 species of flowering plants in the family *Proteaceae*. They are admired for their 'other worldly' beauty and the fine show they put on in gardens around the world. The long-stemmed cut flowers last extremely well on the plant and in the vase, and are cherished by florists for their unusual form.

Most species are native to the Western Cape Province of South Africa, where they hug the coastline and extend up the west coast to Vanrhynsdorp. Their range also spreads eastwards to Port Elizabeth. Two species occur outside of South Africa, one in Swaziland and the other in Zimbabwe. In the wild they can be found growing in a variety of habitats, including scrub, forest edges, and mountain slopes.

The Cape flora thrives under highly variable climatic conditions. A maximum temperature of 32°C is not uncommon during the summer months, particularly in the Sandveld and Cederberg regions. The mountain ranges are cooler in summer with the effects of prevailing winds, mists and cloud, and in winter snow falls regularly, and the minimum temperatures occasionally fall below 0°C, but only for short periods of time.

Many *Proteaceae* occur in regions where the rainfall is low, varying between 180mm to 2 500mm per annum, and for this reason you will find that many species form large colonies in depressions, gullies, valleys, and on south-facing slopes, where water seeps deep down into the soil, and which the plants utilise during the dry months. *Protea cynaroides* is a good example of this, because although it occurs where the annual rainfall varies from 300mm to 1 500mm, it survives by colonising areas where there is abundant underground seepage.



FISH HOEK VALLEY MUSEUM EVENTS JULY 2026

9 July - Thursday - 5 for 5.30 pm Talk

Join the Fish Hoek Valley Historical Association for the monthly talk on:
Fish Hoek Surf Lifesaving Club - Humble beginnings. Reminiscences of Clive Duffel,
founding member. Venue: Fish Hoek Library side hall R20 members, R30 visitors

21 July - Tuesday - 6 pm Family History Club

Monthly meeting of our Family Research Club - a look at using military records.
All welcome. Venue: Fish Hoek Library side hall. No charge

25 July - Saturday - 10 am to 2 pm SATURDAY OPENING

29 July - Wednesday - 11 am History over Tea

Join us for our monthly History over Tea at Fish Hoek Library.

Topic: Valley Stories. Bring your anecdotes!

Refreshments served.

Venue: Fish Hoek Library side hall. No charge.

Email: curator.fishhoekvalleymuseum@gmail.com

www.fishhoekvalleymuseum.co.za

Address:

59 Central Circle

Fish Hoek, Cape Town

Follow Us:





CALLING ALL ARTISTS AND CREATIVES



THE MONDAY ART CLUB WILL BE IN THE
CREATIVE HUB THIS MORNING
FROM 10AM - 12PM

PLEASE COME AND MEET US AND SEE IF YOU
WOULD LIKE TO JOIN US
“DOING OUR OWN THING” EVERY MONDAY



WHERE:
LIFESTYLE CENTRE,
CREATIVE HUB



WHEN:
10AM
MONDAYS



NOTE:
NO BOOKING REQUIRED,
JUST POP IN AND
COME AND ENJOY
THE MORNING

NO TEACHING, NO REGULAR COMMITMENT
OR COST JUST
CREATIVE TOGETHERNESS!





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



Dinner and Dance
with El Vision Caberet

CHRISTMAS

in *July*

NOORDHOEK

STARTERS

Baked Camembert
with fruit and a berry
compote. Served
with malva toast
R50

OR

Tomato basil soup
with a slice
of garlic bread
R50

MAINS

Buffet

Honey glazed Gammon
Slow Roasted Beef
Rosemary Roast Lamb

All served with
Baked sweet potato
Cauliflower broc bake
Roast potatoes
Carrots and peas medley
Yorkshire pudding

R200

DESSERTS


**Steamed Christmas
pudding** with
homemade custard
R50

OR


Peppermint Tart
R50

OR


Trifle pudding
R50

Join us from 6pm
*Decorate your
own table*



Evergreen Noordhoek Lifestyle Centre
Friday : 31 July 2026
Seating from 18h00 // Book at the Fynbos Bistro

Monday: 20 July

Benji Butter chicken: Chicken breast in a mild butter chicken sauce, served with basmati rice, garden peas and butternut

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

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

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

Soup of the day: Chicken noodle soup R45

Vegetarian of the day: Cauliflower and chickpeas butter chicken, served with rice, butternut and peas

Tuesday: 21 July

Creamy tomato chicken pasta: With a hint of green spinach leaves and cherry tomatoes over penne pasta and side parmesan cheese

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

Mushroom stroganoff: Served with mash, carrots and broccoli

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

Soup of the day: Mushroom soup R45

Vegetarian of the day: Baked feta pasta

Wednesday: 22 July

Beef curry: Served with yellow rice, garden peas and butternut with side sambal salad

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

Chicken schnitzel: Our homemade chicken schnitzels topped with cheese sauce, served with roast potatoes, peas and carrots

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

Soup of the day: Tomato basil soup R45

Vegetarian of the day: Mild coconut Veg curry with chickpeas, served with rice, butternut and peas

Thursday: 23 July

Chilli con carne: Mince beef, beans and chilli peppers as the main ingredients, served with rice, side of sour cream and cheddar cheese

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

Penne a la vodka: One of our signature pasta's topped with BBQ chicken pieces and parmesan cheese

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

Soup of the day: Butternut soup R45

Vegetarian of the day: Lentil chilli con carne with couscous topped with sour cream

Friday: 24 July

Grilled Pork chop: Grilled Pork chop topped with pine-apple, bake potato and veg medley R95

OR

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

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

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

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

Soup of the day: Broc bacon soup R45

Vegetarian of the day: Vegetarian burger served with chips

Saturday: 25 July

Alfredo pasta: Creamy ham and mushroom sauce over penne pasta, served with a side parmesan

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

Crumbed fish cakes: served with mash, garden peas and carrots

N: R95 // L: R75 // Family: R285

Vegetarian of the day: Caribbean Butternut & Chickpea Roti

Sunday: 26 July

Roast Chicken or Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley

Dessert: Malva pudding with custard or ice cream

R180

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

