



03 AUGUST - 09 AUGUST 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?

Village Shuttle Services- 7 August @09h00

Opera- 04 August

Mobeewash- 05 August

Mariam Shoe Shop- 06 August

Upcoming Events:

Classical Music Group- 11 August

Mosiacs- 11 August

Ballet Group- 25 August

"We must be impatient for change. Let us remember that our voice is a precious gift and we must use it." - Unknown

Dear Evergreen Lake Michelle Residents,

This week we welcome Mobeewash back into the village, kindly book your slot with reception on ext.2400 or 021 001 4312.

In August we remember the 1956 Women's March. We honour women's role in The Struggle and we reflect on Women's Rights today.

Mariam's shoe shop will be in the village on 6 August. She sells the best varieties of shoes at affordable prices.

Thank you to the residents who have been making use of the shuttle service. Please continue supporting this important service.

We remind residents that Low Impact Cardio & Callanetics sessions are available in the village. Residents who wish to know more should get in touch with Mrs. Louise Jackson on ext.2143 or 081 463 8634.

Wishing you all a Healthy & Happy week!

Village Team

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Dear Residents,

As I bid farewell to Evergreen Noordhoek and Evergreen Lake Michelle, I would like to take a moment to express my sincere gratitude to each of you.

It has been a privilege and an honour to serve as your Village Manager together with my team.

Over the years, I have had the pleasure of getting to know so many residents, each with their own unique stories, experiences, and kindness.

I will continue to carry the Evergreen Banner at our sister Village Evergreen Sitari, where I will continue to serve and lead as General Manager

The sense of community that makes Evergreen such a special place is something I will always treasure.

While it is never easy to say goodbye, I leave with many fond memories and with confidence that Evergreen Noordhoek & Evergreen Lake Michelle will continue to thrive as a caring, welcoming, and vibrant communities.

A warm welcome to Johan de Villiers, the newly appointed General Manager at Evergreen Noordhoek and Evergreen @ Lake Michelle.

I wish each of you good health, happiness, and wonderful years at Evergreen.

**General Manager
Stephan Lloyd**



WEEKLY EVENTS

 **Wednesday
IS RECYCLING**



MONDAY 03 AUGUST	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 04 AUGUST	08h00 PILATES ACTIVITY ROOM 1	09h00 CALLINETICS MEZZANINE LEVEL		14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	14h00 OPERA GROUP CINEMA ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
WEDNESDAY 05 AUGUST	09h00 MOBEEWASH JOJO TANKS	09h15 AQUA AEROBICS POOL AREA	10h00 CHRISTIAN FELLOWSHIP MEZZANINE LEVEL	12h00 RIAAN'S FRUITVAN TOP PARKING	15H00 LINE DANCING ACTIVITY RM 1	18h00 RESIDENT SOCIAL & DINNER BAR AREA
THURSDAY 06 AUGUST	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	14h00 TABLE TENNIS TABLE TENNIS ROOM	14h30 MOVIE CINEMA ROOM
FRIDAY 07 AUGUST	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	11h00-13h00 LADIES POOL SESSION MEZZANINE LEVEL	18h00 RESIDENT SOCIAL & DINNER BAR AREA
SATURDAY 08 AUGUST	10h30 WATER COLOUR LESSONS CREATIVE HUB		14h30 TABLE TENNIS TABLE TENNIS ROOM		21h00 SPRINGBOKS VS ARGENTINA LSC	
SUNDAY 09 AUGUST	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

03 August

Marjorie Lever-Noordhoek

Carine Salter-Noordhoek

06 August

Shirley Reynders-Noordhoek

Benita Van Den Bos- Lake Michelle

07 August

Petra Deja-Noordhoek

Ellinor Wilson- Noordhoek

Joyce Fatcher- Lake Michelle

08 August

Maureen Soule-Noordhoek

Sandra Spence- Noordhoek

Bob Ball- Noordhoek



ANNIVERSARIES

04 August

Brian & Carene Legge-Noordhoek

08 August

Don & Clare Yeowell-Noordhoek

09 August

Rory & Polly Bland-Noordhoek



New Residents

Malcolm & Annette Thomson- House 03



'Romeo & Juliet'



Romeo & Juliet is a 2013 film adaptation of William Shakespeare's romantic tragedy. Written by Julian Fellowes and directed by Carlo Carlei, it stars Hailee Steinfeld, Douglas Booth, Damian Lewis, Kodi Smit-McPhee, Ed Westwick, Stellan Skarsgård and Paul Giamatti.

Romeo and Juliet secretly wed despite the sworn contempt their families hold for each other. It is not long, however, before a chain of fateful events changes the lives of both families forever.

Where: Cinema Room 1

When: Thursday 6 August at 2.30pm sharp

RSVP: Booking form on notice board



Roberto Devereux (Gaetano Donizetti)

Date: Tuesday 4 August 2026

Time: 2pm

Venue: Cinema Room 1

Gaetano Donizetti's "Roberto Devereux", the final opera in his celebrated Tudor Trilogy, received its Metropolitan Opera premiere in 2016 in a lavish new production by Sir David McVicar. Conducted by Maurizio Benini, the production completed McVicar's acclaimed staging of the trilogy and starred Sondra Radvanovsky as Queen Elizabeth I, Matthew Polenzani as Roberto Devereux, Elina Garanča as Sara, Duchess of Nottingham, and Mariusz Kwiecień as the Duke of Nottingham. The opera combines historical events surrounding the downfall of the Earl of

Essex with an intensely personal tale of love, jealousy, loyalty, and political power.

Set in England around 1601, the drama centres on Queen Elizabeth I, an ageing monarch deeply in love with her favourite, Roberto Devereux. Unbeknown to the Queen, Roberto's affections belong to Sara, the Duchess of Nottingham, who had once been promised to him but was compelled to marry the Duke instead. Their secret love places all four principal characters on a tragic collision course.

The Queen wrestles with reports that Roberto has been unfaithful while political enemies accuse him of treason following an unsuccessful military campaign in Ireland. Hoping to secure his pardon, Roberto presents himself before Elizabeth, who is torn between her love for him and her duty as sovereign. Although she initially appears willing to forgive him, her suspicions intensify when she discovers evidence suggesting he loves another woman.

Sara, equally tormented, urges Roberto to flee England. As a token of their love she returns a blue scarf that Elizabeth herself had once given him, an object that later becomes the crucial proof of his betrayal. Meanwhile Nottingham, Roberto's closest friend, gradually uncovers the affair between his wife and Roberto. Feeling doubly betrayed, he abandons friendship for vengeance and refuses to deliver the ring that Roberto sends to Elizabeth—a token she had promised would guarantee a royal pardon should he ever need mercy.

Without the ring reaching the Queen in time, Elizabeth reluctantly signs Roberto's death warrant. Only afterwards does she discover Nottingham's deception and realise that Roberto had appealed to her mercy. Overcome by grief and guilt, she is powerless to prevent the execution. News of Roberto's death devastates the Queen, whose final scene becomes both a political and psychological collapse. Renouncing her authority and haunted by the consequences of her decisions, she names James VI of Scotland as her successor before withdrawing into despair.

McVicar's production emphasizes the dark splendour of the Tudor court through richly detailed costumes, imposing architectural sets, and atmospheric lighting, while allowing the emotional conflicts to dominate the stage. At its heart, "Roberto Devereux" is less a historical pageant than an intimate tragedy, exploring how love, pride, jealousy, and the burdens of power can destroy even the mightiest of rulers.



Book using the booking list on the notice board



MOBEEWASH

will be in the village!



DATE:
05 AUGUST



TIME:
09h00 - 15h00



LOCATION:
Infront of JoJo tanks-
Top Parking



Please book
**YOUR SLOT WITH
RECEPTION**



EXT. 2404

or



021 001 4312

CLEAN CAR. HAPPY PLANET. ❤️



LIBRARY *Fundraiser*

THANK YOU FOR MAKING A DIFFERENCE!

At the mid winter market last Friday, funds were raised to buy new books for the library.

We raffled a painting, sold bookmarks, puzzles, CD's and accepted donations.



A huge thanks to



Roz Hoek, who generously painted & donated the beautiful framed oil painting of a watering can and gardening gloves



Jackie Davies, who painted & donated the delightful bookmarks



Clare Yeowell, the organizer of the market, who donated the table fees



Lastly we thank the Library Volunteers and all the residents, family, friends who made all of this possible.



Congratulations!

to Avril's granddaughter
JESS
who won the painting





EVERGREEN
lifestyle

LOW IMPACT CARDIO

Join the **LOW IMPACT** *Cardio* • SESSION •



EVERY
THURSDAY
morning



BETWEEN
08h45 – 09h30



IN
**ACTIVITY
ROOM 1**



Kindly get in touch with

LOUISE JACKSON

on **ext. 2143**, should you
be interested to give it a try.

*All fitness
levels
welcome!*



Move at your pace. Feel the difference!



Join the CALLANETICS SESSION

Strengthen. Tone. Feel your best. ♥



EVERY
TUESDAY MORNING



AT
09H00AM



IN THE
LIFESTYLE CENTRE



IMPROVE FLEXIBILITY
BUILD STRENGTH
ENHANCE POSTURE
FEEL AMAZING

Let's move, feel stronger
and live well! ♥



TO JOIN THE GROUP
KINDLY GET IN TOUCH WITH

Louise Jackson

ON
ext.2143



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



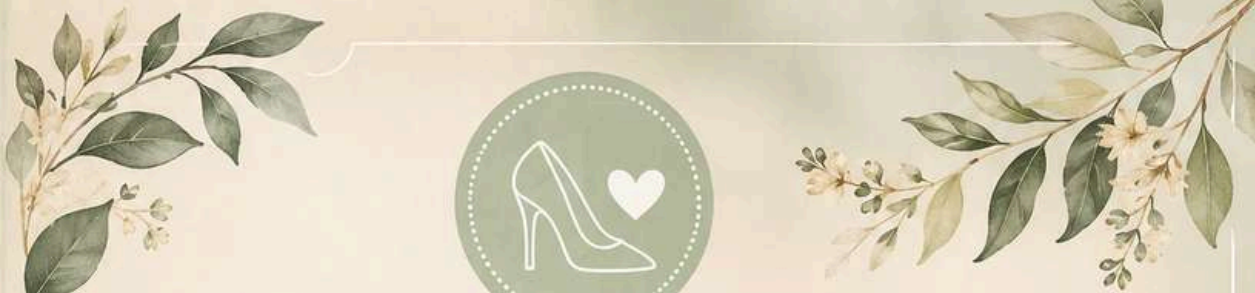
Landscapes

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



Mariam's SHOE SHOP

Step in. Style out. Feel amazing.

Join us!



WHEN:
06 August



WHERE:
Main Lounge



TIME:
10h00 - 13h00



 Great styles ♥ Great comfort ♥ Great prices
COME AND FIND YOUR PERFECT PAIR!



Missing out on Life???

***You are cordially invited to attend our:
FREE HEARING SCREENING DAY***

When: Wednesday, 12 August 2026

Venue: Evergreen Noordhoek, 1st Floor Lifestyle Centre

Time: 10:00– 3pm

There will also be time should any of the residents wish to have the full diagnostic test done on that day.

We are looking forward to HELP You HEAR LIFE BETTER!!

We offer our services in the comfort of your own home!

Book your appointment today:

072 720 6094 or Whatsapp 0731754639

Our Services include:

- Complete Diagnostic Hearing test (R1550 Payable via cash OR EFT)
- Wide range of Hearing devices (Medical aid claimable)
- Hearing aid Batteries and accessories
- Hearing aid after care / follow up service.



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!**





Join Roz Hoek's water colour LESSONS

this
Saturday
in the
creative hub

♡
Please contact
Roz Hoek
on **ext.22220**
for more information.



**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: 3 August

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: Thai chicken 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: 4 August

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: 5 August

Cottage pie: Served with garden peas
N: R95 // L: R75 // Family: R300
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: 6 August

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: Potato and Leek soup R45
Vegetarian of the day: Pesto pasta with side parmesan cheese

Friday: 7 August

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 lemons: 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: Beef n bean soup R45
Vegetarian of the day: Baby marrow lemons with lemon roast potatoes, butternut and broccoli

Saturday: 8 August

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: 9 August

Roast Beef or Chicken: Served with rice Yorkshire pudding, roast potatoes, gravy and veggies
Dessert: Waffles and ice-cream R180
Vegetarian of the day: Stuffed Gem squash with roast potatoes and veg of the day

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

