



24 AUGUST - 30 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- 28 August @09h00

Ballet Group- 25 August

AGM - 26 August

Springboks VS All blacks- 29 August @17h00

Upcoming Events:

Opera Appreciation- 01 September

Mobeewash- 9 September

Brassband Concert- 14 September

"Empowered women empower the world; be the spark." – Unknown

Dear Evergreen Lake Michelle Residents,

And just like that, another month is gone. Month 8 is basically behind us, another reminder of how quickly time flies. Thank you to every resident, staff member and friend who made this women's month special for our ladies. With a smile, a helping hand and good conversation. Time flies but beautiful moments stay with us!

Our village has so much to offer, right on your doorstep! From quizzes, bingo, line dancing, knitting group, library, pool and garden walks. When you join in, you're supporting the ones who put effort in to making these possible. You're keeping our facilities alive and vibrant. You're meeting neighbours, sharing a laugh and staying active. A FULL HOUSE is a HAPPY HOUSE! Let's make use of what we have, together.

We are delighted to welcome the Cape Town Brass Band to our village once again. For a special concert in aid of the Clever Kids after school centre in Masiphumelele. More information can be found on page 10.

Wishing you all a healthy & fruitful week!
Village Team

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***"We had a kettle; we let it leak:
Our not repairing made it worse.
We haven't had any tea for a week...
The bottom is out of the Universe."
— Rudyard Kipling***



Dear Residents,

We hope you are all having a wonderful week! There is a lot of exciting activity happening around our village, and we want to share a few important updates with you. Our projects team started setting up the scaffolding around Block D this week. Once they finish there, they will gently move on to Block B. As we work to repair our beautiful village, please take a moment to read through these key notices:

Keeping Our Village Safe:

Clubhouse traffic: With the increased movement around the estate, we encourage everyone to remain mindful and exercise extra caution when travelling through the area. To help keep everyone safe, a friendly security guard will be stationed at the clubhouse to assist with managing the flow of pedestrians and vehicles.

Please stay mindful: Take extra care and reduce your speed when arriving at or leaving the clubhouse.

Protecting Our Greenery:

Pot plant care: We know how much you love your plants! Tyrell, Matthew and the gardeners have created a special action team to safely move your pot plants out of harm's way, a number of pot plants has already been relocated on the balconies, whilst scaffolding setup is underway.

Garden love: The garden team is busy weeding this week.

Boules Court & Upcoming AGM:

Boules court: Christo is supervising the relocation of the Boules court, and it is shaping up beautifully.

AGM: Our dedicated team is working hard to ensure that everything is in place and that we are fully prepared for our upcoming AGM.

Kind Regards,

Johan De Villiers
General Manager





WEEKLY EVENTS CALENDER


WEDNESDAY
IS RECYCLING



MONDAY 24 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 25 AUGUST	08h00 PILATES ACTIVITY ROOM 1	09h00 CALLINETICS MEZZANINE LEVEL		14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	14h00 BALLET GROUP CINEMA ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
WEDNESDAY 26 AUGUST	09h00 TÁI CHI ACTIVITY RM 1	09h15 AQUA AEROBICS POOL AREA	NH-10h00 & LM-14H00 AGM BISTRO AREA	12h00 RIAAN'S FRUITVAN TOP PARKING	15H00 LINE DANCING ACTIVITY RM 1	18h00 RESIDENT SOCIAL & DINNER BAR AREA
THURSDAY 27 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 28 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 29 AUGUST			14h30 TABLE TENNIS TABLE TENNIS ROOM		17h00 SPRINGBOKS VS ALL BLACKS LSC	
SUNDAY 30 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



25 August

Lorna Kirsten- Noordhoek

26 August

Willem Van Zyl-Noordhoek
Keith Van Swelm- Noordhoek

28 August

Roy De Vos-Noordhoek
Lynette Tinker-Noordhoek

ANNIVERSARIES

27 August

Tony & Marie Hockly- Noordhoek



New Residents

No New Residents This Week!





MOVIE

‘Mad About the Boy’

Bridget Jones is fifty-two years old and has two children. After the death of Mark Darcy, with whom she spent ten happy years, she is once again looking for the ideal man. But it's not so easy to get back on the dating scene, being a widowed single mother.

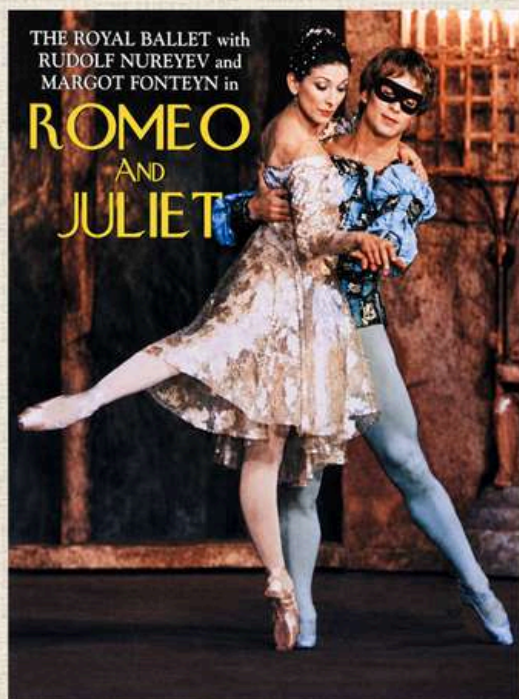
After jumping back into the dating pool, she finds herself caught between a younger man and her son's science teacher. Her misadventures have lost none of their spice!

Starring Renee Zellweger, Chiwetel Ejiofor, Hugh Grant and Colin Firth.

Where: Cinema Room 1

When: Thursday 27 August at 2.30pm sharp

RSVP: Booking form on notice board



Romeo and Juliet (Sergei Prokofiev)

Date: Tuesday 25 August 2026

Time: 2pm

Venue: Cinema Room 1

Kenneth MacMillan's production of *Romeo and Juliet*, set to Sergei Prokofiev's score, was created for The Royal Ballet at Covent Garden, with Margot Fonteyn and Rudolf Nureyev in the title roles for its most celebrated performances. Though MacMillan had originally intended the leads for Lynn Seymour and Christopher Gable, the company's management insisted on Fonteyn and Nureyev for the premiere, and their partnership became legendary — receiving over forty curtain calls on opening night. A film of the production was made in 1966, preserving their performance for posterity. The screening we'll be

showing for our residents is the 2025 restored version of that 1966 film.

The ballet follows Shakespeare's tragedy closely. In Verona, the ancient feud between the Montague and Capulet families erupts into a street brawl, quelled only by the intervention of the Prince, who threatens death to anyone who disturbs the peace again. That evening, at a masked ball hosted by Lord Capulet, Romeo Montague slips into enemy territory with his friends Mercutio and Benvolio. There he sees Juliet Capulet for the first time and the two fall instantly in love, unaware of the danger their names pose to one another.

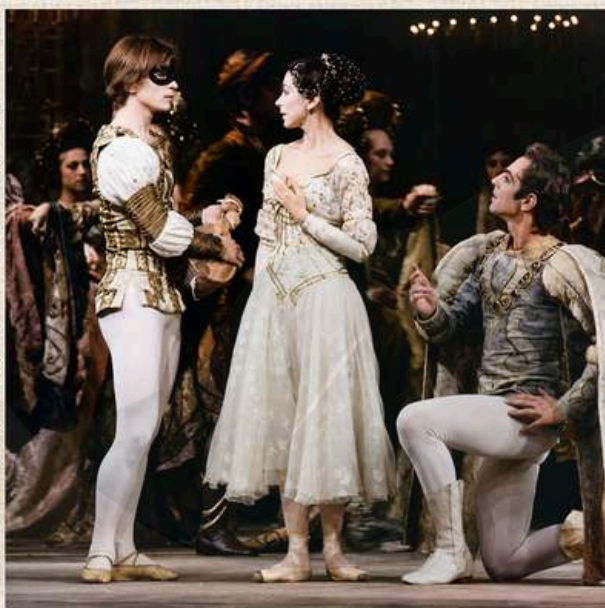
Romeo lingers after the ball and finds Juliet on her balcony, where they exchange vows in one of the ballet's most famous pas de deux — a soaring, intimate duet that captures the headlong rush of first love. With the help of Friar Laurence, who hopes the union might heal the rift between the families, the couple marry in secret.

The mood darkens in the town square, where Tybalt, Juliet's hot-tempered cousin, provokes a fight. Mercutio, defending Romeo's honour, is killed almost as a jest, and a grief-stricken Romeo avenges him by killing Tybalt. For this, Romeo is banished from Verona. He and Juliet share one final night together before he flees, danced as an aching, sorrowful counterpart to the balcony scene.

Meanwhile, Juliet's father insists she marry Paris, a nobleman. Desperate, she seeks out Friar Laurence, who gives her a potion that will make her appear dead, buying time for Romeo to return and rescue her. Juliet performs a harrowing solo of fear and resolve before drinking it, then is discovered "dead" on the morning of her wedding and laid in the family tomb.

The Friar's message explaining the plan fails to reach Romeo in time. Believing Juliet truly dead, he returns to Verona, kills Paris at the tomb, and takes poison beside her body. Juliet wakes moments later to find him dying, and in despair takes his dagger to end her own life. The ballet closes with the two families united in grief over their children's bodies.

MacMillan's choreography is prized for its dramatic intensity and psychological depth, and the Fonteyn-Nureyev partnership remains one of the most iconic in twentieth-century ballet history.



Book using the booking list on the notice board





CAPE TOWN CONCERT BRASS BAND

Spring Evening Concert

PERFORMING A VARIETY OF
LIGHT CLASSICAL AND POPULAR TUNES.





WHERE:
EVERGREEN NOORDHOEK
LIFESTYLE CENTRE



DATE:
14 SEPTEMBER
2026



TIME:
19H00



FUNDRAISING IN AID OF
CLEVER KIDS
AFTER SCHOOL CARE CENTRE IN MASIPHUMELELE.



TICKET COST – R100

TICKET SALE ARE ON
THE FOLLOWING DATES:

- 31 AUGUST
- 2 SEPTEMBER
- 4 SEPTEMBER
- 7 SEPTEMBER
- 9 SEPTEMBER
- 11 SEPTEMBER

LOCATION OF
TICKET SALE:

MAIN LOUNGE,
LIFESTYLE CENTRE

CASH SALES ONLY!



FOR MORE INFORMATION PLEASE CONTACT
MARY- ANN SYFRET ON EXT. 22007
OR VICKY/ROGER FALLS ON EXT.22229.





Games AFTERNOON

Enjoy an afternoon of fun.

Where residents gets together for
Bridge, Canasta, Rummicub
and many more games.





JOIN THE BRIDGE GROUP

Those who wish to join the
bridge group can contact

 Selwyn Lange
on ext. **22130**

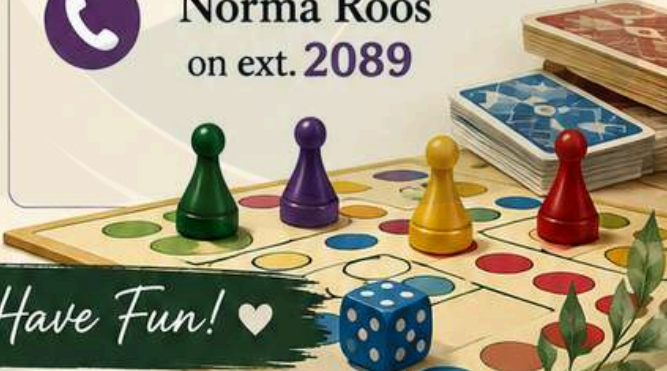
 Rowan Mentis
on ext. **2150**



JOIN ALL THE OTHER GAMES

Those who wish to join
all the **other** games can
get in touch with

 Norma Roos
on ext. **2089**



Play. Connect. Have Fun! ♥



EVERGREEN
lifestyle

KNITTING GROUP

Join the *Knitting* group



every THURSDAY MORNING
@10h00am



in the LIFESTYLE CENTRE'S
MAIN LOUNGE


We knit and socialize,
over a nice cup of tea.



For more information
kindly contact

Avril Allan
on ext.2049





Line Dancing



A little exercise, a little mobility
and a whole lot of fun for
beginners and regulars.



For more information,
kindly contact
on **071 471 3624.**

Shereen



QUIZ EVENING



Thank you to each and every one who came out to support Mike Chiles at this month's QUIZ EVENING!



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



Do ⁸ with me, not for me.

Respect my abilities.
Preserve my independence.
Honor my dignity.



♥
DIGNITY.
INDEPENDENCE.
PURPOSE.
Every day.

SUPPORT ME IN DOING WHAT I CAN,
AND HELP ME WITH WHAT I CANNOT.



PRESERVE ABILITY

Encourage tasks they can still do.
Independence builds confidence.



OFFER HELP WITH RESPECT

Step in gently when help is needed. Support without taking over.



WALK BESIDE ME

I am not a burden.
I am a person.
I want to stay involved in life.



HONOR MY STORY

My past matters.
My feelings matter.
My voice still matters.

Every task a person can still do
is an opportunity to preserve
confidence, purpose, and independence.



EVERGREEN
lifestyle

FISH HOEK FRIENDS OF MUSIC

FISH HOEK FRIENDS OF MUSIC PRESENTS:



ZANNE
STAPELBERG
(Soprano) and
ALBIE VAN SCHALKWYK
(Pianist)

***At Fish Hoek Civic Centre
Friday 4 September 2026
at 7.00pm***

Tickets: (available from 14 August 2026)

NOTE TICKET PRICES: R120 adults R20 children
(over 8 years only) at the Wool Crate,
Vallyland, or at the door if available.

Cash only at Wool Crate and at the concert.
(No card facilities).

Enquiries Pat 072 104 8378 or
patbmfs@mweb.co.za



**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: 24 August

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: Thai chicken soup R45

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

Tuesday: 25 August

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: 26 August

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: 27 August

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: Potato and leek soup R45

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

Friday: 28 August

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: Beef n bean soup R45

Vegetarian of the day: Vegetarian burger served with chips

Saturday: 29 August

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: 30 August

Roast Chicken or Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley
Dessert: Malva pudding with custard or ice cream
R180

Vegetarian of the day: Roasted vegetable skewers with gravy then served with rice 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

