

# breakfast

scrambled eggs w mushroom spinach and tomato on rye	\$77
poached eggs w spinach and bacon served on toasted ciabatta	\$77
three egg omelet served w ham, cheese and onion	\$71
wild mushroom and tomato omelette	\$77
scrambled eggs w smoked salmon on toasted ciabatta	\$82
classic eggs benedict, your choice of salmon or bacon	\$94

## classic breakfast

scrambled eggs, bacon, mushroom, roast tomato, baked beans and wholewheat toast	\$92
organic scottish porridge served w fruit compote and cinnamon	\$58
organic wholewheat pancakes w blueberry and raspberry compote	\$64
wholewheat french toast w maple syrup, banana and bacon	\$82
fruit salad w yoghurt	\$46
fruit salad, muesli and yoghurt	\$50
martin's special – banana, muesli and yoghurt	\$50
bacon and egg ciabatta	\$48
smoked salmon cream cheese bagel	\$52
roasted turkey breast, avocado, tomato on whole wheat	\$66
toasted sourdough w avocado roast tomato and cottage cheese	\$62
wholewheat / rye / or bagel toasted	\$27

*please ask your waiter if you would like a menu w a calorie count.*

**Available Weekdays:** 7am – 11am

**Weekends:** All day

# lunch

**soups** – all soups served w pita bread

organic lentil and vegetable soup	V		\$58
roasted pumpkin soup	V		\$58
minestrone soup	V		\$58
leek and potato soup	V		\$58

## salads

<b>S</b> cuban beans, avocado and basmati rice salad	V		\$83
greek salad w feta and black olives	V		\$78
spicy thai beef salad			\$104
thai chicken and mango salad			\$104
<b>S</b> baked salmon fillet w beetroot and quinoa salad			\$132
cheddar crusted salmon fillet w orange, beetroot, green beans and mozzarella			\$128

## vegetarian

chickpea burger on toasted pita bread	V		\$92
vegetarian green curry w organic brown rice	V		\$92
vegetarian lasagne w mushroom spinach and pumpkin	V		\$92
<b>S</b> halloumi and avocado burger	V		\$96

## pasta and spaghetti

beef lasagne			\$104
spaghetti bolognese			\$104
beef tenderloin penne pasta w light cream and chanterelle mushrooms			\$132

## sandwiches and burgers

Swedish king size prawn sandwich			\$139
chicken caesar wrap			\$79
smoked salmon avocado cream cheese on rye			\$65
roast beef spinach onion low fat yoghurt on rye			\$77
roasted turkey romaine worcestershire on wholewheat			\$68
bbq chicken romaine avocado corn cheddar in a pita pocket			\$74
chicken breast bell pepper romaine honey mustard on wholewheat			\$69
thai chicken burger w guilt-free potato wedges			\$116
– add cheese, beetroot or onion	each		\$8
Classic beef burger w guilt free potato wedges			\$122
– add cheese, beetroot or onion	each		\$8

## your favourites

chili con carne w organic brown rice			\$104
<b>S</b> Swedish meatballs w mashed potato and gravy			\$112
chicken fajitas w sour cream and salsa			\$104
green curry chicken w organic brown rice			\$112
moroccan chicken w couscous			\$112

## desserts

low-fat baked cheesecake			\$58
crepes w mix-berry sauce			\$58
low fat chocolate cake			\$58
strawberries w chocolate hazlenut			\$58
<b>S</b> walnut and ricotta-stuffed figs			\$64
cheese platter for two, trio of cheeses, olives, salami, grapes			\$154

*please ask your waiter if you would like a menu w a calorie count.*

V – suitable for vegetarian

S – signature dish

*Available Daily: 11am – 5pm*

# dinner

**soups** – all soups served w pita bread

organic lentil and vegetable soup	V		\$58
roasted pumpkin soup	V		\$58
minestrone soup	V		\$58
leek and potato soup	V		\$58

## salads

<b>S</b> cuban beans, avocado and basmati rice salad	V		\$83
greek salad w feta and black olives	V		\$78
spicy thai beef salad			\$104
thai chicken and mango salad			\$104
<b>S</b> baked salmon fillet w beetroot and quinoa salad			\$128
cheddar crusted salmon fillet w orange, beetroot, green beans and mozzarella			\$128

## vegetarian

chickpea burger on toasted pita bread	V		\$92
vegetarian green curry w organic brown rice	V		\$92
<b>S</b> vegetarian lasagne w mushroom spinach and pumpkin	V		\$92
halloumi and avocado burger	V		\$96

## pasta and spaghetti

beef lasagne			\$104
spaghetti bolognese			\$104
beef tenderloin penne pasta w light cream and chanterelle mushrooms			\$132

## your favourites

<b>S</b> chili con carne w organic brown rice			\$104
Swedish meatballs w mashed potato and gravy			\$112
chicken fajitas w sour cream and salsa			\$104
green curry chicken w organic brown rice			\$112
moroccan chicken w couscous			\$112
pan fried baby lamb fillet w tzatziki			\$122
thai chicken burger w guilt-free potato wedges			\$116
– add cheese, beetroot or onion	each		\$8
Classic beef burger w guilt free potato wedges			\$122
– add cheese, beetroot or onion	each		\$8

## martins best

<b>S</b> Swedish king size prawn sandwich, 200gr prawns, lettuce, egg halves, tomato, dill			\$139
salmon fillet, orange roasted, cajun veges, minted yoghurt			\$172
roast snapper fillet, pearl barley, sweet corn and prawn risotto w basil oil			\$184
<b>S</b> pan fried venison w lingon berry sauce, hasselback potato w broccoli			\$194
pink roasted lamb, stuffed artichokes, pistou, caramelized garlic and jus nicoise			\$178
angus tenderloin, parsnip mash, blackberry sauce, w asparagus spears and caramelized onion			\$217

## Side orders

broccoli			\$32
cauliflower			\$32
<b>S</b> steamed mixed vegetables			\$32
potato wedges			\$32
potato puree with spring onion and chives			\$32

## desserts

low-fat baked cheesecake			\$58
crepes w mix-berry sauce			\$58
low fat chocolate cake			\$58
strawberries w chocolate hazlenut			\$58
walnut and ricotta-stuffed figs			\$64
cheese platter for two, trio of cheeses, olives, salami, grapes			\$154

*please ask your waiter if you would like a menu w a calorie count.*

V – suitable for vegetarian

S – signature dish

Available Daily: 5pm – 11pm

# tapas

## with drinks

dips w toasted pita or rye, choice of two guacamole, pumpkin and sweet potato, or hummus	\$59
smoked salmon on pita w hummus	\$75
grilled halloumi bruschetta	\$72
vegetarian pizza	\$64
cheese platter for two, trio of cheeses, olives, salami, grapes	\$154

## earth

chunky salad w baby mozzarella balls, quail eggs and parma	\$62
spinach and peppered pear salad, w raspberry vinaigrette	\$55
wild mushroom crostini w mascarpone	\$69
roast baby potatoes w romesco dip	\$59
pan fried halloumi w olives and orange	\$72
roast pumpkin feta and olives on baby spinach	\$67

## ocean

seared sesame tuna w sweet soy and chilli	\$79
grilled prawns w lime and jalapeno	\$79
halibut bites w miso	\$78
prawn rolls w coriander and chilli	\$72
seared scallops w orange and lime salsa	\$78
calamari w lime and chilli	\$77

## land

peking seared duck rolls w plum sauce	\$75
lemongrass beef w sticky cucumber and peanut sauce	\$73
lamb chops w rosemary, fresh mint and parsley dressing	\$79
meatballs in spicy tomato salsa	\$69
seared lamb w fresh herbs	\$71

*Available Daily: 5pm – 11pm*

# beverages

<b>juices</b>	– mix your own or choose from our combinations	12oz – \$35   16oz – \$39
<b>revival</b>	apple, mango, lemon and ginger	
<b>sweet</b>	mango, orange and pineapple	
<b>bliss</b>	watermelon, pineapple, orange and lemon	
<b>vitality</b>	apple, mint and strawberry	
<b>skinny dip</b>	apple, grapefruit, pear and ginger	
<b>wonder</b>	pineapple, apple, strawberry and blueberry	
<b>glow</b>	carrot, apple and orange	
<b>detox</b>	apple, pear, carrot and cucumber	
<b>brilliance</b>	orange, strawberry, kiwifruit and mint	

## fruit smoothies 12oz – \$34 | 16oz – \$38

<b>buzz</b>	blueberry, banana and orange
<b>heaven</b>	banana, low-fat yoghurt, honey and skim milk
<b>boost</b>	apple, pineapple, banana and grape
<b>berry blast</b>	blueberry, strawberry, raspberry and banana
<b>darling</b>	strawberry, orange and banana
<b>delight</b>	strawberry, banana, mango, apple and low-fat yoghurt
<b>nourish</b>	mango, banana and vanilla yoghurt
<b>pamper</b>	apple, papaya, mango and banana

## protein smoothies 12oz – \$38 | 16oz – \$44

<b>blast</b>	whey protein, strawberry, honey and skim milk
<b>power</b>	whey protein, mango and skim milk
<b>performer</b>	whey protein, strawberry, banana, skim milk and yoghurt
<b>pump</b>	whey protein, banana, peanut butter skim milk and chocolate

## coffee – we only use freshly-roasted toby's estate coffee within 21 days of roasting

<b>espresso</b>		<b>\$18</b>
a shot of coffee w a golden brown, evenly toned crema		
<b>ristretto</b>		<b>\$18</b>
a restricted espresso, the sweetest part of the coffee		
<b>piccolo latte</b>		<b>\$23</b>
our signature coffee, a miniature cafe latte		
<b>macchiato</b>		<b>\$21</b>
an espresso w a dash of steamed milk		
<b>long black</b>	8oz – \$26   12oz – \$29	
a double ristretto poured over hot water		
<b>flat white</b>	8oz – \$30   12oz – \$33	
an espresso topped w milk and thin layer of froth		
<b>cafe latte</b>	8oz – \$30   12oz – \$33	
an espresso topped w steamed milk		
<b>cappuccino</b>	8oz – \$30   12oz – \$33	
an espresso topped w milk and thick layer of froth		
<b>mocha</b>	8oz – \$34   12oz – \$37	
chocolate and espresso w steamed milk		
<b>hot chocolate</b>	8oz – \$30   12oz – \$33	
<b>ginger soy</b>	8oz – \$25   12oz – \$27	
<b>babyccino</b>	– steamed milk for the kids	<b>\$15</b>
extra shot of coffee		<b>\$6</b>
organic soy milk		add \$3

## iced drinks

<b>iced tea</b>	12oz – \$25   16oz – \$28
<b>iced coffee</b>	12oz – \$32   16oz – \$35
<b>iced mocha</b>	12oz – \$35   16oz – \$36

## tea

<b>breakfast blend, darjeeling, lemon, chamomile</b>	12oz – \$26   16oz – \$30
<b>ceylon, earl grey, green tea, peppermint</b>	12oz – \$26   16oz – \$30

# drinks

## spirits – house pouring

	RH	HH
stolichnaya vodka	\$52	\$42
gordons london dry	\$52	\$42
olmeca silver	\$52	\$42
ballantines	\$52	\$42
bacardi superior	\$58	\$48
napoleon	\$52	\$42

## spirits – premium pouring

### vodka / gin

absolut vodka	\$62	\$52
grey goose vodka	\$68	\$52
bombay sapphire	\$58	\$48
tanqueray gin	\$62	\$52

### rum / tequilla

jose cuervo gold	\$62	\$52
myers dark rum	\$62	\$52
malibu rum	\$62	\$52

### whisky / bourbon / brandy

johnnie walker black label	\$68	\$58
john jameson irish whisky	\$62	\$52
chivas regal	\$68	\$58
jack daniels	\$68	\$58
hennessy vsop	\$72	\$62

### draught beer

asahi	pint	\$50	\$42
asahi	half pint	\$38	\$28
stella artios	pint	\$58	\$48
stella artios	half pint	\$42	\$38

### bottled beer

asahi	\$40	\$32
tsing tao	\$40	\$32
san miguel philippines	\$40	\$32
kronenbourg 1664	\$40	\$32
crown lager	\$42	\$36
pure blonde	\$42	\$36

### bottled cider

halmstad (apple or pear)	\$40	\$38
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### softdrinks

coke, coke light, sprite, ginger ale	\$30
fresh lime soda, orange squash, lime squash	\$33
lemon squash, lemon lime bitter, gunner	\$33

# wine list

## champagne and sparkling wine

HH | Glass | Bottle

<b>danzante</b> , prosecco nv	\$70   \$340
<b>moet and chandon</b> , brut imperial, champagne france	\$640
<b>veuve clicquot</b> , brut, champagne france	\$650

## white wine

<b>simonsig</b> , chenin blanc 2008, stellenbosch south africa	\$40   \$48   \$220
<b>two in the bush</b> , semillon sauvignon blanc 2008, adelaide hills australia	\$67   \$335
<b>danzante</b> , pinot grigio 2009, italy	\$62   \$300
<b>waipara hills</b> , pinot gris 2008, waipara new zealand	\$69   \$335
<b>selbach</b> , zeltinger himmelreich riesling kabinett 2009, mosel germany	\$64   \$310
<b>pegasus bay</b> , riesling 2008, waipara valley new zealand	\$365
<b>goundry</b> , homestead unwooded chardonnay 2008, western australia	\$68   \$330
<b>sileni estate</b> , the lodge chardonnay 2007, hawkes bay new zealand	\$66   \$320
<b>esser vineyards</b> , chardonnay 2006, california usa	\$330
<b>frei brothers</b> , russian river valley res chardonnay 2007, california usa	\$395
<b>esk valley</b> , chardonnay 2009, hawkes bay new zealand	\$380
<b>yali</b> , casablanca valley sauvignon blanc gran reserva 2009, chile	\$48   \$220
<b>whitehaven</b> , sauvignon blanc 2009, marlborough new zealand	\$74   \$350
<b>mud house</b> , swan reserve sauvignon blanc 2010, marlborough new zealand	\$390
<b>sancerre</b> , sauvignon blanc blanc mercy dieu bailly 2008, loire france,	\$490
<b>villa maria estate</b> , gewurztraminer 2009, east coast new zealand	\$356

## rosé

<b>west cape howe</b> , rose 2008, margaret river australia	\$320
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## red wine

<b>bodegas navajas</b> , crianza 2007, tempranillo, rioja spain	\$48   \$56   \$270
<b>sunset peak</b> , reserve cabernet sauvignon 2007, mc laren vale australia	\$56   \$270
<b>kilikanoon</b> , killermans run cabernet sauvignon 2006, south australia	\$405
<b>frei brothers</b> , alexander valley reserve cabernet sauvignon 2005/06, california usa	\$390
<b>awatea</b> , cabernet merlot 2009, hawkes bay new zealand	\$460
<b>cranswick</b> , merlot 2008, barossa, australia	\$56   \$270
<b>villa maria</b> , private bin merlot 2009, hawkes bay new zealand	\$69   \$335
<b>farmers leap</b> , padthaway shiraz 2004, south australia	\$72   \$350
<b>domaine des pasquiers</b> , grenach,syrah, cotes de rhone 2006	\$440
<b>ashbrook estate</b> , shiraz 2005, margaret river australia	\$435
<b>kilikanoon</b> , covenant shiraz 2006, clare valley australia	\$750
<b>huerta de albala</b> , shiraz, taberner 2006, cadiz spain	\$495
<b>craggy range</b> , gimblett's gravels 2006, hawkes bay new Zealand	\$460
<b>wild rock</b> , cupid's arrow pinot noir 2008, central otago new zealand	\$78   \$380
<b>vincent girardin</b> , pinot noir, bourgogne rouge cuvee st vincent's 2009, france	\$78   \$380
<b>tamar ridge</b> , kayena vineyard pinot noir 2007,tasmania australia	\$430
<b>craggy range</b> , te muna rd pinot noir 2007, martinborough new zealand	\$630
<b>toscolo</b> , chianti classic reserve 2006, sangiovese	\$460

## dessert wine

<b>hunters</b> , hukapapa riesling 2007, hawkes bay new zealand 375ml	\$325
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# cocktails

## premium cocktails

	Glass	Jug
grey goose	\$85	
bombay sapphire	\$75	
custom cocktails	\$85	
standard cocktail	\$68	

## specialties

<b>fresh squeeze margarita or mojito</b>	\$75	\$370
<b>choices:</b> orange, pineapple, grapefruit, apple, pear, mix berry or watermelon		
<b>apricot squeeze</b>	\$75	
absolut vodka, apricot brandy, triple sec, dry ginger and lime juice		
<b>kir royal</b>	\$68	
sparkling wine and cream de cases		
<b>tequila mint</b>	\$70	
tequila, peach schnapps, mint leaves and dry ginger		
<b>cosmo tropicale</b>	\$75	
absolut vodka, tequila, lime, orange and strawberry juice		

## martini

<b>absolut orange martini</b>	\$75	
absolut vodka, sweet vermont, orange liqueur and orange juice		
<b>lychee martini</b>	\$70	
tanqueray gin, sweet vermont, orange liqueur and squeeze lychee juice		
<b>sweety martini</b>	\$70	
tanqueray gin, sweet vermont, orange liqueur and pineapple orange juice		
<b>appletini</b>	\$70	
tanqueray gin, sweet vermont, orange liqueur and apple juice		
<b>lemon drop martini</b>	\$70	
absolut vodka, lemon juice, dry vermont, sugar w a twist		

## sangria

<b>classic sangria</b>	\$70	\$340
red wine, lemon cut, orange cut, sugar, brandy and dry ginger		
<b>sangria down under</b>	\$70	\$340
white wine, orange cut, kiwi sliced, lemon sliced, sugar and club soda		
<b>strawberry sangria</b>	\$70	\$340
white wine, sugar, strawberry brandy, sliced strawberries and lemonade		
<b>fruity sangria</b>	\$70	\$340
white wine, lemon cut, orange cut, lime cut, sliced strawberry, sugar brandy and dry ginger		
<b>very berry sangria</b>	\$70	\$340
red wine, strawberries, blackberries, blue berries, raspberry brandy, sugar and dry ginger		

## Mocktails

<b>mocktail</b>		\$240
classic mocktail from a selection of fresh fruit from our bar		

*kindly ask for any other cocktail or mocktail you may like*