

Serving heritage on every plate

!KHWATTU RESTAURANT

Please join us on our journey as we explore San food culture. On this path we're discovering the incredible knowledge the San have of indigenous plants – this shapes everything we make.

Our menu invites you to taste the stories of the San, from the Old Time to the present.

As the seasons change, so do our dishes, allowing you to delight in the best of the harvest.

Much of what you eat has been grown or gathered here at !Khwatttu, but we've also tracked down some exceptional local producers. These artisanal makers share our values and we're delighted to showcase their produce to you.

Seasonal, local, treading lightly on the land – it's the way of the San.



Hot Drinks

COFFEE

| | | |
|-------------------------------|-------|-------|
| Espresso | S 22 | D 34 |
| Americano AFRICANO | 25 | |
| Cappuccino | 28 | |
| Flat White | 32 | |
| Latte | 30 | |
| Iced Coffee | 28 | |
| Decaf | +5 | |
| Almond / Oat Milk | +10 | |

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|----------------|----|
| Red Cappuccino | 28 |
| Rooibos Latte | 30 |

LOOSE LEAF TEA | 25

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| Rooibos Wild Picked Sunbird |
| Rooibos Chai Sunbird |
| Rooibos & Hibiscus Sunbird |
| Green Rooibos Sunbird |
| English Breakfast TWG |
| Earl Grey TWG |
| Honeybush Langkloof |
| !Khwa ttu Wellness Blend our medicinal herbal tea |

HOT CHOCOLATE | 54

Steamed milk & Afrikoa Chocolate 55% / 75%

Cold Drinks

JuicyB | 38.50

Pressed in Cape Town

Apple

Naartjie

Mango

Sparkling Grape Juice | 25

Pure carbonated grape juice from Tulbach

RBT Ice Tea | 45

Sparkling Rooibos brewed in Paarl

Lemon

Hibiscus

Pomegranate

Tea of Life Kombucha | 42

Naturally fermented tea

Ginger

Rose Geranium

Rooibos Lemongrass

Sceletium & Honeybush | 65

Craft Sodas | 38

Cape Cola Naturally flavoured Cola

Lemi Lemi Ginger Lemonade

Ginger Beer Theonista

Cream Soda Theonista

NuMuti | 38

Sparkling drink

Unwind Sceletium & Rooibos

Thrive Sceletium & Cola Nitida

Milkshakes 42 | 58

Madagascan Vanilla

Afrikoa 55% / 75% Dark Chocolate

True Strawberry

Mixers 200ml | 18

Lemonade

Club Soda

Tonic Water

Grapefruit Tonic

Bitter Lemon

Ginger Ale

Darling Brew | 38

Locally and sustainably made

Light Lager

Slow Beer Lager

Rogue Pony Pale Ale

Bone Crusher Wit Beer

Apple Bomb non Alcoholic | 36

Charlie's Brewery | 36

Sandveld Lager

Lighthouse Blonde Ale

Harbour APA

Loxtonia Ciders | 38

Sparkling Apple

Stone Fruit

African Sundowner, Baobab

Non-Alcoholic Stonefruit

Water | 25

Still/Sparkling 440ml

OUR DRINKS | Our drinks also tell their own story. All are carefully selected for their unique and delicious taste. They are sourced from suppliers dedicated to keeping their impact and carbon footprint as low as possible. We've hunted down a cola that won't harm you (or the planet) and juice boxes that contain only juice. Made by Nature, chosen for you – it's the way of the San.

Breakfast

Served from 09:00 – 11:30

Maize Flapjacks, Oyster Mushrooms | 68

Tomato Chutney & Wilted Spinach

Add two eggs | 20

Eggs, Bacon, Cheesy Mayo | 92

Multi Seed Bread

Avocado, Heerboon Hummus | 65

Multi Seed Bread

Eggs on Toast | 45

Tomato Chutney, Farm Bread

Venison Sausage, Two Farm Eggs | 95

Bacon, Tomato Relish

Crushed Heerbone & "Potbrood"

Red Pepper & Onion "Smoor", Poached Eggs | 85

"Potbrood" Toast & Nduja Butter

Mosbolletjie French Toast | 88

Roasted Pear, Bacon, Strained Yoghurt

Ginger & Fennel Macerated Apples | 78

Kokerboom Yoghurt, Nut & Seed Granola

Add

Dry Cured Bacon | 32

Mushrooms | 28

OUR DISHES | Contained in our menu are the stories of the many different people who've dedicated themselves to creating and growing the exceptional produce that we are privileged to use in our kitchen. Picked with care from people we trust – it's the way of the San.

Lunch

Served from 12:00 – 16:00

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| Cheese and Meat Platter Serves 2/3 Venison Charcuterie, Kokerboom's Steenbras Camembert Red Mill Gouda & Black Winged Stilt Blue Cheese served with farm preserves, Nduja butter Heerboon Hummus, Crackers & 'Potbrood' | 285 |
| Beef Flat Rib Avocado with Green Fig Vinegar, Charred Corn Strained Amasi Cream, Spiced Macadamias | 165 |
| Saldanha Mussels & Tomato Tomato Broth, Sundried Tomatoes, Gnocchi, Parsley Pesto & Basil | 130 |
| Crunchy Fried Silverfish Amasi Marinated Carpenter Fish, Potato Salad with Pickled Red Onion, Nasturtium Capers & Nori | 146 |
| Smoked Snoek Bobotie Dumplings Sweet Potato & Pickled Cabbage , Bokkom Broth | 120 |
| Yellow Maize Fritters Cauliflower & Heerboon Hummus, Roasted Cauliflower Rice | 115 |
| Grilled Chicken Mead marinated Pasture raised Chicken, Papaya Atchar & Sorghum | 125 |
| Roosterkoek Locally produced Cheese, Tomato Onion 'Smoor' | 80 |
| !Khwa ttu Venison Burger Kelp Gull Cheese Mayo, Whole Grain Mustard, Onion, Potato Crisps, Kapokbos Salt | 135 |

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Sides

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| “Askoek” Fire Oven Baked Bread 'Kaiings' & 'Sandveld' Honey Butter | 28 |
| Farm Baked Bread Marinated Darling Olives Pickled Vegetables, Smoked Butter | 60 |
| Seasonal Tomatoes Spiced Nuts & Seeds, Local Fresh Mozzarella | 65 |
| Grilled Broccoli Kokerboom Blue Cheese Cream, Crushed Seeds | 66 |
| Veld Salad Garden Greens, Seasonal Veld Leaves, Dalewood Feta | 30 |

Dessert

| | |
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| Textures of Stone Fruit Stone Fruit Jelly, Granita & Sorbet Poached Nectarines & Wild Mint | 60 |
| Afrikoa Chocolate & Mesquite Delice White Chocolate Sorbet, Caramelized Milk | 75 |
| Whipped Cheesecake Strawberry Gel, Pistachio Ice Cream, Shortbread | 72 |

Fawns & Foals

Kids under 12

Macaroni And Cheese | 58

Chicken Strips | 75
with Potato Crisps

Fish Fingers | 78
with Potato Crisps

Potato Chips | 28

Vanilla Ice Cream | 48
with Afrikao Chocolate Sauce



Wine List

| | | |
|-----------------------------------|--|-----|
| House white by the glass | | 35 |
| Darling Cellars | | |
| Sauvignon Blanc | | |
| Groote Post Sea Salter | | 290 |
| Neil Ellis West Coast | | 175 |
| Chenin Blanc | | |
| Darling Cellars Arum Fields | | 110 |
| Groote Post Estate Produced | | 160 |
| Chardonnay | | |
| Groote Post (Unwooded) | | 175 |
| Darling Cellars Quercus Gold | | 110 |
| White Blends | | |
| Groote Post Old Man's White Blend | | 135 |
| Blake's 16Mile 'Swemgat' | | 110 |
| Rosé | | |
| Darling Cellars Pyjama Bush | | 110 |
| Groote Post Pinot Noir | | 140 |
| Blake's "Rooipan" | | 110 |

Our wine list highlights some of the exceptional wines available locally. .

Wine List

| | |
|---|-----------------------|
| House Red by the glass Darling Cellars | 35 |
| Merlot Darling Cellars Reserve Six Tonner | 120 |
| Pinotage Darling Cellars Chocoholic Swartland Limited Release | 120 180 |
| Shiraz Cloof Very Sexy Shiraz Neil Ellis Groenkloof Syrah | 160 170 |
| Cabernet Sauvignon Darling Cellars Terra Hutton 2020 | 125 |
| Red Blends Roan Ranger Groote Post Old Man's Homtini Fairview | 150 220 415 |
| MCC Darling Cellars Brut Blanc De Blanc Groote Post Brut Rosé Aurelia Brut | 200 290 280 |
| Corkage | 50 |

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A little something special

DIGESTIVES

| | |
|----------------------------|----|
| Voorkamer VSOP Cape Brandy | 35 |
| Boplaas Whisky | 35 |
| Oude Molen Leatherback Rum | 39 |

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| GIN | 25 |
| Darlington Craft Gin | |

LIQUEUR

| | |
|---------|----|
| Amarula | 20 |
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COCKTAILS

| | |
|--|----|
| Rosyntjebos | 50 |
| Darlington Craft Gin, Grapefruit Tonic, Rose Geranium, Rosyntjebos Currants | |
| Balderjan | 50 |
| Darlington Craft Gin, Tonic, Wild Mint | |
| Brandy & Buchu | 58 |
| Voorkamer Cape Brandy, Buchu, Ginger Ale | |
| Marula Express | 55 |
| Marula Cream Liqueur, Espresso, Honey | |

Our producers

Velddrif

This small West Coast fishing town is where we find Charlie's Brewery beers, Kokerboom Kaas, heerbone, bokkoms and seasonal veldkool.

Piketberg

Goedverwacht, a community situated in the valley between Piketberg and Aurora, grows organic vegetables for sustainable livelihood. Our fruit and vegetables are sourced from them and delivered to us by Moose on the Run.

Yzerfontein

Our closest town is where our chef forages for seaweed and dune leaves.

Darling

Darling is home to our local butchery, brewery and many incredible wineries. The Darling meat market helps us to process our venison and makes delicious salami and carpaccio for the restaurant. Darling Brew supplies us with quality craft beers and Darling's wineries and wine shop supply us with exceptional local wines. We also support other producers from Darling such as Bessie Visser from who we get our butter and chickens.

!Khwa ttu

On the farm our team creates nourishing meals from our local produce. We also forage herbs and mushrooms, blend our own tea and grow herbs in our vertical gardens made by our Green team. The venison from !Khwa ttu once grazed our fields and is processed by our team or the local butcher.

Cape Town

We are supporting our local economy by buying our wide array of creative soft drinks from producers who are committed to crafting high quality drinks that are healthier and sustainably produced. These companies include Cape Town cooldrink, the Fair Taste, Tea of Life and Theonista. Our coffee beans are organically grown in Burundi, completely traceable and roasted in Cape Town by The Coffee Guy.

Paarl

Our spring water and RBT ice teas are from a farm in Paarl. The water is sourced from a spring on the farm and the glass bottles gets reused. The ice teas are brewed with indigenous pelargoniums and buchu and is naturally fermented.

Indigenous Ingredients



Keiappel (Dovyalis caffra)

This popular garden plant is indigenous to the summer rainfall area of southern Africa. It is an attractive, tall shrub that is drought tolerant. The shrubs produce ample fruit in summer which are roughly the size of a small plum and taste like an apple with the texture of a peach. The fruit has been eaten by indigenous people in the region for centuries. The fruits can be used to make jams, cordials or refreshing sodas. Find these plants on the Food from the Ancestors trail.

Wild Sage (Salvia africana-lutea)

Wild sage occurs naturally on the West Coast and is a common garden plant due to its attractive form and hardiness. The blue grey leaves taste very similar to cultivated sage, with a lemon-pepper undertone. This flavour pairs well with seafood. The attractive burnt-orange flowers are also edible and have a sage flavour. Wild sage has been used medicinally by indigenous people for centuries. Find these shrubs on the Food from the Ancestors trail.



Slangbessie (Lycium ferocissimum)

This hardy, thorny shrub grows all over the West Coast and is a sister species to the well known Goji berry. Just like the Goji berry, the small, orange fruits of this species are packed with vitamins and antioxidants. It has a flavour reminiscent of a tomatoes, mixed with strawberries. These fruits were eaten by hunter-gatherers. Find these shrubs in the food garden and on the Food from the Ancestors trail.



Rose Geranium (Pelargonium graveolens)

Rose geranium is a hybrid cross of various indigenous Pelargonium species which occur in the Cape. The hybrid was bred for its strong rose scent. Pelargoniums have always been used medicinally for their multitude of health benefits by indigenous people. Today you can enjoy the strong rose flavour of this plant infused in a cocktail or enjoy the scent of the essential oil produced from the plant in a perfume. Find these shrubs growing in the food and herb garden next to the restaurant.

Sour fig (Carpobrotus edulis)

This hardy succulent forms thick carpets of growth even on sand dunes. Every part of the plant is edible and tart (as the name suggests). The fruits (or figs) are one of the most celebrated traditional foods in South Africa today. The fruits are sustainably wild harvested and sold commercially. Hunter-gatherers used the plant medicinally for its strong anti-inflammatory and anti-microbial activity. Find sour figs and their cousin, the Elands fig, growing on the Food from the Ancestors trail.



Veldkool (Trachyandra falcata)

Veldkool is a geophytic plant that produces a large flower spike (inflorescence) which is edible and resembles an asparagus. The spears have an amazing flavour and texture similar to asparagus. Veldkool is an important component of a traditional dish, Veldkoolbredie, which is a stew of several indigenous vegetables and lambs' meat. Find this plant growing in winter on the Food from the Ancestors trail.