

Serving heritage on every plate

!KHWA TTU 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 !Khwa ttu, 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.

!Khwa ttu
SAN SPIRIT SHARED



Hot Drinks

COFFEE

Espresso S| 22 D| 32

~~Americano~~ AFRICANO | 25

Cappuccino | 28

Flat White | 32

Latte | 30

Iced Coffee | 28

Decaf | +5

Almond / Oat Milk | +10

Red Cappuccino | 28

Rooibos Latte | 30

LOOSE LEAF TEA | 25

Rooibos Wild Picked Sunbird

Rooibos Chai Sunbird

Rooibos & Hibiscus Sunbird

Green Rooibos Sunbird

English Breakfast TWG

Earl Grey TWG

Silver Moon green tea, red berries & vanilla TWG

!Khwa ttu Wellness Blend our medicinal herbal tea

do not drink during pregnancy, contains cancer bush

HOT CHOCOLATE | 54

Steamed milk & Afrikao Chocolate 55% / 75%

Cold Drinks

JuicyB | 38.50

Pressed in Cape Town

Apple
Naartjie
Mango

Juice | 25

Served by the Glass

Cloudy Apple
Grape Sparkling

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

Lemi Lemi Ginger Lemonade
Cola Theonista
Ginger Beer Theonista
Cream Soda Theonista

NuMuti | 38

Sparkling soda
Unwind Sceletium & Rooibos
Thrive Sceletium & Cola Nitida

Milkshakes 42 | 58

Madagascar Vanilla
Afrikoa 55% / 75% Dark Chocolate
True Strawberry

Mixers 200ml | 18

Lemonade
Club Soda
Tonic Water
Grapefruit Tonic
Bitter Lemon
Ginger Ale

Darling Brew | 40

Locally and sustainably made

Light Lager
Slow Beer Lager
Rogue Pony Pale Ale
Bone Crusher Wit Beer
Just Naked non-Alcoholic
Apple Bomb non-Alcoholic | 38

Paternoster Brouery | 48

Honey Porter 340ml
Pilsner 440ml
Weiss 440ml

Loxtonia Ciders | 38

Sparkling Apple
Stone Fruit
African Sundowner, Baobab
Non-Alcoholic Stone fruit

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

Crunchy Baby Potatoes with Roasted Tomato Oyster mushrooms & Herb Pesto Add two eggs 20	75
Eggs, Bacon, Avocado 'Potbrood' & Heerboon Hummus	105
French Toast, Toasted Almonds & Honey Mascarpone, Apple & Kei Apple Compote	88
Eggs on Toast Farm Bread & Butter	55
Venison Sausage, Two Farm Eggs Bacon, Tomato Relish, 'Potbrood'	110
Nut & Seed Granola Kokerboom Stirred Yoghurt Stewed Sultanas & Apricots	95
Yellow 'Mieliepap' Organic Yellow Maize Toasted nuts, Honey Toffee	85

Add

Dry Cured Bacon / Oyster Mushrooms

| 35

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

- Cheese and Meat Platter Serves 2/3 | 285
Venison Charcuterie, Kokerboom's Steenbras Camembert,
Red Mill Gouda & Black Winged Stilt Blue Cheese
served with farm preserves, Nduja butter,
Heerboon Hummus, Crackers & 'Potbrood'
- Slow Braised Beef Short Rib | 155
Grilled Aubergine, Roasted Onion, Pistachio & Herb Relish
- Rolled Lamb Shoulder | 170
Roasted Cauliflower, Pomegranate Molasses, Zucchini & Wild Mint
- Confited Chicken, Salt Baked Celeriac | 160
Celeriac Cream, Poached Egg & Crispy Potato Skins
- Steamed Mussels, Smoked Yellowtail | 148
Smokey Chilli & Askoek Crumb
- Crispy Fried Silverfish | 165
Fennel, Radish & Green Olive Salad
- Sweet Potato & Pumpkin Seed Dumplings | 125
Cashew & Heerboon Cream, Roasted Seasonal Vegetables
- Roosterkoek | 80
Locally produced Cheese, Tomato Onion 'Smoor'
- !Khwa ttu Venison Burger | 135
Kelp Gull Cheese Mayo, Whole Grain Mustard, Onion,
Potato Crisps, Kapokbos Salt

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Sides

"Askoek" | 28

Fire Oven Baked Bread

'Kaiings' & 'Sandveld' Honey Butter

Farm Baked Bread | 60

Marinated Darling Olives

Pickled Vegetables, Smoked Butter

Roasted Pumpkin | 60

Fermented chili & Honey marinade

Pumpkin Seed Pesto, Macadamia Nut Butter

Charred Broccoli | 58

Smoked Almonds, Amasi Cream

Crunchy Layered Potato Squares | 48

Fermented Chili Mayo

Veld Salad | 28

Garden Greens, Seasonal Veld Leaves, Feta

Dessert

Chocolate Mosaic, Tennis Biscuit & Pistachio | 75

Roasted Marshmallow, Orange & Olive Oil sorbet

Carrot Cake | 58

Toasted Almond Custard & Apple Jelly

Spiced Doughnuts | 68

Filled with Sweet Potato Jam

Fudge Sauce & Cinnamon Ice Cream

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 | 120
Groote Post Estate Produced | 160
Blake's Chenin | 180

Chardonnay
Darling Cellars Quercus Gold | 120

White Blends
Groote Post Old Man's White Blend | 135
Blake's 16Mile 'Swemgat' | 120

Rosé
Darling Cellars Pyjama Bush | 120
Groote Post Pinot Noir | 140

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	140
Pinotage Darling Cellars Chocoholic Swartland Limited Release	140 180
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	220 290 280
Corkage	50

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A little something special

DIGESTIVES

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

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 buchus and is naturally fermented.