

*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 !Khwat tu, 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.**

**!Khwat tu**  
SAN SPIRIT SHARED



# Hot Drinks

## COFFEE

Espresso	S  22	D  32
<del>Americano</del> 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 | 28

Rooibos Wild Picked Sunbird

Rooibos Chai Sunbird

Green Rooibos Sunbird

Spiced Orange Rooibos Sunbird

English Breakfast TWG

Earl Grey TWG

!Khwa ttu Wellness Blend our medicinal herbal tea

not safe during pregnancy, contains cancer bush

## HOT CHOCOLATE

| 54

Steamed Milk & Cocofair Chocolate 55% / 75%

# Cold Drinks

## JuicyB | 38.50

Pressed in Cape Town

Apple

Naartjie

Mango

## Juice | 25

Served by the Glass

Cloudy Apple

Pineapple

Grape Sparkling

## RBT Ice Tea | 45

Sparkling Rooibos brewed in Paarl

Lemon

Hibiscus

Pomegranate

## Tea of Life Kombucha | 48

Naturally fermented tea

Ginger

Rose Geranium

Hibiscus & Lime

Sceletium & Honeybush | 65

## Craft Sodas | 45

Lemi Lemi 34°C South

Cape Cola 34°C South

Ginger Beer Theonista

Cream Soda Theonista

## NuMuti | 38

Sparkling soda

Unwind Sceletium & Rooibos

Thrive Sceletium & Cola Nitida

## Water | 25

Still/Sparkling Spring Water

440ml

## Milkshakes 42 | 58

Madagascan Vanilla

Cocoafair 55% / 75% Dark Chocolate

True Strawberry

## Mixers 200ml | 18

Lemonade

Club Soda

Tonic Water

Grapefruit Tonic

Dry 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

## Loxtonia Ciders | 45

Sparkling Apple

Stone Fruit

African Sundowner, Baobab

Non-Alcoholic Stone fruit

## Home-Made Sodas | 35

Buchu Soda

Rose Geranium Soda

Wild Mint Soda

**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 Strained Cream, 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 cheese  
with farm preserves, Crackers & 'Potbrood'
- Smoked Saldanha Bay Mussels & Crackers | 140  
Pickles, Kelp & Cabbage Kimchi, Chutney Mayo
- Slow Braised Beef Chuck | 165  
Grilled Shaved Root Vegetables, Marrow Fritter
- Cured Yellowtail | 160  
Pickled Red Onion, Capers, Poached Egg, Potato & Green Beans
- Smoked Snoek Flapjack | 145  
Shaved Cabbage, Red Onion, Chickpea  
Dried Apricot Chutney, Pumpkin Seed Pesto, Local Greens
- Chicken Pops | 148  
Confited & Fried, Grilled Corn Ribs, Zucchini, Basil Oil  
Peach & Mango, Sour Cream Mayo
- Roasted Lamb Shoulder | 185  
Organic Yellow Maize Polenta, Roasted Carrot Pesto, Broccoli & Red Onion
- Mushroom & Heerboon Moussaka | 125  
Broccoli, Zucchini & Wild mint Crumble
- Roosterkoek | 80  
Locally produced Gruberg 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" Fire Oven Baked Bread 'Kaiings' & 'Sandveld' Honey Butter	28
Heerboon Hummus, Toasted Home Baked Bread Toasted Spiced Nuts	54
Grilled Seasonal Beans 'Slaphakskeentjies' ( Onions with a Mustard Sauce )	58
Bo-Picketberg Tomatoes Locally Made Mozzarella, Toasted Seeds	65
Veld Salad Garden Greens, Seasonal Veld Leaves, Feta	35

# Dessert

Cloud Cake Vanilla Cream, Cherry Jam, Maketaan Ice Cream	72
Chocolate Delice Mesquite Bean Ice Cream, Toffee Sauce	68
Mosbolletjie French Toast Cinnamon Sugar & Coffee Cream	70

# Fawns & Foals

Kids under 12

Macaroni And Cheese | 58

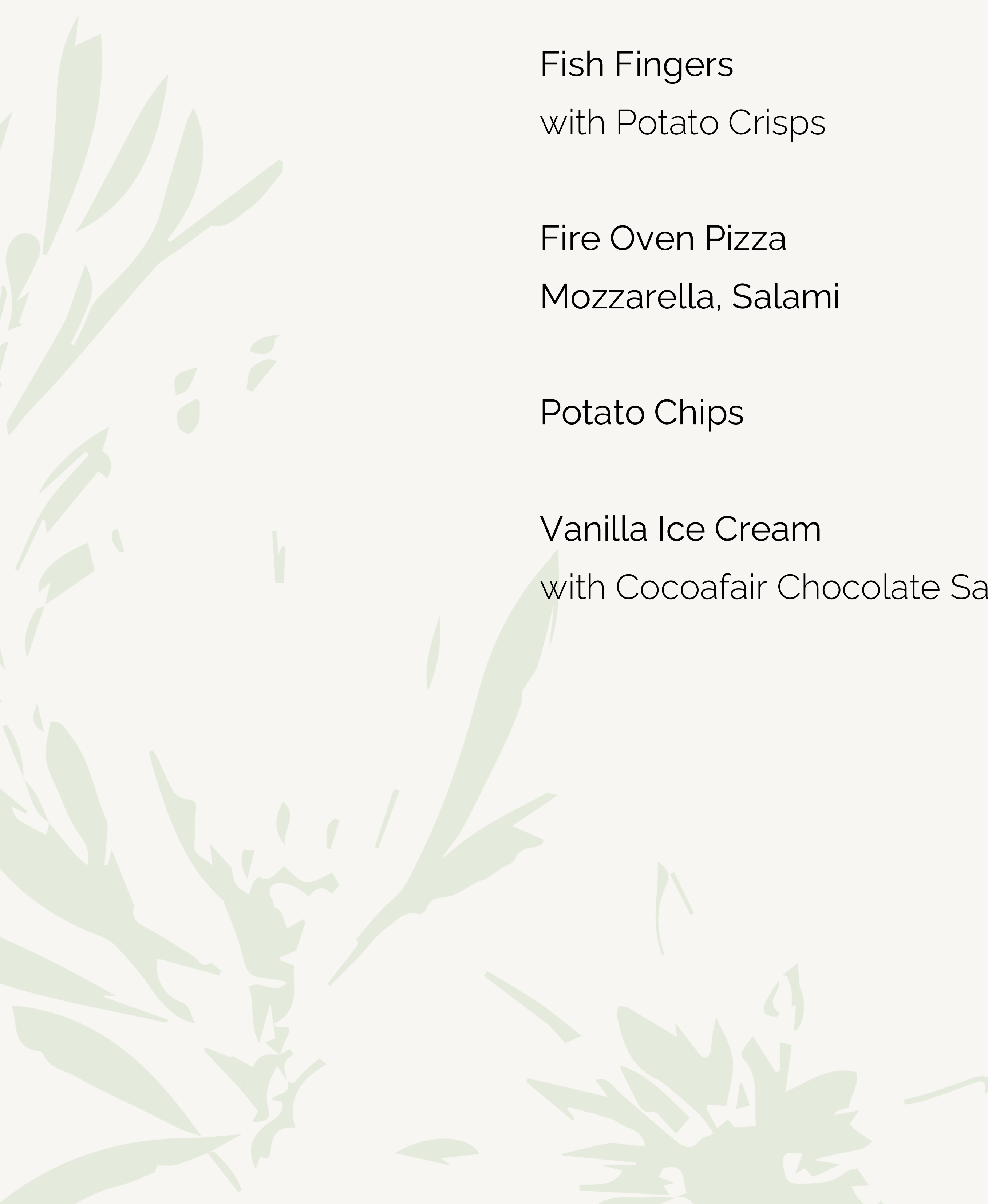
Free Range Chicken Strips | 75  
with Potato Crisps

Fish Fingers | 78  
with Potato Crisps

Fire Oven Pizza | 75  
Mozzarella, Salami

Potato Chips | 28

Vanilla Ice Cream | 48  
with Cocoafair Chocolate Sauce



# Wine List

House white	
Glass	35
500ml Carafe	90
Sauvignon Blanc	
Signal Tower Darling Cellars	160
Sea Salter Groote Post	290
West Coast Neil Ellis	175
Chenin Blanc	
Arum Fields Darling Cellars	120
Estate Produced Groote Post	160
Chardonnay	
Quercus Gold Darling Cellars	120
White Blends	
Old Man's White Blend Groote Post	145
16Mile Swemgat Blake's	120
Rosé	
Pyjama Bush Darling Cellars	120
Pinot Noir Groote Post	180

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



# Wine List

House Red	
Glass	35
500ml Carafe	90
Merlot	
Reserve Six Tonner Darling Cellars	140
Pinotage	
Chocoholic Darling Cellars	140
Limited Release Swartland	180
Shiraz	
Very Sexy Shiraz Cloof	200
Old Grain Silo Darling Cellars	220
Groenkloof Syrah Neil Ellis	280
Cabernet Sauvignon	
Terra Hutton Darling Cellars	125
Red Blends	
Roan Ranger Withington	170
Old Man's Blend Groote Post	220
Homtini Fairview	415
MCC	
Darling Cellars Brut Blanc De Blanc	230
Groote Post Brut Rosé	330
Aurelia Brut	320
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**

Darlington Craft Gin | 25

## **LIQUEUR**

Amarula | 20

## **COCKTAILS**

Rosyntjebos | 55

Darlington Craft Gin, Grapefruit Tonic,  
Rose Geranium, Rosyntjebos Currants

Balderjan | 55

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 whom we get 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.

# 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.

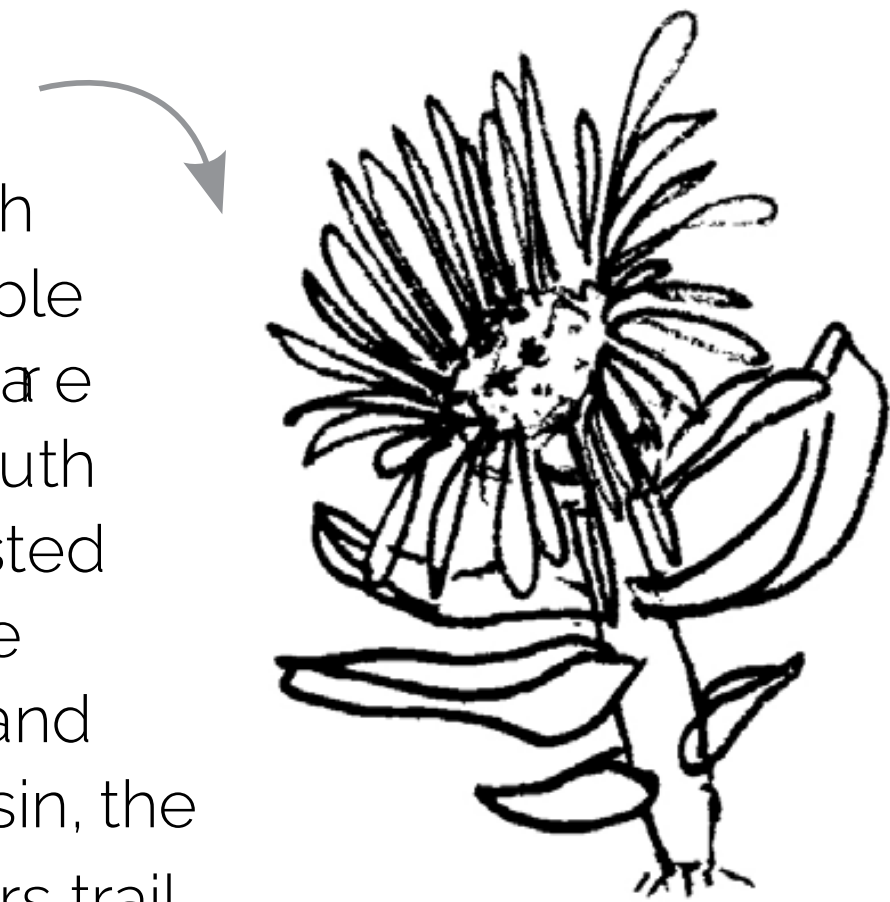


**Rose Geranium (*Pelargonium graveolens*)**

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 fig) 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 fig and their cousin, the Elands fig growing 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.



**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.