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.



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Espresso	S 22	D 32
Americano AFRICANO	25	
Cappuccino	32	
Flat White	36	
Latte	1 34	
Iced Coffee	1 35	
Decaf	+5	
Almond / Oat Milk	+10	

Red Cappuccino	35
Rooihos Latte	38

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



Home-Made Sodas | 35 Buchu Soda Rose Geranium Soda Wild Mint Soda

JuicyB | 45
Pressed in Cape Town
Apple
Naartjie
Mango

Juice by the Glass
Cloudy Apple | 25
Grape Sparkling | 35

RBT Ice Tea | 48
Sparkling Rooibos brewed in Paarl
Lemon
Hibiscus
Pomegranate

Tea of Life Kombucha | 55
Naturally fermented tea
Ginger
Rose Geranium
Hibiscus & Lime
Sceletium & Honeybush | 85

Craft Sodas | 55 Lemi Lemi 34°C South Cape Cola 34°C South Ginger Beer Theonista Cream Soda Theonista Milkshakes 48 | 64 Madagascan Vanilla CocoaFair 55% / 75% Dark Chocolate True Strawberry

Mixers 200ml | 25 Lemonade Club Soda Tonic Water Grapefruit Tonic Dry Lemon Ginger Ale

Darling Brew | 55
Locally and sustainably made
Light Lager
Slow Beer Lager
Rogue Pony Pale Ale
Bone Crusher Wit Beer
Just Naked non-Alcoholic | 48
Apple Bomb non-Alcoholic | 48

Loxtonia Ciders | 55

Sparkling Apple

Stone Fruit

African Sundowner, Baobab

Non-Alcoholic Stone fruit

NuMuti | 45 Sparkling soda Unwind Sceletium & Rooibos Thrive Sceletium & Cola Nitida

Water | 28 Still/Sparkling Spring Water 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**.



Served from 09:00 - 11:30

Crunchy Baby Potatoes with Roasted Tomato Oyster mushrooms & Herb Pesto Add two eggs 20	1 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	1 55
Venison Sausage, Two Farm Eggs Bacon, Tomato Relish,'Potbrood'	110
Nut & Seed Granola Kokerboom Stirred Yoghurt Stewed Sultanas & Apricots	1 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.**

/ Served from 12:00 – 16:00

Served 110111 12.00 - 10.00	
Cheese and Meat Platter Serves 2/3 Venison Charcuterie, Kokerboom cheese	315
with farm preserves, Crackers & 'Potbrood'	
Smoked Snoek & Silverfish Dumplings	180
West Coast Mussel Curry, Apricot Chutney	
Dune Leaves & Pickled Red Onion & Sweet Potato	
Slow Braised Beef Chuck	185
Grilled Broccoli, Brown Butter Mayo, Crunchy Potato	
Grilled Chicken Thighs	180
Slow Roasted Leek, Burnt Leek Ends & Cream of Millet	•
Stow Roasted Leer, Daint Leer Linds & Cicain of Mittet	
Karoo Lamb Frikkadelle	165
	1 103
Grilled Cauliflower Puree, Wild Mint & Cauliflower Relish	
Dried Apricot Chutney, Pumkin Seed Pesto, Local Greens	
	1 40-
Slow Roasted Springbok Shoulder	185
Pumpkin Bread, Onion Fondants, Spekboom & Winter Veld Greens	
Heerboon Fritters	145
Roasted Baby Onions, Sweet Potato & Butternut	
Wild Garlic & Parsley , Pumkin & Yellow Maize	
Amasi Marinated Fried Silverfish	130
Parsley & Caper Mayo	
Roosterkoek	95
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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"Askoek" Fire Oven Baked Bread Fire Roasted Onion Butter & 'Sandveld' Honey Butter	1 35
Roasted Cauliflower Gratin Askoek & Gruberg Crumb, Veld Salsa	105
Wild Honey Roasted Butternut Heerboon Hummus, Nuts & Seeds	78
Fire Grilled Broccoli Sour Milk Curds, Onion Rings	75
Crunchy Layered Potatoes Roasted Garlic Mayo, Gruberg Cheese	65
Veld Salad Garden Greens, Seasonal Veld Leaves, Dalewood Feta	38
esser	

Baked Orange Curd	75
Lemon Curd Ice Cream, Meringue Textures	
Malted Sorghum Mousse	68
Dark Chocolate Ice Cream & Sorghum Crumb	
Frozen Wild Honey Nougat	75
Burnt Honey Toffee & Honeycomb	

Lawns & Loals

Kids under 12

Macaroni And Cheese	58
Free Range Chicken Strips with Potato Crisps	75
Fish Fingers with Potato Crisps	78
Fire Oven Pizza Mozzarella, Salami	175
Potato Chips	28
Vanilla Ice Cream with Cocoafair Chocolate Sauce	48



House white Glass 500ml Carafe	45 98
Sauvignon Blanc Signal Tower Darling Cellars Sea Salter Groote Post West Coast Neil Ellis	180 320 240
Chenin Blanc Arum Fields Darling Cellars Estate Produced Groote Post	160 220
Chardonnay Quercus Gold Darling Cellars	160
White Blends Old Man's White Blend Groote Post 16Mile Swemgat Blake's	220 150
Rosé Pyjama Bush Darling Cellars Pinot Noir Groote Post	160 240

Mine	is

House Red Glass 500ml Carafe	45 120
Merlot Reserve Six Tonner Darling Cellars	180
Pinotage Chocoholic Darling Cellars Limited Release Swartland	180 240
Shiraz Very Sexy Shiraz Cloof Old Grain Silo Darling Cellars Groenkloof Syrah Neil Ellis	250 220 380
Cabernet Sauvignon Terra Hutton Darling Cellars	180
Red Blends Roan Ranger Withington Old Man's Blend Groote Post Homtini Fairview	220 , 250 415
MCC Darling Cellars Brut Blanc De Blanc Groote Post Brut Rosé Aurelia Brut	320 480 420
Corkage	50

A little something special

WIN Some Many &	
DIGESTIVES	
Voorkamer VSOP Cape Brandy	40
Boplaas Whisky	40
Oude Molen Leatherback Rum	40
GIN	
Wright's London Dry Gin	1 35
LIQUEUR	20
Amarula	1 20
COCKTAILS	
Rosyntjiebos	65
Wright's Gin, Grapefruit Tonic,	
Rose Geranium, Rosyntjiebos Currants	
	1 65
Balderjan	1 00
Wright's Gin, Tonic, Wild Mint	
WILCIMITE	
Brandy & Buchu	65
Voorkamer Cape Brandy, Buchu, Ginger Ale	
Marula Express	
Marula Cream Liqueur, Espresso, Honey	1 55



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, and where we collect our herbs and leaves from Behind the Shed.

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.

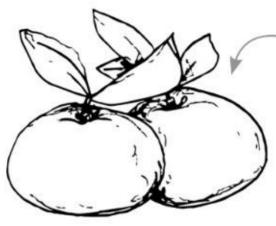
Cape Town

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.

Indigenous Ingredients



(Salvia africana-lutea)

Wild Sage

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.

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.



(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 benefit 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)

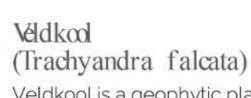
This hardy succulent forms thick carpets of growth even on sand dunes. Every part of the plant is edible and tart (as the name suggests). The fruits (or fig) are one of the most celebrated traditional foods in South Africa today. The fruits are sustainably wild harvested and sold commercially. Hunter-gatherers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





Slangbessie (Lycium ferccissimum)

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 is a geophytic plant that produces a large flower spike (infloescence) 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.