



# WOODLANDS | Healing Spa

LET GO. RELAX. HEAL.

## River Café Menu

### SCRAMBLED EGGS

**R55.00**

Creamy scrambled eggs with chives. Served with Health toast and a side of roasted tomatoes.

### FLUFFY OMELETTE

**R65.00**

Filled with fresh seasonal vegetables and herbs.

### OATMEAL FLAPJACKS

**R48.00**

Served with seasonal fruits and a drizzle of honey.

### CREAMY JUNGLE OATS

**R51.00**

Served with cinnamon, honey and grated apple.

### MUFFINS

**R25.00**

Ask your waitron for selection of the day.

### EXTRAS

Bacon	<b>R20.00</b>
Avocado 1/2	<b>R18.00</b>
Gluten free bread	<b>R18.00</b>
Chicken	<b>R20.00</b>

### LIGHT LUNCHES

- 1 Chickpea, mint, coriander, pineapple and cucumber salad. **R64.00**
- 2 Spiced chicken, spinach and feta salad. **R75.00**
- 3 Couscous Salad with Butternut, dried apricots and fresh herbs. **R64.00**
- 4 Harissa Couscous Salad with Butternut, sundried tomatoes and rocket. **R64.00**
- 5 Butternut and Chickpea curry in a tomato and coconut sauce served with basmati rice. **R75.00**
- 6 Country salad. **R55.00**
- 7 Spicy vegetarian stir-fry with basmati rice or egg noodles. **R75.00**
- 8 Open chickpea burger patty on our homemade country loaf. **R75.00**
- 9 Thai green vegetable curry. **R85.00**



# WOODLANDS | Healing Spa

LET GO. RELAX. HEAL.

## River Café Menu

### DESERT

- Seasonal Pavlova -  
**1** Meringue with fresh whipped cream and fruit. **R45.00**
- 2** Chocolate Brownie served with ice cream. **R65.00**

### EXTRAS

- Organic coffee **R20.00**  
Organic café latte **R29.00**  
Organic café mocha **R34.00**  
Organic iced coffee **R40.00**  
House tea **R20.00**  
(Rooibos/Five roses)  
Herbal tea (2 cups) **R25.00**  
Herbal tea (4 cups) **R48.00**  
Cappuccino **R29.00**  
Espresso **R20.00**  
Americano **R26.00**  
Red cappuccino **R29.00**  
Hot chocolate **R35.00**  
Sir juices **R24.00**  
(Orange, mango, cocktail, strawberry)  
Iced teas **R22.00**  
(Lime&Ginger, peach, lemon, berry)  
Water **R20.00**  
(Still or Sparkling)  
Add almond milk **R8.00**