

Fláva café

MENU

BEER ON TAP
LOYALTY CARD
10% BACK
FRESH AND TASTY FOOD
7 DAYS A WEEK
DAILY CHEF'S SPECIALS

Once UPON A TIME

Fláva Café was nothing more than an open-air driveway next to one of the first houses in Wilderness. While the majority of Fláva was newly built, the oldest part of the restaurant is our office, said to be the original Wilderness strong room. Back in the day this was used by travellers on horseback going between Knysna and George, who needed a safe place for their valuables.

Fláva (Flay-ver) Café was opened in 2011 as a 'simple, with taste' venue where you can enjoy restaurant quality food in a relaxed café atmosphere.

So whether you are just popping in for a quick coffee, having a lazy lunch or coming for a family dinner, we hope you enjoy your time with us - the Fláva way!



Simple, with Taste!

BREAK YOUR FAST

SERVED TILL 12:00

Fláva Breakfast 47
1 egg, 2 prime cut bacon rashers, slice of seed loaf toast with butter & preserve.

Big Breakfast 79
2 eggs, 2 rashers of prime cut bacon, smokey baked beans, 1 pork banger, 2 slices of seed loaf toast with butter & preserve.

Beans, Bacon & Egg Stack 64
Seed loaf toast topped with smokey paprika baked beans, grated cheddar cheese, crispy bacon, fried egg and rocket leaves.

Veggie Breakfast 56
2 scrambled eggs, fresh rocket, mushrooms, fresh rocket leaves & sweet potato chips.

Croissant Breakfast 58
2 croissants, fresh rocket leaves, rosa tomatoes.

Health Breakfast
Fresh seasonal fruits, plain yoghurt, crunchy toasted muesli, berry compote & honey.

Benedict Breakfast
2 poached eggs on toasted breakfast muffin with homemade hollandaise, fresh rocket leaves and rosa tomatoes.

Bacon 79 **Mushroom** 72
Smoked Salmon 89

Spicy Chicken Livers 72 [no Hollandaise]
Swap muffin for sweet potato fondant **GLUTEN FREE** *

Waffles See our dessert section.

Breakfast Special **SPECIAL** *
Ask your waitress about today's special.

ADD SOMETHING

| | |
|--------------------------|----|
| Prime Cut Bacon Rasher | 11 |
| Pork Banger | 20 |
| Spicy Chicken Livers | 45 |
| Egg | 8 |
| Grilled Button Mushrooms | 2 |
| Grated Cheddar Cheese | 12 |
| Grilled Rosa Tomatoes | 9 |
| Homemade Hollandaise | 20 |
| Chunky Chips | 25 |
| Sweet Potato Fries | 30 |
| Baked Beans | 16 |

| | |
|--|---------|
| Americano Decaf | 24 26 |
| Espresso | 18 |
| Espresso Double | 22 |
| Macciato | 22 |
| Cappuccino Decaf | 27 30 |
| Cappuccino XL | 35 |
| Latte | 30 |
| Chai Latte | 32 |
| Irish Coffee | 44 |
| Whiskey, Kahlua, Brandy, Frangelico, Amara | |
| Irish Coffee | 49 |
| Jameson Whiskey | |
| Rooibos Cappuccino | 29 |
| Rooibos Latte | 29 |
| Tea | 15 |
| Ceylon, Rooibos, Earl Grey, Green, Peppermint & Camomile | |
| Hot Chocolate | 28 |
| White Hot Chocolate | 32 |
| Fláva Hot Chocolate | 36 |
| Whipped Cream, Chocolate Shavings & Mini Marshmallows | |
| Milo | 25 |
| *Add Almond Milk | +R15 |

Milkshakes

Vanilla, Chocolate, Strawberry, Bubblegum, Banana, Lime
small 24 | 32 large

Coffee, Mixed Berry, Rooibos, Brownie
small 30 | 38 large

HOMEMADE ROOIBOS ICE TEA

28
Lemon or Berry

STARTERS

Fláva Garlic Bread 54
Warm sourdough ciabatta served with half a sweet roasted garlic bulb for spreading.
Add Feta & Olives 18

Bobotie Spring Rolls 56
2 crispy, phyllo pastry spring rolls; carrot & cucumber ribbons, fresh coriander leaves and coriander & apple relish.

Peri-Peri Chicken Livers 59
Spicy chicken livers made with our famous Fláva peri-peri sauce, cream and garlic. Served with a bagel bun.

Homemade Mushroom Soup 49
Homemade mushroom soup made with cream, fresh thyme and a dash of black pepper. Served with warm sourdough ciabatta.

Avo Hummus 45
Creamy avo blended with our yummy homemade hummus, drizzle of paprika oil & served with sourdough ciabatta.

Just Greens
Rocket, baby spinach, mixed leaves, cucumber ribbons, green apple slices with pecorino cheese shavings, crostons & toasted seed and nut sprinkle. Fláva's creamy herb salad dressing on the side with whole baby apple garnish.
Starter 48 **Main** 77

Add crispy crumbed chicken strips for a tasty non-veggie option.

Bacon, Pear & Blue Cheese
Crispy bacon, blue cheese crumble, poached pear slices, crunchy crostons, red onion, mixed greens, baby spinach & pecorino shavings. Served with a creamy blue cheese dressing.
Starter 79 **Main** 118

Fláva Chicken
Crispy bacon, tender grilled chicken pieces, pecorino cheese shavings, crostons, mixed leaves and Caesar dressing.
Starter 69 **Main** 98

Hawaiian Burger
Juicy pineapple ring, homemade 1000 island sauce, sweet red onion, sliced fennel & cheddar cheese.
Chicken 115 **Beef** 125 **Veggie** 92

American
Cheddar cheese, caramelised onions, tomato relish, gherkins.
Chicken 115 **Beef** 125 **Veggie** 92

Bacon, Guac & Feta
Crispy bacon rashers, chunky guacamole, feta chunks.
Chicken 115 **Beef** 125 **Veggie** 92

Saucy Burger
Back to basics goodness. Choose 1 of our delicious homemade sauces to top your patty of choice.
Chicken 84 **Beef** 92 **Veggie** 79

Ultimate
Grilled camembert, bacon, cherry guava jelly & fresh rocket.
Chicken 128 **Beef** 138 **Veggie** 108

Village 98
Chickpea & lentil patty, guacamole, feta, peppadew, fresh rocket with dukkah & seeds.

Burgers

Your choice of grilled chicken breast, 200g homemade pure beef patty or vegan lentil & chickpea patty.
SEVED IN A BACE BUN WITH LETTUCE, SLICED TOMATO & ONION. WITH CRISPY CHIPS & CRISPY ONION FRIES.

SAUCES
Mushroom | Cheese
Peri-Peri | Horseradish Cream
Pepper | 1000 Island

PS
- INGREDIENTS ARE FRESH AND SEASONAL AND MAY BE SUBJECT TO AVAILABILITY.
- PLEASE ASSIST US IN GETTING YOUR FOOD TO YOU PROMPTLY BY NOT CHANGING THE MENU COMBINATIONS.
- IF YOU HAVE ANY FOOD ALLERGIES PLEASE LET STAFF KNOW WHEN YOU PLACE YOUR ORDER AS WE USE A VARIETY OF INGREDIENTS IN OUR KITCHEN.
- QUANTITY OF 1/2P WILL BE ADDED FOR TABLES OF 6 OR MORE.

Fláva FAVOURITES

SEAFOOD

Fresh Hake 99
The freshest hake we can get. Choose grilled OR beer battered, served with chunky chips, side salad and homemade tartar sauce.

Speciality Linefish 50
Ask your waitress for today's option.

Calamari 96
Tender calamari steak strips served crumbed OR grilled with chunky chips, side salad and homemade tartar sauce.

Mussels 50
Half shell West Coast black mussels in a creamy white wine, garlic & fennel sauce, served with sliced ciabatta bread & chunky chips.

Fláva Seafood Paella 139
Fish, prawns & half shell mussels in a spicy savoury rice with red peppers & peas.

Seafood Korma Curry 137
A creamy, mild Korma style curry served with rice, sambals and poppadum.

VEGGIES
*try our veggie burgers

Veggie Stack 79
Sweet potato fondant topped with deep fried chickpea balls and button mushrooms. Served with beetroot, rocket, feta & peppadew salad, dukkah dressing and a Moroccan yoghurt dressing.

Veg Korma Curry 75
Chickpea & chunky veg in a mild Korma style curry, served with rice, sambals and poppadum.

THAT'S A WRAP!
SERVED TILL 17:00

Fláva Chicken 59
Crispy crumbed chicken strips, grated cheddar, 1000 island sauce & crisp salad

Veggie Supreme 65
Guacamole, roast veg, feta, peppadew, dukkah sprinkle and mixed leaves.

ADD SOMETHING
Chunky Chips 25
Sweet Potato Fries 30
Onion Rings 10

* GLUTEN FREE WRAP (R15)
ALSO AVAILABLE AS AN OPEN SANDWICH, CHOOSE CIABATTA (R15), SEED LOAF OR A BAGEL BUN

DESSERTS

Fláva Eton Mess 59
Crushed meringue, whipped cream, strawberries, vanilla ice cream & mixed berry coulis.

Decadent Chocolate Brownie 49
Rich dark chocolate brownie served warm with nutty Rocky Road ice cream and homemade chocolate sauce.

Fláva Crème Brûlée 32
Smooth and creamy crème brûlée with caramelised sugar topping.

Homemade Malva Pudding 44
With Amara ice cream.

Dom Pedro 46
A deliciously drinkable boozy vanilla milkshake with crispy waffle!

Whiskey | Amara | Kahlua | Frangelico

Soft DRINKS

Fruit Juice 20
Coke, Mango, Tropical

Coke, Coke Zero, Sprite, Sprite Zero, Fanta Orange, Creme Soda 24
Appletiser, Red Grapetiser, All Mixers 24
[Lemonade, Soda, Tonic, Pink Tonic, Ginger Ale, Dry Lemon]

Beer

Beer On Tap 50
Hansa 24
Amstel 26
Castle 24
Castle Lite 25
Carling Black Label 24
Windhoek Lager / Light 29
Windhoek Draught (bottle) 29
Heineken 30
Devil's Peak 0.5% alcohol 30
Craft Beer 50
Ask Your Waitress For Details

SAUVIGNON

Richelleu, Kilpdrift, Bacardi, Captain Morgan, Southern Comfort, Pimm's, Gordon's Gin, Bombay Sapphire, Inverroche Fynbos Gin, Smirnoff Vodka, Jägermeister, Tequila Gold, Bells, J&B, Johnnie Walker Red Label, Jameson, Jack Daniel's, Bain's 22-27

LIQUEURS

Amarula, Cape Velvet, Mint Liqueur, Frangelico, Kahlua 20-28

WINE A BIT

IT WILL MAKE YOU FEEL BETTER...

Groote Post Brut Rosé 248 50
Refreshing red berry flavours, crisp and juicy

Wetlevrede Entheos 280
60% Chardonnay, 40% Pinot Noir Brut, vibrant, lively mousse

First Sighting Sauvignon Blanc 150 50
Crisp minerality, tropical fruit, hint of buchu

Ormonde "Chip off the old Block" Sauv Blanc 225
Fresh asparagus and passion fruit

Stone Town Sauvignon Blanc 140
Aromatic, grapefruit & sweet melon, cool climate minerality

Kaapzicht Chenin Blanc 145 49
Quince, pineapple and stone fruit

Mount Rozier Beekeeper Chenin 155
Fruity flavours, hints of earthy limestone with fresh acidity

Journey's End Haystack Chardonnay 160 55
Food-friendly, fruit forward & lightly oaked. Sustainable farming

Boschkloof Chardonnay 170 60
Complex style with subtle oak, hints of citrus and vanilla

Fairview La Capra Pinot Grigio 125 42
Lively and fresh with pineapple & grapefruit

Karusu "Litchi Bomb" Muscat Blanc 125 42
Aromatic semi-sweet, Litchi & white pear. Well-balanced sweetness

Longridge "The Emily" 160
[Chardonnay / Pinot Noir]
Very drinkable and well balanced with a slight blush

Fairview Goats Do Roam White 110 40
Medium-bodied, flavours of apricot & white pear, zesty acidity

First Sighting Rosé [Dry] 145 49
Fresh pomegranate and watermelon, delicate floral nose

Fairview Goats Do Roam Rosé 110 40
Dry, well-balanced, rose water & strawberry notes

Mount Rozier Cinsaut The Red Snapper 155 52
Light cherry colour, fruity & flavoursome, very soft tannins

Louisvale Stone Road Merlot 145
Medium-bodied and juicy with ripe ruby plums

M-A-N Merlot 160 55
Dark berry fruits & mocha with subtle tannins

First Sighting Shiraz 180
Full silky palate, long spicy finish balanced by savoury tannins

M-A-N Shiraz 160 55
Full-bodied with dark fruit & spicy flavours

Ormonde "Chip off the old Block" Shiraz 225
Wild raspberry, with spice and cloves

M-A-N Cabernet Sauvignon 160 55
Bold and juicy. Aromas of mint & dark cherries. Hand harvested

Raka Pinotage 210
Full-bodied, soft and smooth with banana and rooibos tea

M-A-N Pinotage 140 47
Juicy flavourful fruit, roasted coffee aromas & soft tannins

Diemersfontein Harlequin 145 49
[Shiraz / Pinotage] Blackcurrant & plum with hints of mocha

Fairview Extraño 195
[Tempranillo / Grenache Noir / Carignan]
Medium to full-bodied with black berries and complex spice notes