

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

Red Cappuccino	35
Rooibos 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

HOT CHOCOLATE

| 65

Steamed Milk & CocoaFair Chocolate

Cold Drinks

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 | 58

Mountain Falls

Still/Sparkling Mineral Water

330ml / 750ml

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 | 315
Venison Charcuterie, Kokerboom cheese
with farm preserves, Crackers & 'Potbrood'
- West Coast Mussels | 135
Fermented Pepper & Askoek Sauce, Potato Dumplings
Chili Crunch, Shaved Fennel with Green Olive Tapenade
- Fish & Chips | 165
Crispy Fried, Locally Caught Fish by Abalobi
Green Vegetable & Spekboom Tartar, Smoked Oyster Mayo
- Grilled Tri-Tip of Beef | 185
Free-Range Beef, Burnt Leek Mayo, Potato Fritters, Baby Onion
Veld Herb Pesto
- Chutney Glazed Grilled Chicken Thighs | 155
Farm Raised Yzerfontein Chicken, Sweet Potato, Curry Sauce, Mango & Basil
- Sticky Grilled Lamb Ribs | 225
Heerboon & Spiced Lamb Casserole, Strained Cream, Wild Mint & Cucumber
- Pulled Springbok Shoulder | 158
Creamed Organic Yellow Maize, Cabbage & Kei Apple Jelly
- Sandveld Heerboon & Herb Cabbage Wrap (VE) | 145
Roasted Cashew Cream, Pickled Carrot Puree, Baby Carrots, Chili Macadamias
- 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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Sides

"Askoek" Fire Oven Baked Bread Fire Roasted Onion Butter & 'Sandveld' Honey Butter	35
Roasted Sweet Potato, Butternut Red Onion, Green Beans & Herbs	78
Organic Yellow Maize Fries Fermented Chilli Mayo	55
Crunchy Layered Potatoes Wild Garlic Mayo, Gruberg Cheese	65
Veld Salad Garden Greens, Seasonal Veld Leaves, Dalewood Feta Honey & Fynbos Vinegar Dressing	38

Dessert

Condensed Milk & Brown Butter Ice Cream Sandwich Strawberry Powder, White Chocolate Crumb & Honeycomb	65
Brûléed Mosbellotjie Custard Toast Chocolate & Kapokbos Salami, Fig Jam	68
Stone Fruit Almond Tart Sundried Apricot Sorbet, Amasi Mousse, Ginger Snap	80

Fawns & Foals

Kids under 12

Macaroni And Cheese | 58

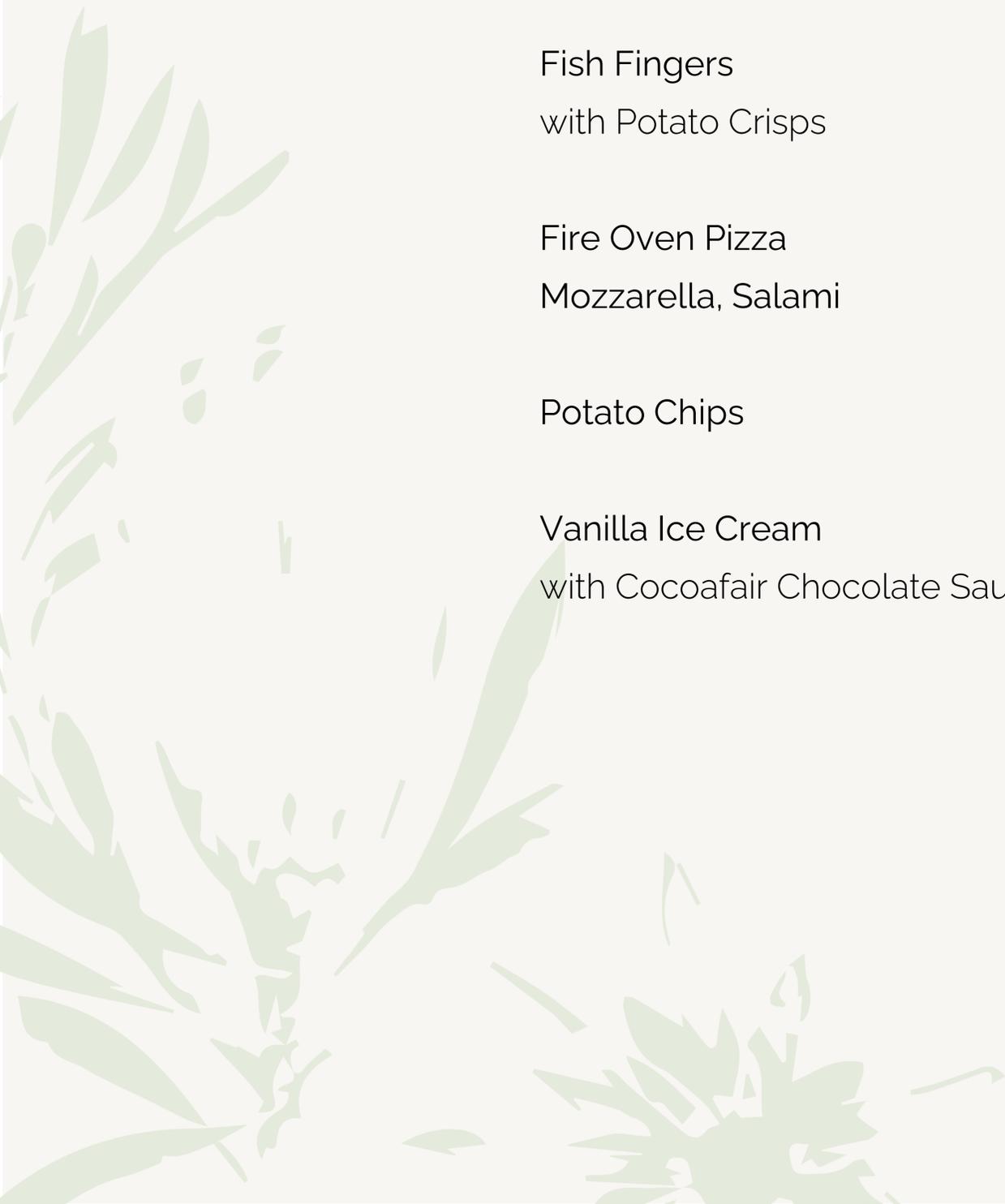
Free Range Chicken Strips | 75
with Potato Crisps

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

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

Wine List

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

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A little something special

DIGESTIVES

Voorkamer VSOP Cape Brandy | 40

Boplaas Whisky | 40

Oude Molen Leatherback Rum | 40

GIN

Wright's London Dry Gin | 35

LIQUEUR

Amarula | 20

COCKTAILS

Rosyntjebos | 65

Wright's Gin, Grapefruit Tonic,
Rose Geranium, Rosyntjebos Currants

Balderjan | 65

Wright's Gin, Tonic,
Wild Mint

Brandy & Buchu | 65

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, 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



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.

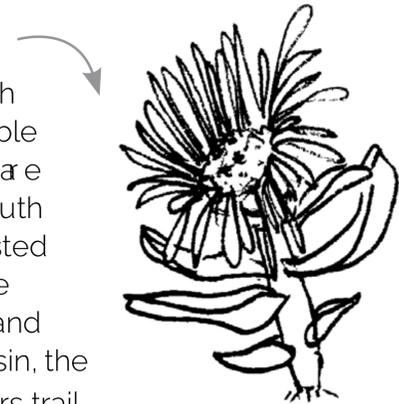
*Sour fig (*Carpobrotus edulis*)*

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.



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.



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.