

> GOOD TIMES AT TDH <

SERVED FROM 12:00PM - 9:30PM DAILY

FROM 7:30AM TO 11:00AM



PIZZA'S



- POMODORO (V)** 7.5 US\$
italian tomato, feta, olive oil & fresh basil
- MADIHA CIOSA** 9 US\$
bacon, onion, olives & mushrooms
- MEDITERRANEAN (V)** 8 US\$
oven roasted zucchini, red pepper, pumpkin, eggplant, feta & fresh basil
- THE BEACH-ROOT (V)** 8 US\$
oven roasted beetroot, caramelised onion, feta & fresh basil
- THE CAPE TOWN SPECIAL** 9 US\$
bacon, feta, guacamole & basil
- TANDOORI CHICKEN** 9 US\$
marinated tandoori chicken, red pepper, caramelised onions, fresh curd & coriander
- THE LACCADIVE SEA** 11 US\$
garlic prawns, tuna, olives, onions, capers & basil
- EXTRAS**
- Mozzarella, feta, veggies and chicken 1.5 US\$
Bacon, tuna and prawns 2 US\$

NOT PIZZA



- TRIO OF DIPS (V)** 7.5 US\$
fresh house made tzatziki, hummus & creamy beetroot dip served with chunky bread, olive oil & balsamic
- THAI SALAD (VG) (GF)** 8 US\$
fresh vegies, pickled cabbage, rice vermicelli, mint, coriander, cashews & Thai sweet chilli dressing
+Add steamed fish 2US\$
- THE GREEN BOWL (VG) (GF)** 8 US\$
green beans, kidney beans, chick peas, avocado, cucumber, seeds & nuts w/ miso dressing
+ Add chicken 2US\$



NOT PIZZA



- POKE BOWL (GF)** 9 US\$
Raw marinated Yellowfin Tuna, pickled cabbage, marinated cucumber, carrot, avocado, chickpeas, house chili mayo topped with sesame seeds
-Vegan option 6.5US\$
- ZOODLE SALAD (VG) (GF)** 7.5 US\$
Raw zucchini, beetroot & carrot noodles, spice chickpeas, roast pumpkin, avocado, pickled cucumber, served with a house coconut satay sauce
+ Add Seared tuna 2.5US\$
- BIG MANIAC NACHOS (V) (GF)** 7 US\$
Manioc chips topped with tomato salsa, beans, corn, mozzarella cheese, Jalapenos, avocado & curd
+ Add Pulled Pork 2US\$
- PRAWN & BACON ASIAN NOODLES** 10 US\$
wheat noodles, prawns, bacon & veggies w/ chilli & sweet soy sauce
- FISH & CHIPS** 8.5 US\$
battered or grilled Mahi Mahi served with chips, salad & house tartare sauce
- THE DOCTOR'S LASAGNE** 11 US\$
the ultimate homemade lasagne, made with beef and pork, fresh pasta, mozzarella cheese and creamy béchamel sauce
- FRESH PASTA (V)** 8 US\$
house made fettuccine with tomato, mushrooms, zucchini, cream & fresh herbs
+ Add chicken 2US\$
- PULLED PORK BURGER** 10 US\$
spiced slow cooked pork, slaw and pickled cucumber, served with chips
- BEER BATTERED FISH BURGER** 8 US\$
battered Mahi Mahi, slaw, pickled cucumber, tomato and house tartare sauce, served with chips
- CRISPY CHICKEN BURGER** 9 US\$
fried chicken fillet w/ slaw, pickled cucumber, house BBQ mayo & cheese, served with chips
+ Add bacon 1US\$

BREAKFAST

- BAJA CALI BURRITO** 7 US\$
Scrambled eggs, bacon, beans, fries, jalapenos, tomato salsa & coriander, served with guacamole & a house smokey hot sauce
-Vegetarian Option 6US\$
- BREAKFAST BURGER** 7 US\$
bacon, 2 fried eggs, avocado, cheese and house tomato relish served on a toasted sesame bun.
- AVOCADO TOAST (V)** 6 US\$
Toasted sourdough topped with smashed avocado & 2 poached eggs, fresh tomato, herbs, feta with a balsamic glaze
+ Add Bacon 2\$
- FARMERS OMELETTE (V)** 6.5 US\$
3 egg omelette filled with spinach, mushrooms, sundried tomato & cheese, served on toasted sourdough
+ Add Bacon 2\$
- SHAKSHUKA EGGS (V)** 8 US\$
with feta, hummus, dukkah spice & toasted rye sourdough.
- SMOOTHIE BOWL (VG)** 6 US\$
frozen banana, berries and coconut topped with nuts, seeds, granola and fresh fruit
- BANANA FRENCH TOAST (V)** 4 US\$
with caramelized banana, banana curd, cashews & palm treacle butter
+ Add bacon 1US\$
- FRUIT & CURD** 4 US\$

SWEET



- APPLE, BANANA, BERRY CRUMBLE (V)** 5 US\$
big enough to share this apple, banana and berry crumble, served with vanilla ice cream
- CHOCOLATE MOUSSE CAKE (V)** 5 US\$
a chocolate mousse filled cake, served with a pepper & passionfruit caramel sauce
- PANNA COTTA (V)** 5 US\$
coconut panna cotta w/ mixed spiced berry compote

(VO) - VEGAN OPTION

(V) - VEGETARIAN

(VG) - VEGAN

(GF) - GLUTEN FREE

FRESH JUICES



LIQUID SUNSHINE orange, pineapple, ginger, turmeric and treacle	3.5 US\$
WATERMELON CRUSH watermelon, lime and mint	2.5 US\$
GREEN DAY Apple, cucumber, celery, pineapple, maringa, mint & ginger	3.5 US\$
DOCTORS ABC apple, carrot, beetroot, ginger and lime	3.5 US\$

SMOOTHIES

SALTY SEA DOG CARAMEL house made salted caramel sauce, ice cream, vanilla & milk	4 US\$
BIG BLUE banana, blueberry, oats, honey and vanilla	3.5 US\$
MADIHA SUNRISE pineapple, passionfruit and banana	3.5 US\$
BANANA BUTTERCUP banana, peanut butter, chocolate and coconut milk	3.5 US\$

COFFEE



MILK-BASED COFFEE served with a single espresso & milk	
CAPPUCCINO	2.5 US\$
FLAT WHITE	2.5 US\$
CAFE LATTE (HOT/COLD)	2.5 US\$
HAZELNUT LATTE (HOT/COLD)	3 US\$
SALTED CARAMEL	3 US\$
ICED COFFEE (WITH ICE CREAM)	3 US\$

COFFEE

ESPRESSO BASED COFFEE	
SINGLE ESPRESSO	2 US\$
DOUBLE ESPRESSO	3 US\$
LONG BLACK / AMERICANO (HOT/COLD)	2 US\$
BREWD COFFEE	
V60	3 US\$
COLD DRIP	3 US\$
ZESTY COLD DRIP TONIC	3.5 US\$

NOT COFFEE

TURMERIC LATTE turmeric, ginger, black pepper, cinnamon, treacle spun on coconut milk	3.5 US\$
PEEKOH TEA english Breakfast, Earl Grey, Jasmine green or Ginger	2 US\$
COLD BREW TEA Orange, mint or strawberry	3.5 US\$
SPICED CHAI LATTE (HOT/COLD) black tea, ginger, cinnamon, clove, treacle spun on milk, served hot or cold	3.5 US\$
KOMBUCHA Iaa Dhalu 100% organic Sri Lankan Kombucha (Ask for available flavours)	2 US\$
EXTRAS	
EXTRA ESPRESSO SHOT / PLANT BASED MILK	1 US\$

WINE



SAUVIGNON BLANC (CHILE)	5.5 / 27 US\$
PINOT GRIGIO (ITALY)	5.5 / 27 US\$
ROSE (SOUTH AFRICA)	5 / 23 US\$
SYRAH MALBEC (ARGENTINA)	5.5 / 27 US\$
CABERNET SAUVIGNON (CHILE)	5.5 / 27 US\$
PROSECCO (ITALY)	6.5 / 32 US\$

COCKTAILS



ESPRESSO MARTINI chilled espresso, vodka, brown sugar syrup	6 US\$
DARK N STORMY dark rum, housemade ginger syrup, lime, ginger beer	5.5 US\$
MOJITO white rum, mint, lime, soda	5.5 US\$
SIN & TONIC hibiscus infused Gin with cucumber, lime and Bickford's tonic	7 US\$
DAIQUIRI mango or passion fruit, white rum, lime	5.5 US\$
LEMON DROP vodka, pineapple, Triple sec, lemon grass	6.5 US\$
GIN & BASIL SMASH gin, basil, lime and sugar syrup	6.5 US\$
SPICY TOMMYS MARGARITA chili infused tequila, agave, lime	7.5 US\$
NEGRONI gin, Rosso Vermouth, Campari	10 US\$
OLD FASHIONED monkey Shoulder Whiskey, Bitters, sugar, orange	10 US\$

ICE COLD BEERS



LION LAGER OR CARLSBERG CANS	2 US\$
LION DRAFT	2.5 US\$

BASICS

WHITE RUM, DARK RUM, VODKA, GIN with coke, sprite, soda, tonic or ginger beer	4 US\$
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