



## **BREAKFAST & BRUNCH**

## Potato & Merguez Hash | 22,500

Sautéed potatoes, merguez sausage, scrambled eggs served with bread

#### Green & Gold | 23,000

Fried corn base, avocado, poached egg

### Chillie Focaccia | 21,000

Crispy sourdough focaccia, whipped labneh-feta, poached eggs, chilli-garlic butter

#### Flowershop English Breakfast | 26,000

Classic combination of eggs cooked your way, pork bacon or chicken sausage, potato hash, beans, avocado, mushrooms, tomatoes, & brioche toast served with a complimentary americano coffee Extra veg | 3,500

## Ekaro Breakfast | 25,500

Plantain basket with Nigerian style beans cooked in a tomato sauce with coconut milk topped with eggs cooked your way and served with a side of chicken sausage

## The Omelettes | 25,000

Brie stuffed omelette Vegitarian omelette Zaatar cheese omelette

# The Breakfast Sandwich | 23,000

#### **Bagel**

#### Croissant

served with cream cheese, avocado, tomato, bacon & eggs cooked your way

# **SWEET TOOTH**

### French Toast | 16,500

Plain french toast Nutella stuffed french toast served with a side of whipped mascarpone, fresh mixed fruits & maple syrup

#### Classic Pancakes | 15,500

Plain pancake stack
Blueberry pancake stack | 16,500
served with a side of maple syrup, Nutella & berries

## **Açaí Bowl** | 18,900

Açaí berries, raspberries, bananas, coconut milk, mixed berries topped with coconut flakes, cacao nibs, chia seeds, bananas & berries

### **CROISSANTS**

Plain | 6,000

Pain au Chocolat | 6,600 Salmon Scrambler | 21,000

# FSC. English Muffin Duo | 22,000

Savory egg muffin served with a sausage patty, fried egg, bacon & mushroom topped with cheese Sweet egg muffin served with whipped peanut butter, blueberry jam & banana

## The Waffle | 27,000

Smoked salmon topped with a cream cheese mousse, avocado, poached egg & bacon crumbs

#### Shakshouka | 19,500

Poached eggs served in a spicy tomato sauce served with bread and topped with feta cheese

## Avocado Toast

Flat croissant toast - avocado mash, poached eggs, parmesan cheese & arugula | 23,000

Sourdough toast - avocado mash, poached eggs crispy kale & chilli jam | 22,000

### Breakfast Burrito | 23,000

Scrambled eggs, minced meat, cheese, avocado, black beans, corn & red bell pepper in a tortilla wrap

### Lebanese Breakfast Plate | 24,000

Labneh, scrambled eggs, grilled halloumi, mini manakish mix, vegetables and bread basket

## Tropical Bowl | 16,300

Mango or pineapple mixed frozen smoothie topped with banana, chia seeds, berries & coconut flakes

# Signature Waffle | 16,800

Waffle served with salted caramel apple sauce & whipped cream Cinnamon waffle with a cinnamon maple sauce & whipped cream

## Matcha bowl | 18,900

Mango, banana, spinach, kale, matcha, oat milk, honey topped with banana, chia seeds, strawberries & kiwi

Turkey & Cheese | 19,000

Cheese | 13,500 croissant

Nutella | 11,000 croissant

**EXTRA SIDES** 

Extra Sides
Egg | 2,500
Avocado | 3,000

Chicken Sausage | 5,600 Bacon | 6,600 Smoked Salmon | 9,200

## BITES

# Shawarma Taco | 19,500

Beef shawarma Chicken shawarma and all the bits and bobs that come with it

Lamb Rolls | 14,200 Slow-braised lamb spring rolls encased in flaky pastry served with yoghurt dipping sauce (5pcs)

Yalla Mezza | 16,800 A trio of mezza plate with hummus dip, sambousik, fattayer, falafel served with crudités & pita bread

## Seafood Basket | 22,000

Battered fried prawns, calamari and veg basket served witha homemade aïoli dip

# Under the Sun | 21,500

Grilled calamari served with cherry tomatoes, artichokes, and capers in a lemon olive oil dressing

#### Classic Falafel | 14,500

Fried chickpea balls, pita bread & tahini sesame seed

# Spicy Potato | 12,800

Crispy potatoes topped with a homemade harissa spice & served with homemade mayo

Whipped Feta | 15,000 Whipped feta dip served with pistachios, pomegranate seeds & a drizzle of honey served with toasted zaatar sourdough

Chicken Wings | 17,500
Crispy fried chicken wings served with your choice of sauce:

Buffalo | Korean style

African Plate | 22,500 Plate of beef & chicken suya, fried plantain & vegetarian spring rolls

Asian Lettuce Bites | 28,500 Fresh lettuce cups filled with S.A. shredded beef, vermicelle noodles, apple, cucumber; avocado & coriander; tossed in a lime-fish-soy sauce with ginger dressing

Meat Balls 300g | 17,000 Beef meatballs, slow-cooked tomato sauce, topped with parmesan, served with bread for dipping

Summer Rolls | 19,500 Rice paper rolls filled with prawns, cucumber, carrots, and red & white cabbage served with an Asian dipping sauce

## SALAD

## Mexican Salad | 20,500

Romaine lettuce, grilled corn, avocado, black beans, red onions, tomatoes, radishes, avocado mash & a lemon olive oil dressing

Chicken | 23,000 Prawns | 25,500

#### FSC. Ceasar Salad 21,000

Iceberg, romaine lettuce, parmesan cheese with a classic cesare salad dressing and croutons

# Chicken | 23,000 Prawn | 25,500

Smoked Salmon Salad | 28,500 Mixed greens, smoked salmon, edamame, avocado & a ponzu oil dressing

# Seafood Salad | 41,500

mixed grilled seafood, apple, avocado, celery, tomato & iceberg lettuce served with a lemon oil dill dressing

#### Goat Cheese Salad | 23,500

Mixed greens, beetroots, clementines, avocado, cherry tomatoes, toasted almonds & our FS clementine Dijon mustard vinaigrette

### Falafel Salad 20,500

Mixed greens, cherry tomatoes, radishes, beetroot, baby carrots, grilled red onions, fried chickpea balls served with a tahini sesame seed dressing & grilled pita bread

#### Bangkok Beef Salad | 22,000

Mixed greens, beetroots, clementines, avocado, cherry tomatoes, toasted almonds & our FS clementine

## Quinoa Salad | 21,300

Mediterranean style quinoa salad with tomatoes, cucumbers, mint, basil, red onions, pine nuts, grilled eggplant, avocado & balsamic dressing

Chicken | 23,000 Prawn | 25,500

## **SANDWICHES**

## The Steak | 23,000

Sourdough bread, beef fillet slices, caramelized onions, rocca, grilled bell peppers & a herb mayo sauce Add cheese | 5,000

## The Shredded Chicken | 23,500

Sourdough bread, baked marinated shredded chicken, jalapeño mayo, rocca & cheddar cheese

## Chicken Burger | 25,500

Brioche bun, crispy chicken, rocket leaves, garlic aïoli, buffalo sauce & a smoked apple coleslaw

## Falafel Wrap | 18,500

Tortilla wrap, fried chickpea balls, pickles, tomatoes & a tahini sesame seed sauce

## Smoked Salmon Bagel | 24,500

Smoked salmon, cream cheese, lemon & arugula leaves

## Lamb Wrap | 24,000

Sweet potato wrap, slow cooked lamb belly, pomegranate seed, almond & spinach

### Chicken Ceasar Wrap | 25,500

Grilled chicken, ceasar dressing, iceberg lettuce in a tortilla wrap

### FS Club Sandwich | 26,500

Chicken, pesto, sun-dried tomatoes, egg, cheese, bacon or turkey ham served with potato wedges

#### Signature Cheeseburger | 33,000

Brioche bun, Australian beef patty, cheddar cheese, lettuce, tomato & caramelized onions

## The Veg | 19,500

Sourdough bread, grilled zucchini, grilled eggplant, tomatoes, avocado, mixed greens & homemade pesto Add Halloumi | 8,000

### PANINI

Tuna Melt Panini | 20,500

Tuna, chives, white cheddar cheese & homemade mayonnaise

The Caprese | 19,000

Pesto, tomato & mozarella

Truffle Steak Melt | 24,000

Grilled panini stuffed with tender steak slices, truffle mushrooms, and creamy cheddar cheese Chicken Pesto Panini | 21,500

Marinated chicken, homemade mayonnaise & mozzarella cheese

Turkey Ham & Cheese Panini | 24,300

Turkey ham, mozarella, mustard & rocca

# MAINS

Penne Pasta | 22,000

Your choice of: Creamy pesto sauce Roasted tomato sauce Mushroom cream sauce

Chicken | 23,000 Prawn | 26,500

The Curry | 23,000

Homemade curry sauce served with basmati rice, a side of boiled egg, papaya, pineapple, naan & chutney Chicken | 26,000 Prawn | 28,000

Chicken Pot Pie | 26,000

Chicken, braised leeks, mushrooms, potatoes topped with a puff pastry lid & a side of green salad

Mama Africa Rice Pot | 29,000

Our jollof inspired rice dish with peas, carrots, prawns, calamari, fried plantain & a spicy tomato

Chimichuri Lamb Chops | 68,000

Grilled New Zealand 400g lamb chops, mashed potatoes & a chimichurri sauce

Beef Lasagna | 25,000

Layered pasta sheets cooked with a béchamel, bolognese sauce & a side of green salad

Beef Fillet (S.A.) | 42,500

Grilled 200g fillet, mash potato, sautéed greens & a beef reduction sauce

Ribeye Steak MB2+ | 76,000

grilled 250g steak, grilled vegetables, potato Layonaise served with a pepper corn sauce

Grilled Salmon | 44,000

Salmon filet, sautéed vegetables & a red bell pepper sauce served with a side of white rice or mash potato

Jumbo Prawns | 39,000

Grilled marinated prawns & a side of baked sweet potatoes

. \*Ask for the suya version

Firebird | 29,500

grilled marinated half chicken served with jollof rice and plantain

Charred Croaker fish | 29,500

Grilled croaker, served with bold spicy kimchi fried rice & mussels

## KIDS

Fish Fingers | 15,800 Fish fingers with tartar sauce & fries

Mini Burger | 15,800

Brioche bun with your choice of a beef or chicken patty & fries

Chicken Nuggets | 15,800 Homemade chicken nuggets & fries

Mac & Cheese | 14,000

# **EXTRA SIDES**

Grilled Prawns | 9,500 Grilled Chicken | 7,500 Sauteed Vegetables | 6,500 Jollof Rice | 7,500

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# DESSERT

Chocolate Lava Cake | 15,500

Molten chocolate cake & vanilla ice-cream Pistachio stuffed Molten cake option

Apple Crumble | 15,500

Baked apple crumble, salted caramel & vanilla ice-cream

Sticky Toffee Pudding | 15,500

Baked toffee pudding, sticky toffee sauce & vanilla ice-cream

Malva Pudding | 15,500

South African apricot cake, butter cream sauce & vanilla ice-cream

Tagliatelle Crêpe | 17,500

Crêpe served with white and milk chocolate sauce topped with vanilla ice cream

Homemade Ice-Cream | 6,000

Nutella | Mango | Snickers | Pistachio | Orea | Vanilla

Cake selection from display fridge



## **HOT COFFEE**

Espresso | 5,200 One shot of espresso

**Double Espresso** | 6,500 Two shots of espresso

Macchiato | 6,000 Shot of espresso & a splash of milk

Americano | 5,200 Brewed coffee

Caramel Macchiato | 7,200 Shot of espresso, splash of milk & caramel

Cappuccino | 6,900 | 7,500 Shot of espresso, steamed milk & foam

**Long Macchiato** | 6,600 Shot of espresso & milk

Flat White | 6,900 Shot of espresso & steamed milk

Mochaccino | 7,600 Shot of espresso with chocolate, milk & foam

Cafe Latte | 7,500 Espresso & steamed milk

Beetroot Latte | 7,500 Steamed milk & fresh beetroot shot

Turmeric Latte | 8,000 Steamed milk & turmeric shot Matcha Latte | 8,500 Steamed milk & matcha powder

Hot Chocolate | 8,500 Homemade chocolate ganache, milk & whipped cream

**Lebanese Coffee** | 6,000 Finely ground traditional arabica brewed coffee

Dirty Chai | 8,200 Chai latte, shot of espresso

Chai Latte | 6,000 | 6,700 Spiced black tea & steamed milk

**Tea** | 6,300 Your choice from our tea selection

Infusions | 6,500 Your choice of fresh mint or ginger infused in hot water

Nutella Latte | 8,000 Double espresso, Nutella & milk

Pistachio Latte | 8,000 Double espresso, pistachio, coconut syrup & milk

**Spanish Latte** | 7,600 Double espresso, condensed milk & milk

Winter Latte | 10,000 Double espresso, Baileys, chocolate, caramel syrup & milk

## **COLD COFFEE**

**Iced Latte** | 7,600 Shot of espresso, milk & ice

**Iced Americano** | 5,200 Brewed coffee & ice

Iced Matcha Latte | 8,000 Matcha, milk & ice

Nutella Latte | 8,000 Double espresso, Nutella & milk

Pistachio Latte | 8,000 Double espresso, pistachio, coconut syrup & milk

**Spanish Latte** | 7,600 Double espresso, condensed milk & milk

Winter Latte | 10,000 Double espresso, Baileys, chocolate, caramel syrup & milk Cafe Latte | 7,500 Espresso, steamed milk

Affogato | 8,400 Vanilla ice cream, espresso shot

Chai Latte | 6,800 Spiced black tea & steamed milk

Dirty Chai | 8,300 Chai latte, shot of espresso & ice

Dirty Sailor Milkshake | 11,300 Gin, salted caramel, ice-cream & whipped cream

Frappucino | 8,900 Shot of espresso, milk, ice & topped with whipped cream

Milkshake | 10,200 Caramel | Vanilla | Hazelnut | Chocolate Strawberry | Oreo

## **SMOOTHIES**

Guilt-free Strawberry | 10,000 Banana, strawberry & coconut milk

Banana Butter | 10,000 Banana, coconut milk, almond butter, peanut butter, protein powder & maca powder

Tropi Baobab | 10,000 Pineapple, tropical fruits, coconut milk & baobab Pineapple Kale | 10,000 Kale, pineapple, banana, peanut bu

Kale, pineapple, banana, peanut butter, coconut milk & honey

Chocoloco | 10,000 Banana, cacao, honey, peanut butter, melted chocolate & almond

#### **DRINKS**

Water | 2,100 | 3,000

Perrier | 4,000

Coca-Cola 3,000

Fanta | 3,000

**Sprite** | 3,000

## **JUICES**

Golden Glow | 8,300

Carrot, pineapple, turmeric & ginger

**Beet it** | 8,300

Beetroot, orange & pineapple

Bottled Juice | 10,000

All our juices are pressed daily

The Papaya | 8,300

Papaya, pineapple, lime & kiwi

The Classics | 8,300

Apple | Orange | Pineapple | Carrot | Watermelon

## **BOOSTER SHOTS**

**Super Shot** | 5,300

Lime, ginger, apple cider vinegar, cayenne pepper & turmeric

**Apple Shot** | 5,300

Apple, cinnamon, ginger & apple cider vinegar

Immune Boost | 8,900

Watermelon, pineapple, lime & kiwi

OCB | 8,300

Orange, carrot, beetroot, apple, ginger & cinnamon

Mean Green | 8,300

Kale, spinach, parsley, celery, apple, cucumber & lime

FSC Zobo | 8,300

Hibiscus, pineapple & ginger



## **MATCHA**

Matcha | 10,000 Vanilla Matcha | 10,000

Strawberry Matcha | 10,000

Blueberry Matcha | 10,000 Orange Matcha | 10,000 White chocolate Matcha | 10,000

## **MOCKTAILS**

Chapman | 9,500

Our take on the famous Nigerian mocktail made with grenadine syrup, bitters, fanta, sprite, orange juice & lemon

Lemonade | 9,500

Our twist on the sweetened lemon-flavored beverage with fresh lemon & a homemade syrup with orange blossom water

## COCKTAILS

Blueberry Mojito | 13,000

Lime, white rum, sugar, mint & blueberries

Blackberry Gin Basil | 13,000

Lemon juicem gin, basil & blackberries

Pina Colada | 13,000

Pineapple juice, white rum & coconut cream

Richards Long Island | 16,000

Vodka, tequila, light rum, triple sec, gin, orange juice & soda water. Contains fruits & pineapples

Aperol Spritz | 13,000

Prosecco, aperol, orange juice & soda water

Ogogoro Island | 13,000

Ogogoro, pineapple juice & lime wedges

Pedro Special | 13,000

Ogogoro, malibu run, lemon juice & red wine

Old Fashioned | 13,000

Sugar with bitters & whiskey

## Minted lemonade | 9,500

Our twist on the sweetened lemon-falovered beverage with fresh lemon & a homemade syrup with orange blossom water & fresh mint

Iced Tea | 9,500

Your choice of fresh homemade iced tea

All Alcoholic cocktails are also available as mocktails | 9,500

Moscow Mule | 13,000

Ginger beer, vodka & lime juice

Shaken Martini | 13,000

Vodka, dry vermouth, lemon twist & olive

Sex on the Beach | 13,000

Vodka, peach schnapps, orange & cranberry juice

Margarita | 13,000

Tequila, orange liqueur & lime juice

**Sangria** | 13,000

Wine & mixed fruits

Classic Sidecar | 13,000

Brandy, orange liqueur & lemon juice

House Wine by the glass | 10,000

Red or white

Zobo Marguarita | 13,000

tequila, triple sec, hibiscus juice, lemon

## **RED WINES**

Lanzerac | 60,500 Syrah

Bruce Jack | 50,500 Cabernet Sauvignon

Bruce Jack | 47,500 Pinotage

Bruce Jack | 47,500 Merlot

Villa Alvor | 51,500 Mixed blend

# **WHITE WINES**

**Tokara** | 60,000 Sauvignon Blanc

Atatraxia | 80,000 Sauvignon Blanc

Tokara Reserve | 51,000 Chardonnay

Santa Rita | 35,000 Chardonnay

Villa Antinori Bianco | 90,000 Mixed Blend

## **ROSE WINES**

Casal Garcia | 41,000 Villa Alvor | 49,500 Tulipa Rose | 30,000 Tokara | 60,000

### **PROSECCOS**

The Independent Brut | 75,000 The Independent Rose | 75,000 Diane Brut | 95,000 Prosecco by the Glass | 10,500 Villa D Maria Rufo | 51,500 Mixed Blend

The Vinoneers Eternal 8 | 90,000 Mixed Blend

Santa Rita | 40,500 Malbec

Villa Antinori Rosso | 90,000 Mixed Blend

Red Tempranillo | 36,000 Mixed Blend

Santa Christina | 70,000 Pinot Grigio

Villa Alvor | 54,000 Mixed Blend

Casal Garcia | 42,000 Mixed Blend

Diemersdal Reserve | 90,000 Chardonnay

## **SWEET WINES**

Casal Garcia White | 39,000 Casal Garcia Red | 39,000

## **CHAMPAGNES**

Moet Brut Imperial | 250,000 Moet Nectar Imperial | 280,000 Moet Rose | 330,000 Veuve Brut | 290,000 Veuve Rose | 350,000

All prices are exclusive of VAT. CT & SC



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