

OUR MENU



BACK'S


mantis



OUR STORY

As a third-generation family owner of Fairview, Charles Back II -- grandson of a butcher and son of a winemaker -- has continued the family legacy to nurture the land. Adding 'cheese maker' to the family repertoire, today the Back family really are a collection of butchers, bakers, wine and cheese makers!

We strive to use as much produce from family farms or artisans in the surrounding areas as possible to serve fresh and local every chance we get. Now in conjunction with the Pearl Valley Hotel by Mantis we are excited to share our carefully curated Restaurant and Deli experience with the hotel guests and the residents of Pearl Valley Golf Estate and Spa.

BACK'S GOAL IS SIMPLE

*"we bring you the best, ethically farmed and hand-selected produce.
It just tastes better."*

PLEASE NOTE THAT WE ARE CASHLESS.



BEVERAGES

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COFFEE

A great cup of coffee goes like this: excellent local purveyors, a trip around the world to find the best beans, skilled baristas.

Espresso	R26
Americano	R28
Cappucino	R29
Large cappuccino	R35
Flat white	R35
Cortado	R32
Café latte	R32
Ice latte	R35
Hot chocolate	R35
Red cappuccino	R35
Red latte	R35

FINE TEAS

Organic Rooibos | Organic Green Rooibos | Pinotage Rooibos | Cape Green
Earl Grey | Black Breakfast R26

MILK ALTERNATIVES

Oat Milk | Almond Milk R10



TEA BREWING GUIDE

2 min
Subtle complex flavours

5 min
Medium strength

8 min
Full flavours



SOFT DRINKS

Coke Coke Zero Cream Soda Sprite Zero Fanta Orange	R28
Grapetizer Appletizer	R35
BOS ice tea (lemon, peach)	R35
Fruit Juice: mango apple orange	R25
Kombucha: rooibos buchu rose	R55
0% Heineken Savanna Lemon	R40
Water	Small 440ml R29 Large 750ml R39

FRESH COLD PRESSED JUICES

CUCUMBER DETOX	R48
Cucumber, celery, green apple	
BEETROOT POWER	R48
Beetroot, carrot, orange, ginger	
TURMERIC TONIC	R48
Ginger, turmeric root, lime, honey	
CARROT IMMUNE BOOST	R48
Carrot, orange, ginger	

SMOOTHIES

Made fresh with your choice of: Fairview Yoghurt, Almond Milk or Oat Milk

SUMMER DELIGHT	Medium R42
Pineapple, coconut cream, honey and mint.	Large R52
BERRY BLAST	Medium R42
Mixed berries and banana.	Large R52



BREAKFAST

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Served until 11.30

(V) YOGHURT BOWL

R79

Our popular full-cream, natural yoghurt served with almond and cashew granola, fresh seasonal fruit and drizzled honey.

(V) AVO ON TOAST

R95

Toasted sourdough with Fairview cream cheese or with vegan cheese, fresh avocado and balsamic roasted cherry tomatoes.

BACK'S OMELETTE

R99

3 Free-range eggs omelette filled with smoked trout, Fairview cream cheese, chives and topped with capers.

ROSTI BENEDICT

2 Free-range poached eggs served on crispy potato rostis and drizzled with our homemade hollandaise sauce.

Back's free-range bacon

R90

Smoked Trout

R115

Seasonal vegetables

R99

Vegan - seasonal veggies and avo instead of eggs and hollandaise

R99

ROOSTER'S CALL

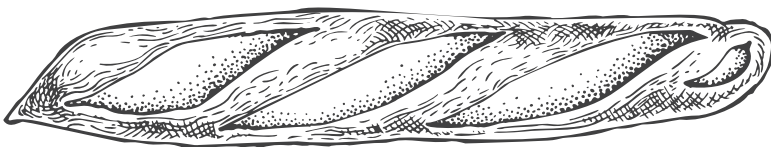
R109

Back's free-range boerewors, 2 free-range scrambled eggs, crispy bacon and oven-roasted cherry tomatoes served with 2 slices of freshly-baked toast, butter and jam.

LE BON CROISSANT

R99

Fresh butter croissant, served with free-range bacon and 2 free-range eggs scrambled with cream.



SNACKS & PLATTERS

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Served from 11.30am

(V) OLIVES R55

marinated in garlic, rosemary and fresh oranges.

(V) POLENTA CHIPS R50

Made with matured cheddar, pecorino and rosemary.

BITTERBALLEN R85

Home-made slow-cooked beef croquette served with a honey, wholegrain mustard aioli.

(V) CHERMOULA HUMMUS R60

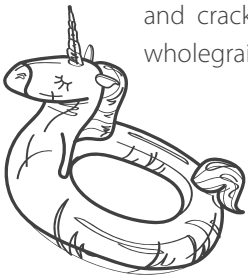
served with crackers

(V) FAIRVIEW CLASSIC CHEESE PLATTER R185

Selection of 4 cheeses with fresh bread and crackers, home-made pickled cucumber, butternut chutney and chilli jam and hummus.

MIX CHEESE AND CURED MEAT PLATTER R205

Selection of 2 cured meats and 3 Fairview cheeses. Served with fresh bread and crackers, home-made pickled cucumber and butternut chutney and wholegrain mustard.





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THANK YOU - DANKIE - MERCI