

Hello! Hungry

GF gluten-free

VEG vegetarian

VGN vegan

Lunch + Dinner Menu

available from
11am - 5pm

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11am - 5pm

SOBA NOODLES
(Japanese
Buckwheat
Noodles)

or

GF ZUCCHINI
NOODLES
(Sneak in an
extra green)



Toasties	Avo & Spinach Toastie <i>*new</i> VEG 58 Spinach, Basil Pesto, Avocado, Mozzarella & Feta
	The Babe Toastie 65 Bacon, Smoked Chicken, Avocado & Cheddar
	Pulled Pork Toastie <i>*new</i> 82 Pulled Pork, Mozzarella & Kimchi
Open sandwiches	Silverside Beef Open Sandwich 54 Ouma Ria's Sweet Mustard & Balsamic Caramelized Onion
	Cured Salmon Open Sandwich 66 Citrus Cured Salmon, Citrus Cream Cheese, Tomato & Coriander Salsa
	Avo and Rooibos Open Sandwich VGN 39 Avocado, Sun-dried Tomato, Cucumber & Rooibos Balsamic Reduction
Wok Noodles	Spicy Cashew Noodles VGN 78 Red Pepper & Tomato Sauce, Carrot, Cabbage, Peppers, Onion, Ginger, Sesame Seeds, Chili & Coriander
	Thai Red Chicken Curry Noodles 86 Carrot, Cabbage, Peppers, Onion, Sesame Seeds & Coriander
	Beef Fillet and Broccoli Noodles 95 Carrot, Cabbage, Peppers, Onion, Sesame Seeds, Wok Sauce & Coriander
	Pork Belly Noodles 82 Carrot, Cabbage, Peppers, Onion, Sesame Seeds, Wok Sauce & Spring Onion
	Corn & Mushroom Wok Noodles VGN 80 Mushroom, Broccoli, Baby Corn, Carrot, Cabbage, Peppers, Onion, Sesame Seeds, Spring Onion & Wok Sauce
	Chicken & Corn Noodles 82 Chicken Breast, Baby Corn, Carrot, Cabbage, Peppers, Onion, Sesame Seeds, Wok Sauce & Coriander
	Tom Yum Noodle Broth Noodles <i>*new</i> 70 Tagliatelle, Mushroom, Lemon Grass, Spring Onion, Broccoli, Tomato & Coriander
	+ Chicken 20
	+ Salmon 46
	Broccoli & Brown Butter Noodles <i>*new</i> VEG 60 Tagliatelle, Feta, Leeks, Sage, Parsley, Cream, Parmesan
+ Bacon 23	
+ Chicken 20	
+ Fillet Steak Strips 40	
Salads	Mango & Smoked Chicken Salad GF 72 Avocado, Lettuce, Rocket, Whole Grain Mustard & Citrus Vinaigrette
	Mediterranean Couscous Salad VGN 64 Roast Butternut, Beetroot, Red Onion, Peppers, Cucumber, Rocket Coconut, Cucumber & Mint Raita
	Roast Butternut & Venison Carpaccio Salad 84 Lettuce, Rocket, Red Onion, Feta, Croûtons, Whole Grain Mustard & Citrus Vinaigrette & Rooibos Balsamic Reduction
	Thai Fish Cake Salad <i>*new</i> GF 80 Salmon Fish Cakes, Lettuce, Rocket, Carrot, Cucumber, Whole Grain Mustard & Citrus Vinaigrette

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hello! is it me you're looking for?

Flat Breads	The Cherry Flat Bread VEG 65 Cherry Tomato, Mozzarella and Basil Pesto
	The Italian Flat Bread 82 Roast Butternut, Gorgonzola, Bacon and Pumpkin Seeds
	Up Beet Flat Bread VEG 60 Beetroot, Butternut, Avocado, Pumpkin Seeds & Rooibos Balsamic Reduction
	Mexicana Flat Bread 82 Spiced Beef Mince, Black Beans, Red Pepper & Tomato Sauce, Cheddar, Guacamole, Sour Cream, Tomato & Coriander Salsa
	Venison Carpaccio & Rosemary Flat Bread 75 Garlic and Olive oil Focaccia, Feta, Rooibos Balsamic Reduction & Caramelized Red Onion
Mains	Chefs Soup *new SQ Freshly Prepared Daily served with toasted Artisan Bread
	Teriyaki Salmon *new GF 150 200g Crispy Skinned Salmon, Wok Vegetables & Teriyaki Sauce
	Legume Balati Couscous *new VEG 75 Chickpea, Pepper, Onion & Roast Butternut Couscous with Coconut, Cucumber-Mint Raita & Coriander
	Balati Chicken Couscous 84 Curried Balati Chicken, Naan Chips, Coconut, cucumber and Mint Raita & Coriander
	The Old Man Steak 145 200g Fillet Steak, Creamy Mushroom & Brandy Sauce served with Zucchini Fries or Wok Salad
	Kudu Loin 149 200g Kudu Loin, Butternut-Gorgonzola Sauce with Beetroot fries & Basil Aioli
	Couscous Fried Chicken 90 Couscous & Parmesan Fried Chicken Breast with Dressed Baby Spinach, Wok Tossed Broccoli & Citrus Cream Cheese
	Vegan Burger VEG 82 Bean & Lentil Patty, Roast Red Pepper Hummus, Cucumber & Mint Coconut Raita, Lettuce, Tomato & Red onion with Zucchini Fries or Wok Salad
	Lamb Burger 115 200g Lamb Patty, Ouma Ria's Sweet Mustard, Coconut Cucumber & Mint Raita, Lettuce, Tomato, Red Onion served with Zucchini Fries or Wok Salad
Gnocchi	Venison Carpaccio Gnocchi 98 Basil Pesto, Pine Nuts, Parmesan & Rooibos Balsamic Reduction
	Gorgonzola, Butternut & Bacon Gnocchi 83 Gorgonzola & Butternut Sauce, Bacon & Pumpkin Seeds
	Red Pepper & Tomato Gnocchi VEG 70 Red Pepper & Tomato Sauce, Parmesan, Basil Pesto & Avocado

Try this plant-based power house →



Our gnocchi is made from scratch in our kitchen →

Hello! It's Me,

KITCHEN & BAR



Dinner Tapas Menu

Hello! Tapas

<p>Hello! Wok Salad 24 Baby Spinach, Broccoli, Sun-dried Tomato, Pine Nuts & Wok Sauce</p>	<p>Citrus Cured Salmon 50 Served with Capers, Cucumber, Rocket, Croûtons & Whole Grain Mustard & Citrus Vinaigrette</p>
<p>Zucchini Fries 25 Tempura Spiralized Zucchini Fries served with Basil Aioli</p>	<p>Pork Spring Roll 52 Pulled Pork with Chinese 5 Spice & Pepper served with Sesame, Ginger & Soy Sauce.</p>
<p>Beetroot Fries 25 Tempura Spiralized Beetroot Fries served with Basil Aioli</p>	<p>Prawn Potstickers..... 52 Prawn, Coriander & Lime Pot Stickers served with Red Wine Vinegar & Soy Sauce.</p>
<p>Wok Tossed Broccoli 28 Sun-dried Tomato, Sesame Seeds & Wok Sauce</p>	<p>Pork Belly & Ginger Stir Fry..... 72 Carrot, Cabbage, Peppers, Onion, Sesame Seeds, Wok Sauce & Spring Onion</p>
<p>Tempura Cauliflower 38 Served with Soy, Ginger & Sesame Dipping Sauce</p>	<p>Fillet & Mushroom Stir Fry 89 Carrot, Cabbage, Peppers, Onion, Sesame Seeds, Wok Sauce & Spring Onion</p>
<p>Avo Rice Paper Rolls 40 Cabbage, Peppers, Spring Onion, Cucumber, Wok Sauce, Spring Onion & Sesame Seeds served with Thai Sweet Chili Sauce</p>	<p>Panko Rolled Prawns..... 72 Two Panko Rolled & Fried Prawns served with Sesame, Soy & Ginger Sauce.</p>
<p>Chicken & Ginger Spring Roll 42 Chicken, Ginger, Garlic, Cabbage & Carrots served With Thai Sweet Chilli</p>	<p>Pulled Pork Bombs..... 51 Stuffed with Three Cheeses & Coated In Panko served with Sweet Chilli Mayo</p>
<p>Tom Yum Wok Noodles 45 Cauliflower, Broccoli, Ginger, Lemon Grass , Spring Onion, Mushroom & Tomato</p>	

