

COFFEE TEA FLEAS ETC.

Decaf Coffee option available – add R2
Almond Milk option available – add R2

Cappuccino	34
Double espresso with extra foamy milk on top	
Americano	30
Hot water with espresso and milk in or on the side	
Flat White	34
Double espresso with double quantity slightly foamed milk	
Espresso -not that a flea needs it!	28
Standard double shot coffee	
Caffè Latte	36
Double espresso with slightly foamed creamy milk in a tall glass	
Caffè Mocha	39
Espresso with hot chocolate	
Cortado	32
Double espresso with same quantity foamed milk	
Ice Cold Mochacino	39
Double espresso with chocolate and ice cold milk in a tall glass	
Red Chino	34
Rooibos tea with foamed milk on top	
Red Latte	36
Rooibos tea with slightly foamed creamy milk in a tall glass	
Pot Rooibos Tea	31
Pot Ceylon Tea	31
Milo	42
Hot Chocolate	39
Chai Latte	43
Creamy sweet-spice-aroma beverage	

SOFT DRINKS ETC.

Appletiser / Grapetiser	26
Bos Iced Tea	32
Lemon, Peach	
Soft Drinks	22
Coke, Coke Light, Sprite, Sprite Zero, Fanta, Crème Soda, Granadilla Twist, Sparberry, flea	
Red Bull	30
Spring Water - Still / Sparkling	18
Fresh Fruit Juice	28
Orange, Apple, Strawberry, Pineapple	
Fitch & Leede's	23
Indian Tonic, Pink Tonic, Bitter Lemon, Cranberry, Ginger Ale, Lemonade	
Milkshakes	48 27
Vanilla pod, Chocolate, Berries, Coffee, Peanut Fudge (flea's favourite), Green Lime	
Minion Banana, Salted Caramel, Bubble Gum	
Smoothies	
Very Berry	56
Berries, apple, banana, oats, plain yoghurt, honey, almond milk, chia seeds	
Banana Split	54
Banana, peanut butter, apple, oats, plain yoghurt, almond milk	

This space is reserved for the sand fleas.
Once you spot one, raise your hands and shout out loud "I Got a Flea!" Assistance is on its way.

BEER & WINE

ON TAP

Darling Brew Just (300/500ml)	38 48
Leadwood Gin & Pink Tonic	65

BOTTLED BEER & CIDERS

Castle Lite	26
Stella Artois	30
Tafel Lager	24
Windhoek Draught	36
DB Warlord IPA	46
DB Rogue Pony 4x4 Braai IPA	34
DB 4x4 Braai IPA	34
Sol / Corona	39
Savanna - Dry / Light / Non-Alc	32
Flying Fish – Lemon	30

WINES (The Flea's personal selection)

Wine per Glass	49
- DC Chenin / Sauv Blanc	
- de Grendel Rosé	
- DC Cabernet / Merlot	

MéTHODE CAP CLASSIQUE (MCC)

Simonsig Kaapse Vonk Brut Rosé	283
Pierre Jourdan MCC Brut	279

WHITE WINE

Diemersdal Sauvignon Blanc	143
Darling Reserve Sauvignon Blanc	129
Groote Post Seasalter	326
Cederberg Chenin	174
Buitenverwachting Buiten Blanc	146
Diemersdal Chardonnay U/W	143

ROSÉ WINE

de Grendel Rosé	141
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RED WINE

Darling Cellars Cabernet / Merlot	129
Groote Post Old Man's Blend Red	184
DC Chocoholic Pinotage	136
Marras Shiraz	148
Cederberg Cabernet Sauvignon	373
Warwick First Lady Cab Sauv	194

LIQUOR

WHISKY

J&B	23
Jameson	28

BRANDY

Olof Berg	17
Richelieu	21

BOURBON

Jack Daniels	24
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GIN (with or without a flea)

Gordon's	17
Darlington	26

VODKA

Smirnoff	17
Absolut	23

RUM

Captain Morgan Dark	23
Bacardi Blanco	23
Malibu	23

LIQUEUR & SHOTS

Cointreau	32
Tequila Silver or Gold	28
Jägermeister / Kahlua / Frangelico	28
Amarula / Cointreau / Flea Juice / Carvo Caramel	

COCKTAILS

Margarita - Tequila, Triple Sec, Lemon	74
Cosmopolitan - Vodka, Cranberry, Soda	68
Mojito - Tequila Blanco, Mint, Soda, Fleas	68
Gummy Bear Juice - Rum, Sparberry	68
Long Island Iced Tea - White Spirits, Coke	78
Fish Bowl - Rum, Vodka, Curacao, Lemonade	78
Bloody Mary - Vodka, Tomato Juice, Seasoning	72
Coconut Ice - Ice Cream, Rum, Coconut	74
Pina Colada - Blanco Rum, Coco milk, Pine Juice	76
Dom Pedro - Ice cream with Liquor of choice	74

BREAKFASTS

Your Choice of our Home-Baked White Bread, Sourdough or Rye Bread. Breakfasts are prepared fresh from scratch, please allow for extra time to prepare. Served until 11am strictly

Traditional Breakfast (Full Half)	121 78
Crispy bacon, grilled sausage of choice, eggs as you like, grilled mushrooms with rosa tomato and red onion served with bread of choice	
Flea's Breakfast (only if you're flea enough)	124
Bacon, pork banger or cheese griller or boerewors, fried eggs, hash brown, grilled tomato & baked beans with bread of choice	
Eggs Benedict / Florentine	94
English muffin or sourdough bread topped with country ham or spinach and soft poached eggs, smothered with fresh home-made hollandaise sauce	
Croissant (Full Half)	98 64
Freshly baked croissant filled with fluffy soft scrambled eggs, cheese, diced tomato, crispy bacon bits and chives or spring onion	
Omelette (Full Half)	96 63
Diced country ham, grilled mushrooms, wilted baby spinach, diced tomato and cheese, rolled in an omelette, served with bread of choice and a flea or two	
French Toast or Waffle	98 64
Bread dipped in egg and toasted golden, or traditional waffle topped with crispy bacon, fresh or grilled banana, cheddar cheese, toasted nuts & golden syrup	
Smoothies	
Very Berry - Berries, apple, banana, oats, plain yoghurt, honey, chia seeds	56
Banana Split - Banana, peanut butter, apple, oats, plain yoghurt, almond milk	54

TOASTED SANDWICHES & TRAMEZZINI

White or Sourdough Bread or an Italian Tramezzini with fries & onion rings or a wholesome Salad

	SANDWICH	TRAMEZZINI
Basil pesto, marinated sun-dried tomato & four cheeses	86	108
Grilled brinjal & marrow, avo, tomato, herbs & parmesan	89	112
Cheese, tomato, avocado, feta & caramelized onion	84	104
Ham or bacon, cheese, tomato & eggs of choice	89	112
Eggs of choice, whole grain mustard & cheese	78	94
Prego steak, caramelized onion, avocado, flea & cheese	109	141
Savoury beef mince, mild sweet chilli, avocado & cheese	98	121
Grilled chicken fillet, pineapple, avocado & cheese	92	114
Chicken mayo, whole grain mustard, avocado & cheese	86	106

SALADS

Freshly Prepared on Order with Locally Sourced Greens

Goodie Salad	96
Salad greens with cucumber, avocado, crispy bacon bits, cheese, marinated olives & sun-dried tomato, peppadews®, croutons, soft-boiled eggs, toasted seeds & fleas	

Chicken Salad	92
Spicy grilled chicken fillet slices on variety salad greens with rosa tomatoes, sweet peppers, pineapple, avocado, red onion, sprouts and tzatziki	
Carpaccio Salad	118
Paper thin slithers of dry matured fillet with rocket and wild lettuce, crumbled blue cheese and crushed nuts	
The Flea's Salad	123
Smoked salmon or peppered mackerel with mixed greens, fennel bulb, dill & Green apple slices, avocado, toasted seeds, sprouts and yoghurt dill dressing	
Avo Ritz	123
Prawn tails tossed in pink dressing, served in an avo nest on top of salad greens And dill with cucumber, spring onion & rosa tomatoes, topped with fried rice noodle	

BURGERS

Our 100% pure Beef Burger patty weighs 200g. Chicken fillet available in crumbed or grilled. Burgers are served with Onion Rings & Potato Chips or Wholesome Salad

Classic Burger	129
Grilled beef burger patty or juicy chicken fillet on burger relish with fresh lettuce, tomato, dill cucumber and red onion	
Deluxe Burger (flea's #1 Burger, don't tell #2!)	146
Char-grilled beef burger patty or juicy chicken fillet with grilled cheese topping, crispy grilled bacon, avocado slices and caramelized onion with fresh lettuce, tomato and dill cucumber	
Cheddar-Melt Burger	138
Grilled beef burger patty or juicy chicken fillet, topped with sliced cheese, draped with cheese sauce & grilled mushrooms, with a sprinkling of parmesan	
Prego Burger	156 134
Your choice of 200g char-grilled beef rump steak or jumbo grilled chicken fillet basted with spicy Portuguese Prego sauce, topped with cheese, avocado, shredded lettuce, diced tomato, red onion & pickled jalapeno	
Sweet Chilli Chicken Burger (flea's 2nd favourite...)	135
Golden fried crumbed chicken fillet topped with cheese, grilled pineapple, mild sweet chilli sauce, shredded lettuce, sliced tomato, dill cucumber & red onion	

FISH AFFAIR

Calamari	145
Baby calamari tubes & heads, seasoned, coated & fried or pan seared, served with wasabi mayo, chips & crispy onion rings with salad on the side	
Flea's Calamari	145
Baby calamari tubes and heads pan seared with chorizo, tomatoes, garlic, herbs, chilli and white wine, served with toasted ciabatta bread and avocado salad	

Fish & Chips	152
Jumbo hake fillet, golden fried with beer-batter or pan grilled, served with tartar sauce, golden chips & onion rings with salad	
Calamari & Fish Combo	148
Baby calamari tubes, fried or grilled & beer-batter fish cutlets served with tartar sauce crispy onion rings & fries with salad	
Prawns	229
6 King tiger prawns pan seared in garlic, herb and chilli-lemon butter served with wasabi mayo on lemon-butter rice or with chips & onion rings	
Seafood Curry	156
Slightly hot Asian curry with seafoods, ginger, garlic, chilli and coconut cream served on basmati rice with avocado salad and fleas	
Mussels	141
West Coast mussels prepared in creamy mustard, garlic and white wine sauce, served with toasted ciabatta bread with tomato, green onion and avocado salad	
Seafood Feast	389
Platter for two with 4 King prawns & fish cutlets on rice, calamari tubes & heads and mussels in mustard sauce, golden chips & onion rings with dipping sauces	

CHICKEN FARE

Chicken Strips	104
Crumbed juicy chicken strips fried golden served with mild sweet chilli dipping sauce, crispy onion rings, golden fries and salad	
Flea Wings	127
Five fried spicy chicken wings with tzatziki dip and honey & soy teriyaki dipping sauce served with crispy onion rings & chips with salad	
Chicken Schnitzel	129
Tender chicken fillet crumbed and fried juicy golden, served with cheese sauce topped with grilled mushrooms served with fries & onion rings with salad	
Thigh Skewer	131
Spicy yoghurt or sweet & sticky marinated deboned chicken thighs on a skewer, grilled and served on rice with salad or with chips, onion rings and salad	

PASTA

All pasta is home-made from scratch with stone-ground flour & free-range eggs

Lasagne	129
Bolognaise beef mince & cheese sauce or creamy chicken & mushroom, layered with home-made fresh lasagne sheets with golden grilled cheese on top	
Pasta Alfredo	131
Home-made tagliatelle stirred through bechamel cheese sauce with fried onion, garlic, country ham, grilled chicken, mushrooms & parmesan cheese	
Ravioli	127
Silky soft home-made pasta pockets filled with spinach & ricotta, served in creamy tomato, basil and wine sauce with parmesan	

Pasta del Mar	162
Prawns, mussels and fish cutlets prepared in garlic, herb, white wine & tomato creamy cheese sauce, with pappardelle pasta and a flea on top	

Gnocchi & Pesto	122
Fluffy mashed potato pasta pillows or tagliatelle, blanched and then sauteed with basil pesto, served with cream cheese, sun-dried tomato, lemon and parmesan	

CAFÉ FARE

Cordon Bleu	136
Chicken fillet or beef rump rolled up with country ham & cheese, golden fried, served with chips & onion rings or buttered tagliatelle with cheese sauce & salad	

Quiche & Salad	123
Home-made quiche Lorraine or spinach and 3 cheese quiche served with Salad	

Wrap & Fries	
Jumbo tortilla wrapped up with lettuce, cucumber, diced tomato & red onion:	
Crumbed fish strips with pineapple, dill & island dressing	128
Crumbed or grilled chicken strips, bacon, cheese & honey mustard dressing	119
Grilled rump steak slices with smoky BBQ sauce, cheese, avo and tzatziki	139

Pancakes & Salad	126
Baked on order, 2 golden pancakes generously filled with either creamy chicken & mushroom or beef bolognaise & cheese sauce, served with wholesome salad	

Snack Platter for 2	289
Variety cheese & pâté with bread & crackers, dry-cured cold meats, mini quiches, beef meatballs, chicken strips, prawn rolls, dips, pickles & preserves and fleas	

Nibbles (perfect to share with an ice-cold beer)	156
Assortment of sliced biltong, droë wors, nuts, pretzels, crisps and cheese straws	

Loaded Fleas	89
Golden fried potato skins, draped with creamy cheese & poached garlic sauce, grilled with crispy bacon bits & cheese, topped with pickled jalapeno peppers	

Fries - Hand Cut & Twice Fried Potato Chips	38 53
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SWEET DELIGHTS

Our dessert and sweet treat menu is our pride and joy and nothing flea sized mediocre!
Please confirm with your waitron which of these we have available today

Slice of Cake – Please enquire on what cake we baked today. It is superior	54
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Tiramisu – Made the Italian way with mascarpone cheese & espresso	66
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Peppermint Crisp Tart - Decadently layered biscuit caramel & mint chocolate dessert	64
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a Flea's Mess - Layers of meringue, cream, biscuits and granadilla or berry compote	62
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Saucy Choc Pud - Baked chocolate pudding, served warm with cream or ice cream	58
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Cape Brandy Pud – Date & Nut baked pudding, served warm with cream or ice cream	68
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Crème Brûlée - Baked almond & cardamom cream custard with sugar cap and berries	59
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Affogato -Dark chocolate ice-cream & whisky with chocolate truffle, chocolate disk and hot espresso, be amazed!	77
Pancakes – 2 freshly baked pancakes served with ice cream or whipped cream:	
- Cinnamon sugar, roasted nuts, golden syrup & caramel popcorn or	53
- Fresh banana slices, cooked condensed milk and toasted nut praline or	58
- Suzette with orange segments & orange liqueur sauce	67
Irish Coffee - Tall black coffee with Jameson whisky and whipped cream on top	62

KIDS & FLEA MEALS

Meals served with potato smiles or potato chips with
cocktail tomatoes & cucumber which is non-negotiable because Mom said so

Crumbed chicken strips	48
Fish “fingers” & island dip	53
Egg of choice	36
Saucy BBQ beef meatballs	49
Mini cheeseburger	57
Bolognaise pasta	52
Cheese & tomato open toastie	39
Hotdog with fleas	43
Mac & cheese	44

the flea’s tale

I have been asked many times, where the name sand flea café originates from? Well, it is quite simple, when I acquired the establishment, it was notably very small and to be frank, a little bit “fugly”, almost like a little sand flea (of which there are plenty across the street). It is also a very much grotesque, but cool name no other eatery would consider, hence sand flea café. (I bet you thought it was going to be some long soapy story about fleas in a restaurant...)

Do not let this little critter be a deterrent! Quick work was made to spruce up the aged venue and a fabulous cosmopolitan menu with generous food portions was compiled. The menu will suit most walks of life ensuring our guests are over-joyed by the freshness and tastes of our cuisine and will depart a little tipsy (with delight) and satisfied knowing they got good value for their buck or coin or flea.

Our menu is long and big, and you might think Jack of all trades, Master of none, but with an eagerness like a fleas jump, we aim to hit the spot and please all. We have great passion & enjoyment preparing and presenting our scrumptious dishes, therefore we simply had to include almost all our favourites and more. Give it all a try

and the flea's bite will have you convinced. No matter if you like to eat a little or eat plenty, enjoyment & pleasure is on its way.

We don't mind "doggy-bags" – as long as it doesn't harm our environment, dogs or the fleas, you're most welcome.

Check out our splendid wine list selection! We also do not charge the usual ridiculous restaurant mark-up prices so you can enjoy much, much more of the good stuff.

Regretfully we do not allow for your own liquor. Pets and fleas are welcome though.

It is our honour and pleasure to serve you, Our Valued Guests here at the sand flea café.

May you enjoy the best time ever and return over and over and over again!

Botha & the Flea Clan
sand flea café • circa 2022

Ps. Did you know a flea can jump more than 20cm, that is 160 times over its body length...? That is about 27 meters for a human being...