

# BREAKFAST MENU

Served from 07:00 until 11:00 | Irene farm is a cash free environment



Please note Irene Farm has a "Restaurant License". This means we can ONLY sell alcoholic beverages from 10:00 with the purchase of a meal.

**V** Vegetarian

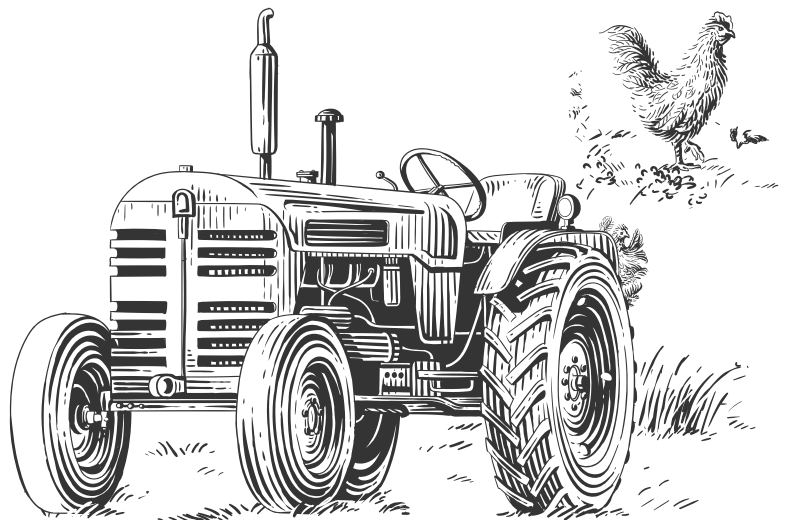
## BREAKFAST

Served with parmesan & herb fries / sweet potato fries

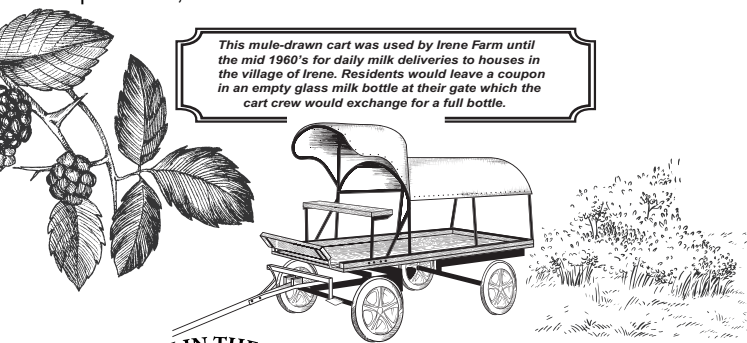
<b>SHAKSHUKA TOAST</b> <b>V</b> .....	<b>95</b>
Harissa relish, 2 fried eggs, feta & fresh coriander on sourdough	
<b>IRENE EGGS BENEDICT</b> .....	<b>95</b>
Toasted English muffin, farmhouse cheddar & 2 poached eggs drizzled with hollandaise	
Add streaky bacon.....	<b>120</b>
Add spinach & mushrooms.....	<b>130</b>
Add smoked salmon.....	<b>185</b>
<b>GREEN OMELETTE</b> <b>V</b> .....	<b>125</b>
3 Farm fresh eggs, green peas, baby spinach, spring onion & parsley topped with avocado, goats cheese & basil pesto	
<b>FARM OMELETTE</b> .....	<b>130</b>
3 Farm fresh eggs, chopped ham, mushrooms, spring onions, red peppers, spinach & grated cheddar cheese with a small portion of french fries	
<b>CRUSHED AVOCADO CIABATTA</b> <b>V</b> .....	<b>145</b>
Fresh avocado, crushed & lightly seasoned on ciabatta with cream cheese, sweet chilli & chives	
Add mushrooms.....	<b>170</b>
Add smoked chicken.....	<b>175</b>
Add smoked salmon.....	<b>210</b>
<b>DECK BREAKFAST</b> .....	<b>155</b>
2 Farm fresh fried eggs served on brown or white toast with smoked streaky bacon, farm style pork sausage, grilled tomato, sautéed mushrooms & French fries	
<b>GOURMET BREAKFAST BURGER</b> .....	<b>230</b>
Our own recipe Highveld beef patty in a sesame seed bun with bacon, egg, hollandaise, crushed avocado, parmesan, rocket & tomato	

## CONTINENTAL BREAKFAST

<b>CITRUS INFUSED FRENCH TOAST</b> .....	<b>90</b>
Homemade brioche with a hint of citrus, dipped in egg & cooked in butter with streaky bacon & maple flavoured syrup	
<b>FLAPJACK STACK</b> .....	<b>100</b>
3 Freshly made flapjacks sandwiched with fruit compote & topped with Irene Farm cream	
<b>HOMEMADE SCONES</b> <b>V</b> .....	<b>95</b>
Irene Farm cream, homemade strawberry jam, butter & grated cheddar	
<b>FRUIT PLATE</b> <b>V</b> .....	<b>95</b>
Sliced or diced seasonal fruit, yoghurt & honey	



This mule-drawn cart was used by Irene Farm until the mid 1960's for daily milk deliveries to houses in the village of Irene. Residents would leave a coupon in an empty glass milk bottle at their gate which the cart crew would exchange for a full bottle.



## EXTRAS

Please note that extras can only be ordered as an addition to a main meal

Egg.....	+10	Avocado.....	+30
Tomato.....	+10	Pork Sausage/Boerewors.....	+30
Sourdough Toast (1 Slice).....	+15	Halloumi.....	+70
Rye Toast (1 Slice).....	+15	Cheddar Cheese.....	+20
Low GI Toast (1 Slice).....	+15	Bacon (3 Strips).....	+40



Our food is prepared in a kitchen that uses wheat, dairy, peanuts, tree nuts, egg, soy, fish, shellfish & gluten. While we make every effort to ensure segregation of ingredients, your meal may contain traces of allergens. Please ask your waiter to call the Chef if you have any allergies or special dietary needs.

The Deck - Irene Farm  
Tel: +27 (0) 12 667 4822  
Email: barn@ireneestate.co.za  
Address: Nellmapius Drive, Irene, Gauteng

Please note, that a 10% gratuity will be charged for tables of 10 or more guests

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## LIGHT MEALS

**BAKED WHOLE CAMEMBERT** .....180

Wrapped in smoked streaky bacon with crispy bread, rocket & a caramelized walnut, honey & cranberry drizzle

## SWEET START

**BAKLAVA** ..... 90

Layers of phyllo pastry & chopped nuts, bound in a honey & nutmeg syrup, topped with vanilla ice cream

**ETON MESS** ..... 90

Smashed meringues, red berry compote & Irene Farm cream\*

**MILKTART** ..... 90

Homemade milk tart served with fresh Irene Farm cream\*

Subject to availability\*



### What exactly is Certified Raw Milk?

Certified Raw Milk is more nutritious and healthier than pasteurised milk as the pasteurising process kills bad bacteria that may be present in the milk but unfortunately kills much of the good bacteria, vitamins and nutrients at the same time.

*Some of the healthy nutrients and vitamins in Certified Raw Milk that are degraded or reduced in the pasteurisation process are:*

Beneficial bacteria which aid the digestive process in the stomach;

Food enzymes which help the digestive process;

Immunoglobulins which assist in immunity;

Vitamins A and C, iron, zinc, calcium, potassium as well as magnesium.

*For raw milk to be classified as Certified Raw Milk, the dairy must comply with the most stringent high standards such as:*

The dairy herd must be 'closed and quarantined', i.e. we never buy in new cows. The only new animals in the herd are our own calves born on the farm.

The herd must be vaccinated and tested annually for brucellosis and tuberculosis.

The milk must be tested frequently and randomly for bacteria, brucellosis and other impurities.

The milking parlour and equipment must be of a superior standard with a rigorous washing, maintenance and replacement schedule.

Irene Farm is pleased to confirm that we comply with all of these standards and more as is evident by the quality and fridge life of our milk.

### Milk prices at Irene Farm in 1965

### IRENE ESTATE DAIRY

MILK: 45c per gallon  
6c per pint

CREAM: 30c per 1/2 pint

CHICKENS: 30c per lb

CIRCA 1965  
4:30 - 6:00 pm

Our certified raw milk is available in 2l, 3l and 5l buckets as well as 250ml cream

IRENE FARM HAS BEEN PRODUCING AND SELLING CERTIFIED RAW MILK TO THE PUBLIC FOR OVER

120 YEARS

### The Life of a Cow

Cows are pregnant for 275 days. They spend the first 4 days with their calf before the calf is moved to the baby calf pens. This is the safest place for them to be as they are well looked after and fed specially balanced diets. A cow will only start producing milk once it has calved. They are all milked in a modern milking parlour twice a day. They spend the rest of the day in lush fields eating and relaxing. The milk is rapidly cooled and packaged.

### The Surge Bucket Milker

Prior to milking, a large wide leather strap called a surcingle was put around the cow, across the cow's lower back. The surge bucket milker device and collection tank hung underneath the cow attached to the strap. These milking devices were used here in The Dairy until 1966

