

THE Deck

BREAKFAST MENU

*Served from 07h00 until 11h00
Trading hours: 07h00 - 17h00
Irene farm is a cash free environment*

*Please note Irene Farm has a "Restaurant License".
This means we can ONLY sell alcoholic beverages between
10h00 & 17h00 with the purchase of a meal.*

B Banting **L** Low Carb  Vegan **V** Vegetarian

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.



www.irenefarm.co.za

IRENE FARM

SINCE 1895

BREAKFAST

SHAKSHUKA TOAST (V)	85
Harissa relish, 2 fried eggs, feta & fresh coriander on sourdough	
IRENE EGGS BENEDICT	85
Toasted English muffin, farmhouse cheddar & 2 poached eggs drizzled with hollandaise	
<i>Add streaky bacon</i>	105
<i>Add spinach & mushrooms</i>	120
<i>Add salmon & trout roulades</i>	170
LOADED SAVOURY CROISSANT	95
80g Croissant butterflied & toasted, topped with scrambled egg, bacon, roasted tomato & spring onion	
<i>Add grilled cheese</i>	110
BANTING BREAKFAST (B)	100
3 Fried farm fresh eggs, grilled streaky bacon, pork sausage & grilled tomato	
GREEN OMELETTE (V)	105
3 Farm fresh eggs, green peas, baby spinach, spring onion & parsley topped with crushed avocado, goats cheese & basil pesto	
FARM OMELETTE	110
3 Farm fresh eggs, chopped ham, mushrooms, spring onions, red peppers, spinach & grated cheddar cheese with a small portion of French fries	
BREAKFAST BOWL	120
Bacon, mushrooms, cherry tomato, scrambled egg, sautéed baby spinach & toasted ciabatta	
CRUSHED AVOCADO CIABATTA (V)	125
Fresh avocado, crushed & lightly seasoned on ciabatta with cream cheese, sweet chilli & chives	
<i>Add mushrooms</i>	135
<i>Add smoked chicken</i>	145
<i>Add smoked salmon</i>	195

BREAKFAST

- DECK BREAKFAST** 135
2 Farm fresh fried eggs, smoked streaky bacon, farm style pork sausage, grilled tomato, sautéed mushrooms & French fries served on brown or white toast
- GOURMET BREAKFAST BURGER** 215
Our own recipe 200g Highveld beef patty in a sesame seed bun with bacon, egg, hollandaise, crushed avocado, parmesan, rocket & tomato

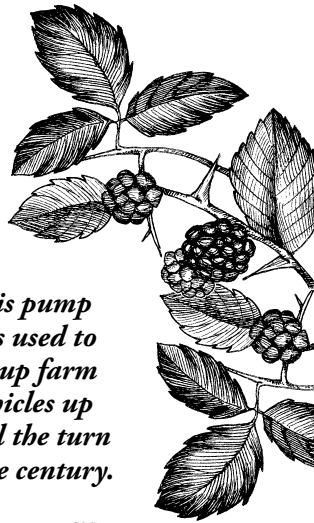
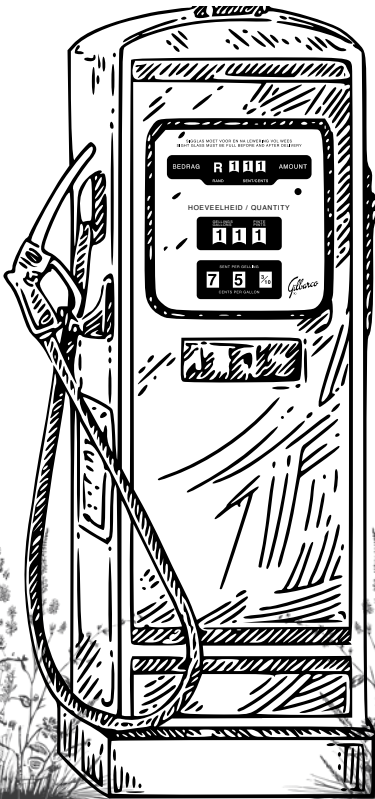
CONTINENTAL BREAKFAST

- CITRUS INFUSED FRENCH TOAST** 70
Homemade brioche with a hint of citrus, dipped in egg & cooked in butter with streaky bacon & maple flavoured syrup
- FLAPJACK STACK** (V) 80
3 Freshly made flapjacks sandwiched with fruit compote & topped with Irene Farm Cream
- HOMEMADE SCONES** (V) 75
Irene Farm Cream, homemade strawberry jam, butter & grated cheddar
- FRUIT PLATE** (V) 75
Sliced or diced seasonal fruit, yoghurt & honey
- CHOCOLATE CROISSANT** (V) 90
With fresh strawberries & thick Irene Farm Cream
- QUICHE LORRAINE** 100
Smoked back bacon, onions, eggs & cheddar cheese baked in a pastry case, served with sweet potato fries, grilled tomato & wild rocket
- TUNA STUFFED AVOCADO** 120
Fresh avocado stuffed with mayo-bound tuna salad with onions, chives & a side of crisp sourdough

EXTRAS

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

Egg.....	+10	Sweet Potato Fries.....	+30
Tomato.....	+10	Mushrooms.....	+30
White / Brown Toast (1 Slice).....	+10	Bacon (3 Strips).....	+35
Rye Toast (1 Slice).....	+15	Greek Side Salad.....	+40
Cheddar Cheese.....	+15	Biltong.....	+40
Gypsy Ham.....	+20	BBQ Chicken Strips.....	+40
Seasonal Vegetables.....	+25	Beef Patty (200g).....	+55
Crushed Avocado.....	+25	Halloumi.....	+60
Pork / Beef Sausage.....	+25	Salmon & Trout Roulades.....	+105
Regular Fries.....	+30		

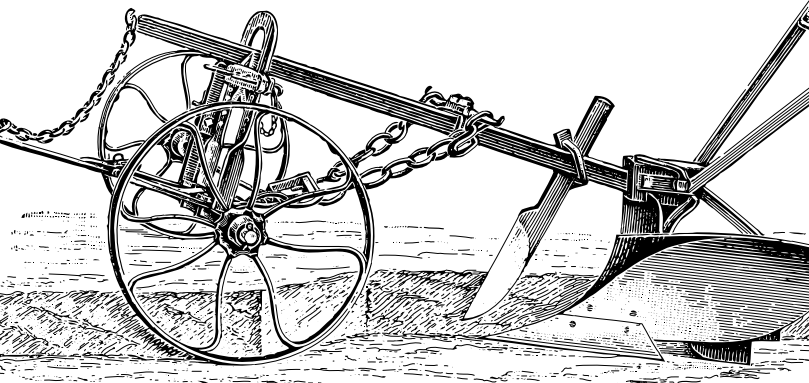


This pump was used to fill up farm vehicles up until the turn of the century.

LIGHT MEALS & MAINS

- ICEBERG BOWL **L**** 110
Iceberg lettuce, blue cheese, candied bacon, roasted tomato, croutons, chives & our sensational sunshine yoghurt dressing
- BEEF, STOUT & MUSHROOM POT PIE** 120
Tender beef simmered in tomato & stout beer with rosemary & black pepper, served with seasonal vegetables & fries
- CRISPY SALMON CAKES** 135
Flavoured with coriander, lemon & herb served with a celery, apple & walnut slaw & spicy mayo dressing
- BAKED WHOLE CAMEMBERT** 150
Wrapped in smoked streaky bacon with crispy bread, rocket, walnuts, caramelized honey nut & cranberry drizzle
- FISH & CHIPS** 170
Crispy tempura battered hake with Parmesan & herb tossed French fries, lemon & tartare sauce

Various ploughs dotted around the farm were mostly used on the farm over the last century



SWEET START

BAKLAVA **V** 65

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

ETON MESS **V** 65

Smashed meringues, red berry compote & Irene Farm Cream

MILK TART **V** 65

Burger's milk tart served with fresh Irene Farm Cream

APPLE CRUMBLE **V** 70

Fresh apples, stewed & spiced with cinnamon, baked in an oats crumble shell & served with vanilla ice cream

CHOCOLATE BROWNIE **V** 75

Rich homemade chocolate walnut brownie topped with ice cream OR vegan brownie topped with frozen caramel dessert - both served with macadamia praline, coconut foam & berry compote

Milk prices at Irene Farm in 1965



IRENE ESTATE DAIRY

MILK: 45c per gallon
6c per pint

CREAM: 30c per ½ pint

CHICKENS: 30c per lb

CIRCA 1965
4:30 - 6:00 pm

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.

*Our certified raw milk is available in 300ml, 2l, 3l
and 5l buckets as well as 250ml cream*

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.

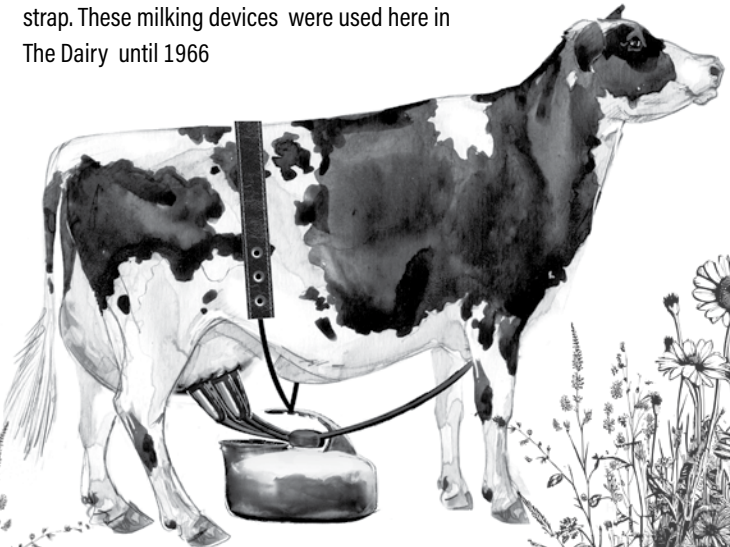
**IRENE FARM HAS BEEN PRODUCING AND
SELLING CERTIFIED RAW MILK TO THE
PUBLIC FOR OVER**

120 YEARS



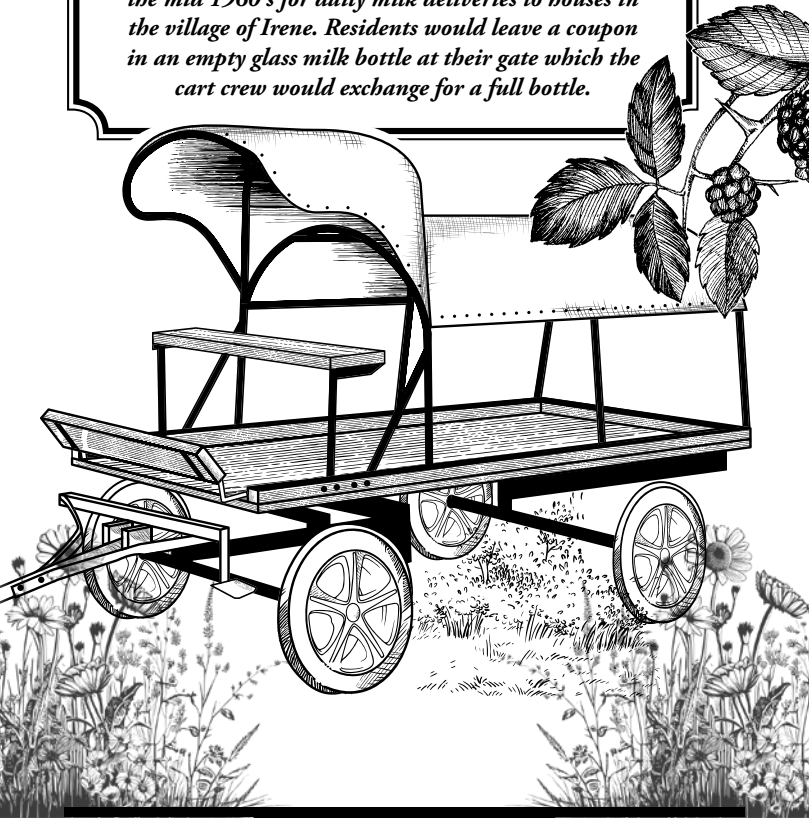
The Surge Bucket Milker

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



Original Milk Cart

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.



www.irenefarm.co.za

The Deck - Irene Farm | Tel: +27 (0) 12 667 2326

Email: deck@ireneestate.co.za

Nellmapius Drive, Irene, Gauteng