

the carlton café menu

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we trade on mondays 07:30-16:00, tuesdays to fridays 07:30-17:00, saturdays 07:30-14:00

first things available 07:30-12:00

★ ANCHOVY TOAST* 45.00

two slices of grissone with butter and anchovies, mashed with fresh lemon and rosemary, on the side

GRANOLA, FRUIT AND YOGHURT 63.00

our own granola made with dried fruit and nuts, served with a fresh, seasonal fruit salad and vanilla-bean infused yoghurt

OMELETTE: TOMATO, SPINACH AND FETA 45.00

a three-egg omelette filled with tomatoes, spinach and feta cheese

OMELETTE: BACON, MUSHROOM AND CHEDDAR 55.00

a three-egg omelette filled with bacon, fried mushrooms and cheddar cheese

MENLO BREAKFAST 75.50

two poached eggs, steamed tenderstem broccoli, wilted spinach and sautéed mushrooms served with a spicy cashew nut and yoghurt dressing flavoured with dried coriander, cumin and cinnamon

ADD fried pancetta **+30.00**

© PUTU PAP AND BILTONG 85.00

house speciality for more than a decade: putu pap topped with mascarpone and chef's own fried beef biltong

© SAVOURY FRENCH TOAST 90.00

french toast filled with mozzarella and cheddar cheese, dipped in a herbed egg custard and pan fried; served with two of chef's own maple-sage pork sausages and sautéed leeks

BREAKFAST WRAP 90.00

a tortilla wrap filled with brekkie standards: scrambled eggs, bacon, cheddar, mushrooms and spinach, served with fried tomatoes on the side

EGGS BENEDICT* with either pancetta 90.00 or salmon trout 100.00

chef's own buttermilk biscuit topped with either fried pancetta or smoked salmon trout, finished with two poached eggs and hollandaise sauce

d.i.y. breakfast options available 07:30-12:00

D.I.Y. ENSEMBLES

compose your own breakfast or brunch from the list of options below

+ BASICS

one croissant (served with butter) **+18.50**
one slice of rye / low GI bread (served with butter) **+7.50**
a 65g slice of our gluten free banting bread **+18.00**
jam / preserve of the day / sweet chilli sauce **+6.50**

+ NICE TO HAVE

grated cheddar cheese / mozzarella **+15.00**
crispy fried bacon / two maple-sage pork sausages **+30.00**
smoked rainbow trout **+65.00**

+ SCRAMBLED EGGS

creamy scrambled eggs **+15.00**
indian-style scrambled eggs with onion, spices, tomato and chillies **+30.00**

a cuppa and a scone

© TEA / COFFEE + SCONE 45.00

a cup of dilmah tea (see HOT DRINKS), or a cup of filter coffee, served with a handmade scone, granadilla cream, strawberry jam and grated cheddar cheese [have a standard cappuccino or red cappuccino instead **+3.50**]

sarmies etc.

© CARLTON TOASTED CHEESE AND ONION* 75.00

a toasted grissone with balsamic caramelised onions and grilled haloumi cheese; served with tomato jam

★ CARLTON SPICY CHICKEN MAYO* 80.00

a toasted grissone with pan-fried turmeric-chilli marinated chicken strips, lemon and garlic mayonnaise, sweet chilli sauce and gherkins

PULLED PORK OPEN SARMIE* 90.00

pulled, slow-roasted pork belly topped with a spicy malagueta sauce and served on a slice of toasted ciabatta with a side serving of coleslaw made with apples, dried cranberries and toasted pumpkin seeds

CARLTON SHORT RIB SARMIE* 90.00

a toasted grissone with shredded beef short rib, slow-roasted in duck fat and moroccan spices, topped with preserved lemon, fried haloumi and chef's carrot chutney

© BEEF BBQ BURGER* 95.00

a handmade 100% pure beef patty topped with gouda and mozzarella cheese, crispy pancetta and caramelised red onions on a handmade tahini bun; served with shoestring potato chips and our own smokey tomato-barbecue sauce on the side

CARLTON FILLET SARMIE* 120.00

an open sarmie on toasted ciabatta topped with a 150g medallion of beef fillet, pan-fried and topped with chef's own mushroom and sherry sauce and black brie cheese, served with tempura battered courgettes

on the lighter side

© MARMITE® TART 48.00

true menlo park nostalgia: a serving of old fashioned marmite® tart topped with a soft poached egg, caramelised onions and a parmesan crisp

ADD: chef's own beef biltong **+25.00**

TOMATO PASTA SALAD 75.00

fresh tomatoes, slow-roast red onion and pan-fried provolone topped with a creamy roast garlic and champagne vinegar dressing and pasta

THREE-CHEESE TART 80.00

a handmade three-cheese tart topped with a green bean salad and a date and orange dressing

PERSIAN CHICKEN SALAD 98.00

pan-fried free range chicken breast fillets served on rocket and salad greens with a salsa of artichokes, olives, piquanté peppers and pecan nuts; topped with parsley, mint, cream cheese and a lemon-yoghurt dressing

★ indicates popular menu items that we have been serving since we first opened in 2002

© indicates popular items that our regular patrons keep asking for

***** an asterisk indicates that a gluten free, banting friendly bread is available with the dish at an additional R18 per 65g slice; we make ours with psyllium husks, almond flour, mixed seeds and egg

alcohol: we are licenced to sell alcoholic drinks from 10:00 - please refer to our wine list; we charge a corkage fee of R25 per bottle if you choose to BYO wine

allergens: please note that we use egg, dairy, wheat and nut products in our kitchen

compliments & complaints: we will gladly listen to feedback and queries; please address them to the manager on duty

carlton comforts

© CARMELISED ONION AND ANCHOVY SPAGHETTI 75.00

spaghetti tossed with caramelised onions, anchovies and parmesan cheese with a hint of garlic

EAT YOUR PLATE 85.00

a crisped tortilla plate with truffle-infused hummus, a poached egg yolk, aubergine marinated in green tahini sauce and a chopped salad made with cucumber, tomato and spring onion and a yoghurt and mint dressing

© FISH AND CHIPS 75.00

white fish goujons deep-fried in our signature batter, served with shoestring potato chips and our own mayonnaise and smokey tomato-barbecue sauce

© CONNY'S SOUTHERN FRIED CHICKEN 90.00

deep fried chicken breast strips rolled in chef conny's mix of herbs and spices; served with baby potato and mint pesto salad and a feta, yoghurt and mustard dipping sauce on the side

SALMON FISHCAKE 110.00

a crumbed handmade norwegian smoked salmon and rainbow trout fishcake and a smoked snoek spring roll, served with our own ginger and sesame mayonnaise with your choice of either a side salad or shoestring potato fries

sweet things

© CHOCOLATE BROWNIE 35.00

carlton's signature dark chocolate brownie [contains nuts] served with a scoop of our own chocolate ice-cream and a berry coulis

© WHITE CHOCOLATE BLONDIE 35.00

carlton's signature white chocolate and macadamia nut blondie served with our own vanilla-bean ice-cream

BAKED MILK TART 30.00

carlton's version of the south african classic

A SLICE OF CHEESECAKE 40.00

cheesecake is one of our specialities:

FRIDGE CHEESECAKE: gelatine-free, made with organic cream cheese and lemon zest in a butter and oats crust; served with berry coulis

BAKED NEW YORK CHEESECAKE: a classic baked cheesecake with a brownie crust

Oreo® BAKED CHEESECAKE: crushed biscuits in a baked cheesecake with a caramel topping

OTHER BAKES

please ask your waiter what is available

delicious: our delicatessen service moved to a new venue next door to the café. visit **Delicious The Food Shop** to order delicatessen fare and for take-aways, speciality ingredients and gifts

payment: we accept most major credit and debit cards; unfortunately we do not accept payment by cheque

reservations: table bookings are recommended; please respect the fact that we are unable to easily accommodate tables with more than eight patrons

smoking: this is entirely a no-smoking establishment

variations: we are unable to prepare variations on menu items; half portions are charged at 75% of menu prices

wi-fi: a free wi-fi connection is available to our patrons; please ask for the latest password

coffee • we use *Beth There* fair trade coffee

COFFEE filter / decaf / americano **16.50** • refill **9.00** • mug **20.00**

CAPPUCCINO classic / cream / decaf / skinny **20.00** • mug **28.50**

ESPRESSO single **15.50** • double **21.50**

CAFFÈ LATTE 21.00

VANILLA COFFEE 25.00

espresso topped with vanilla froth

© SWEET MASALA COFFEE 27.50

a sweet coffee, infused with cardamom, ginger and cinnamon, with milk froth

© TAAI KOFFIE 27.50

coffee on a layer of condensed milk served in a glass

★ RACHEL'S COFFEE 28.00

espresso laced with dark chocolate and frothed milk

tea

DILMAH TEA 16.50

english breakfast / earl grey / rooibos / peppermint / vanilla / camomile / lemon-and-lime

RED CAPPUCCINO 20.00 • mug 28.50

rooibos cappuccino topped with a drizzle of honey

ROOIBOS CHAI LATTE 25.00

rooibos tea infused with our own mixture of spices, served in steamed milk

the house speciality

★ CHILLI HOT CHOCOLATE small **30.00** • large **48.50**

a rich drink made with bitter chocolate and finished with a sprinkling of chilli

chillers etc.

★ ROSEMARY LEMONADE CHILLER 25.00

chef's rosemary infused syrup and lemon juice topped with sparkling water

★ GINGER-ALE CHILLER 25.00

chef's ginger syrup with a hint of chilli topped up with sparkling water

ICED COFFEE 30.00

espresso blended with ice cubes, full cream milk and condensed milk

GRANADILLA LEMONADE 30.00

granadilla pulp and orange juice topped up with sparkling water

BERRY SMOOTHIE 39.50

mixed berries pulped with honey and cranberry juice, blended with yoghurt

★ ROCK SHANDY 35.00

thirst quencher on the rocks: lemonade, soda water and a dash of fresh lemon juice finished with aromatic bitters

STEINFURT PURE GRAPE JUICE 340ml 19.00

pure pressed red grape juice without sugar or preservatives

FRUIT JUICE 24.50

orange / mango / strawberry

PRESSED VEGGIE JUICE 250ml 25.00

orange, carrot, ginger & lemon / beetroot, carrot, apple, mint & lemon / pineapple, coconut water & lime / apple, cucumber, spinach, kale & celery

BOS FLAVOURED ICE TEA 18.00

apple / berry / lemon / lime & ginger / peach