

## Daily Special

Includes a meat dish, a vegetarian dish and several salads to choose from. Please ask the waiters about today's selection. You serve yourself and we weigh it for you. Charged at a fixed rate per 100g weight.

## Breakfast

### Cold Breakfast

Health Breakfast	R45
(Muesli, Yoghurt & Honey)	
Fruity Health Breakfast	R50
(Muesli, Fruit, Yoghurt & Honey)	

### Hot Breakfast

Budget Breakfast	R30
(1 Fried egg, 1 rasher bacon, 1 fried tomato & 1 slice of toast)	
Quick Breakfast	R55
(2 Fried eggs, bacon, fried tomato & 2 slices of toast plus juice)	
Vegetarian Breakfast	R55
(2 Fried eggs, mushrooms, fried tomato, baked beans, 2 slices of toast plus juice)	
French Toast	R55
(2 slices of toast fried in egg, bacon, fried banana & syrup)	
Smulpaap Breakfast	R70
(2 Fried eggs, bacon, sausage, fried tomato, fried banana, mushrooms, 2 slices of toast plus juice and a coffee)	

### Breakfast Wrap

Scrambled Eggs, Cheese & Tomato	R50
Bacon, Banana & Scrambled Eggs	R55
Bacon, Feta & Avo	R55

### Breakfast Roll

Bacon, Scrambled Eggs, Cheese & Tomato	R40
Bacon, Feta & Avo	R40
Bacon, Scrambled Eggs, Sausage & Tomato	R45

### Omelettes

(Made with 3 eggs – including 2 slices of toast. Only egg whites – R5 extra)

Plain	R37
Bacon, Tomato & Cheese	R55
Mushroom, Tomato & Cheese	R55
Avo, Bacon & Feta	R55

## Extras

(Available with Breakfast, Omelettes and Sandwiches)

Toast / Jam / Tomato / Peppers / Chilli	R7
Pineapple / Avo / Baked Beans / Cheese / Egg	R12
Mushrooms / Bacon / Sausage	R16
Chicken Breast / Strips	R24
Small Chips	R25
Medium Chips	R32
Large Chips	R40

## Sandwiches

(A choice of seed loaf, white bread, or rye – plain or toasted. Served with a small salad. Chips – R8 extra)

Plain Cheese	R30
Cheddar, Mozzarella, Feta & Chilli	R36
Cheese & Tomato	R36
Chicken Mayo	R36
Curry Chicken Mayo	R36
Bacon & Egg	R36
Bacon, Egg & Banana	R40
Gypsy Ham, Cheese & Tomato	R40
Bacon, Feta & Avo	R40
Bacon, Egg & Cheese	R40
Bacon, Mushroom & Cheese	R40
Tuna Mayo	R42
Tuna Mayo, Cheese & Avo	R45

## Burgers

(Available in Beef, Chicken or Vegetarian. All burgers served with a choice of chips or 2 salads from the buffet)

Plain Burger	R52
Health Burger	R57
(Hummus, Carrots & Sprouts)	
Cheese Burger	R57
(choice of Cheese Sauce or Cheese Slice)	
Spicy Smulpaap Burger	R57
(Avo, bacon & spicy tomato relish)	
Banting Burger	R60
(2 Beef, chicken or mix patties with bacon, cheese & avo)	
Mushroom Burger	R60
Pepper Burger	R60
Hawaiian Burger	R60
Brie & Caramelised Onion Burger	R65
Greek Burger	R65
(Feta, olives and olive tapenade)	
Pesto Burger	R65
(Basil Pesto & Mozzarella)	
Jalapeno Burger	R65
(Pickled Jalapeno Peppers, Cheese Sauce)	
Mexican Burger	R65
(Pickled Jalapeno Peppers, Avo, Salsa and Cheese slice)	
Egg, Bacon & Cheese Burger	R65
Blue Cheese, Bacon & Avo Burger	R65
Big Saucy Burger	R70
(Chicken and Beef Patties, Bacon & Cheese Sauce)	

## Wraps

(All wraps are served with a choice of chips or two side salads from the buffet)

Vegetarian	R52
(Avo, Feta, Sundried Tomato with Pesto Mayo)	
Chicken	R52
(Honey & Sesame Coated Chicken)	
Ham	R52
(Ham, Mozzarella & Honey Mustard Sauce)	
Chicken Mayo & Avocado	R56
(Avo, Chicken Mayo & Tomato)	
Thai Beef or Chicken	R56
(Sprouts & Spring Onion with a Peanut Chilli Sauce)	
BLT	R56
(Bacon, Lettuce & Tomato with Cream Cheese)	
Curry Chicken	R56
(Curry Chicken Mayo & Avo)	
Spicy Beef or Chicken	R56
(Spicy Beef or Chicken Strips with Sweet Chilli Mayo)	
Tuna	R60
(Tuna & Avo with Lemon Mayo Dressing)	
Salmon/Trout	R65
(Salmon/Trout with Cream Cheese)	

## Salads

(Available in half portions)

Vegetarian Salad	R35/R55
(Avo, Feta, Sundried Tomato, Peppers, Onions & Cucumbers)	
Chicken Salad	R42/R58
(Smoked Chicken, Cucumber & Tomato with Honey Mustard Dressing)	
Spicy Chicken Salad	R45/R60
(Spicy Chicken, Cucumber & Tomato with Sweet Chilli Dressing)	
Tuna Salad	R45/R60
(Tuna, Avo, Olives, Cucumber & Tomato with Lemon Mayo Dressing)	
Thai Beef Salad	R45/R60
(Beef, Carrots, Spring Onions, Cabbage, Sproutes & Peanut Dressing)	
Beef Salad	R45/R60
(Beef, Cucumber & Tomato with Sweet Chilli Dressing)	
Smoke Salmon/Trout Salad	R48/R70
(Salmon/Trout, Avo, Tomato, Cucumber and Lemon & Cream Cheese)	

Smulpaap Café

Meet.  
Greet.  
Eat.

menu