

# HOT *Drinks*

## ESPRESSO

*Served with a glass of water*

Espresso	15.99
<b>Fizz espresso</b>	<b>22.99</b>
<i>Espresso served with sparkling water</i>	
Macchiato	16.99
<i>Shot of espresso with a dash of foam</i>	
Red Espresso	16.99
<i>Shot of strong rooibos tea</i>	
Red Macchiato	18.99
<i>Shot of red espresso with a dash of foam</i>	

## TALLS

Latte	25.99
<b>Flavoured Latte</b>	<b>32.99</b>
<i>Hazelnut or Vanilla</i>	
Chai Latte	25.99
Hot Chocolate	22.99
Milo	22.99
Mocha	32.99
<i>Espresso with creamy hot chocolate</i>	
Red Latte	28.99
<i>Served with a shot of rooibos on the side</i>	

## AMERICANO

*Served with hot or cold milk*

Americano	19.99
<b>Railway</b>	<b>28.99</b>
<i>Dash of sweetened condensed milk</i>	

## *Perfect!* CUPOCCINO

Cappuccino	23.99
with <b>Cream</b>	<b>26.99</b>
add <b>Hazelnut / Vanilla</b>	<b>6.99</b>
with <b>Chocolate</b>	<b>28.99</b>
Red Cappuccino	27.99

## TEA

*Served with hot or cold milk*

Our Teas are small batch blending of full leaf teas, with a special emphasis on African origins

<b>Black Spicy Chai</b>	<b>26.99</b>
Earl Grey	23.99
Rooibos Long leaf	24.99
<b>Rooibos Spicy Chai</b>	<b>26.99</b>
5 Roses	14.99

## HOT BEVERAGES

# EAT *Menu*

## BREAKFAST

*Bread options: white / brown / seeded Low GI / rye*

**Fresh-O-Bake** **V** 36.99

Croissant, muffin or scone with cheese and jam

**Breakfast Topping** *wrap / waffle / croissant* 54.99

Scrambled eggs, bacon, cherry tomato, cheese & onion marmalade  
*add mushrooms* 8.99

**Egg & Smoked Salmon** *croissant* 72.99

Freshly baked butter croissant filled with scrambled eggs and smoked salmon on a bed of rocket

**Yogurt Cup** **V** 52.99

Muesli with seasonal fruit, greek yogurt, with honey

**Berry FlapJacks** **V** 44.99

with berry compot, cream & drizzled with honey

**Sun-O-Rise** 32.99

Scrambled eggs, bacon, a grilled tomato & cheese  
*add sausage beef / pork / cheese grillers* 8.99

**Crunch-O-'Sant** 47.99

Croissant filled with bacon and mozzarella cheese, cherry tomatoes and purple onion slices

**French Toast** 37.99

*Great!* Cinnamon sugar with honey / syrup and cream  
*OR* Cheese slice with tomato and onion marmalade

**Chick-O-Salad** 69.99

Chicken strips on fresh greens, with dried pear slices and cherry tomatoes, walnuts and cucumber with feta  
*honey mustard dressing / blue cheese dressing*

## LIGHT MEALS

*Your choice of wrap / waffle / croissant*

Served with side salad or / kettle fried crisps  
6.99 / 6.99

**Viv-o-Italia** 65.99

Grilled chicken, cheese & cherry tomato & avocado

**Beef-O-Rocan** 72.99

Roast beef strips, mozzarella cheese, mustard with bell peppers

**Chick-O-Sun** 59.99

Grilled chicken, feta, sun dried tomatoes

**Spinach - Feta** **V** *sundried tomato* 56.99

blue cheese sauce / honey mustard sauce  
*ADD BILTONG* 6.99

**Coronation Chicken** 65.99

Smoked chicken & mayo with honey peaches

**Tuna Crunch** 62.99

*add bacon* 9.99 *add avocado* 8.99

**Ham & Cheese** 62.99

*add tomato* 2.99

**Smoked Salmon** 72.99

with cream cheese & capers

**Salami Mozzarella** 62.99

peppered salami with basil pesto & red onions

## SALADS *Fresh!*

*add avocado* 8.99  
*add tomato* 4.99

*add bacon* 9.99

**Smoked Salmon** 72.99

Smoked salmon with capers and red onions on fresh greens, drizzled with basil pesto, cream cheese & a lemon wedge

## FOOD MENU

# COLD *Drinks*

## *Must Try!* ICED COFFEE

<b>Vietnamese</b> Brewed coffee with sweetened condensed milk	25.99
<b>Nutella</b>	33.99
<b>Carmavilla</b> caramel and vanilla	29.99
<b>Hazel - Choc</b> Flavoured with hazelnut and dark chocolate	29.99
<b>Illy Crema</b>	22.99
<b>Dbl Illy Crema</b>	35.99
<b>Cold Brew</b> dark brewed coffee on ice	22.99
<b>Affogato</b> vanilla ice cream with espresso	24.99

## *Perfect!* SMOOTHIES

<b>Berry Beginning</b> Mixed berries blended with ice and full cream milk	38.99
<b>Banana Blast</b> Frozen bananas, ice and full cream milk and cinnamon	36.99
<b>Fragola Strawberry</b> Frozen strawberries blended with milk and ice	38.99
<b>Lemoncello</b> Lemons, blended with lots of ice, topped with a slice of lemon	30.99

## COLDS *Must Try!*

<b>Cling Peach</b> Classic iced peach black tea, all natural ingredients	39.99
<b>Liquid Fruit</b>	19.99

## *Gourmet!* MILKSHAKES

Coffee Shake	38.99
Frozen Chocolate with a shot of espresso	34.99 8.99
S'more's Espresso with marshmallow fluff & tennis biscuits	47.99
Red Velvet	38.99
Oreo Crunch	38.99
Peanut butter crunchy peanut butter blended until smooth	47.99
Vanilla Rooibos Shake	36.99
Plain	33.99
<i>Strawberry / Lime / Bubblegum / Banana</i> Kids shakes - served in take away cups	
<b>Honey Comb</b> vanilla with bits of honey comb and honey	45.99
Nutella Tot	47.99
Caramello salted caramel topped with caramel popcorn	45.99

## *Real Fruits!* FREEZES 41.99

*Served with your choice of lemonade or sodawater*

<b>Strawberry Tease</b> Crushed ice & lemonade topped with frozen strawberries and honey
<b>Pineapple Express</b> Crushed ice & lemonade topped with frozen pineapples
<b>Mango Breeze</b> Crushed ice topped with frozen summer mango
<b>Watermelon Snow</b> Crushed ice & fresh orange juice topped with frozen watermelon and mint leaves

## COLD BEVERAGES

<b>Light Lemon</b> Premium whole leaf black tea, all natural ingredients	39.99
<b>Sir Juice</b>	19.99

# DESSERT *Menu*

*Perfect!*

## SWEET WAFFLES

Plain Waffle 23.99  
barley-wheat waffles

Strawberry Nutella 49.99  
topped with fresh strawberries & nutella

Almond & Apple 46.99  
roasted almond flakes with apples & cinnamon sugar

Peanuto Waffle 48.99  
peanut brittle and crunchy peanut butter with caramel sauce

S'more's Waffle 48.99  
marshmallow fluff and tennis biscuits with mini marshmallows and chocolate sauce

Banana & chocolate 46.99  
waffle with fresh banana, chocolate chips & dark chocolate sauce

Coffee Waffle 48.99  
waffle topped with Illy espresso, chocolate covered coffee beans & chocolate sauce

Oreo Crunch Waffle 48.99  
with real oreos and chocolate sauce

*Served with CREAM 5.99 / ICE CREAM 5.99*

Vanilla ice cream with syrup

Strawberry, Mango, Berry, Chocolate, Caramel

### TREATS

Please refer to our display fridge or ask your server about the delicious individuals available

### BANTING

Ask your server about our Excellent Meals available for the day

DESSERT MENU