

# Menu

## BREAKFAST



Traditional Full Breakfast – Beef sausage, tomato, bacon, 2 eggs, 1 slice toast	R 59.00
Health Breakfast - Muesli, yoghurt, honey, freshly cut seasonal fruit	R 55.00
Oats with sliced fresh banana	R 30.00
Eggs on toast - 1 slice toast, 2 eggs scrambled/fried	R 27.00
Power Oats – Luxurious oats cooked in full cream milk with dollops of peanut butter, condensed milk and Nutella	R 40.00
French Toast – 2 slices of crispy French toast served with cinnamon, fried banana & maple syrup	R 59.00
Mince on toast - 1 slice toast with home-made bolognese mince (choose from white, brown or rye toast)	R 45.00
3 Egg omelette – plain	R 22.00

## FILLINGS / TOPPINGS



Cheddar	R 15.00	Mushroom	R 14.00
Mozzarella	R 15.00	Bolognese Mince	R 18.00
Ham	R 16.00	Bacon	R 18.00
Onion	R 8.00	Chicken	R 18.00
Tomato	R 8.00	Feta	R 18.00
Avo	R 18.00	Spinach	R 10.00
Banana	R 8.00	Mixed Peppers	R 14.00
Pineapple	R 14.00		

## SALADS



Classic Greek Salad – The usual suspects	R 48.00
Chicken, Avo & Haloumi Salad – Fresh leaves, peppers, cucumber and cherry tomatoes served with grilled chicken strips, grilled haloumi and fresh avo	R 69.00
Beef & Broccoli Salad – Diced broccoli and tender sirloin strips on a bed of lettuce, cucumber, cherry tomatoes, peppers and feta cheese	R 69.00
Beef & Couscous salad – Tender strips of sirloin steak served with fresh cucumber and diced roasted peppers and onion on a bed of couscous. Served with a dressing of yoghurt and cumin	R 72.00

## PASTA



Spaghetti Bolognese - Home-made bolognese mince served with spaghetti and parmesan cheese	R 69.00
Linguine Carbonara – Crispy bacon pieces in linguine pasta served with fresh egg yolks and parmesan cheese	R 60.00
Penne Pesto – Our homemade basil pesto tossed through penne pasta served with cherry tomatoes and mushrooms	R 69.00
+ Add Chicken or Bacon	R 18.00

## BURGERS



Classic Cheese Burger – Toasted sesame seed bun with 100% pure beef patty, lettuce, tomato, fried onions, home-made bbq sauce and a slice of cheddar cheese	R 65.00
Chicken Burger – Toasted sesame seed bun with a grilled chicken fillet, grilled haloumi, fresh avo, fried onions, lettuce and tomato	R 72.00
+ Add portion of chips	R 15.00
+ Add side salad	R 20.00

## WRAPS



Chicken Strips & Avo Wrap – Succulent chicken strips, lettuce, cucumber & feta with a sweet chilli mayonnaise	R 69.00
Beef & Hummus Wrap – Tender sirloin strips, lettuce, cucumber and feta with hummus	R 69.00
+ Add portion of chips	R 15.00
+ Add side salad	R 20.00

## TOASTED SANDWICHES / TRAMAZZINI OR WRAPS



Rye (add R5) / Brown or White Bread	Sandwich	Tramazzeni	Wrap
Chicken Mayo	R 40.00	R 50.00	R 45.00
Bacon, Avo & Feta	R 55.00	R 65.00	R 60.00
Ham, Cheese, Tomato	R 45.00	R 55.00	R 50.00
Ham & Cheese	R 35.00	R 45.00	R 40.00
Cheese & Tomato	R 35.00	R 45.00	R 40.00
Bacon & Egg	R 45.00	R 60.00	R 50.00
Tuna Mayo	R 40.00	R 55.00	R 50.00
Fresh Tomato, Avo & Chicken Breast	R 55.00	R 65.00	R 60.00
Egg & Cheese	R 40.00	R 50.00	R 45.00
Bacon & Cheese	R 45.00	R 55.00	R 50.00

## HOT DRINKS



Cappuccino	R 22.00	Milo	R 22.00
Large Cappuccino	R 28.00	Mochachino	R 28.00
Single Espresso	R 14.00	Five Roses Tea	R 12.00
Double Espresso	R 20.00	Americano	R 18.00
Earl Grey Tea	R 12.00	Café Latte	R 26.00
Herbal Tea	R 16.00	Red Cappuccino	R 26.00
Hot Chocolate	R 22.00	Extra Shot	R 6.00
Extra Shot Decaf	R 8.00	Macchiato	R 20.00

## SMOOTHIES & SHAKES



Whey Protein Shakes – Plain	R 25.00
Whey Protein Shakes – add banana and peanut butter	R 35.00
Smoothies – Banana & Peanut Butter / Berry	R 38.00
Milkshakes (Vanilla, Chocolate, Strawberry, Lime, Coffee)	R 28.00

## COOLDRINKS



Coke, Fanta, Sprite etc.	R 15.00
Water – Still or Sparkling	R 14.00
Alkaline Water	R 18.00
Ice Tea 330ml	R 18.00
Apple / Grapetiser	R 30.00
Red Bull 250ml	R 27.00
Monster 500ml	R 30.00
Energade	R 18.00

