

breakfast

*all breakfasts are made with organic free range eggs
rye, banting & gluten free bread available on request*

Recession 1 rasher of bacon, 1 egg, tomato & your choice of toast	19
Full house 3 rashers of bacon, 2 eggs, fried mushrooms, grilled tomato, pork sausage & your choice of toast	60
Scrambled eggs 3 eggs scrambled with grilled cherry tomatoes, fried mushrooms & your choice of toast. add smoked salmon +R20	42
Eggs on toast 2 eggs on your choice of toast	28
Oats traditional jungle oats served with cinnamon, honey & raw mixed nuts	40
Muesli muesli served with fresh fruit, bulgarian yoghurt & honey	40
Eggs Benedict 2 poached eggs placed on a bed of rocket & bacon served on ciabatta with a fried tomato & drizzled with hollandaise sauce	65
Salmon Benedict 2 poached eggs placed on a bed of smoked salmon & rocket served on ciabatta with cream cheese, fried tomato & drizzled with hollandaise sauce	80
French toast <i>our french toast is made with Nono's steamed pot bread</i> 2 pieces of french toast drizzled with honey/syrup with bacon on the side	55
Berry French toast 2 pieces of french toast topped with mixed berries & fresh cream	60
Nutella French toast 2 pieces of french toast topped with nutella, strawberries, banana, almond flakes, bacon & drizzled with syrup	65

all day add ons

3 pieces of bacon	18	fried banana	5
heinz baked beans	8	mushrooms	8
fried tomato	5	egg	7
smoked salmon	20	toast	7
cheddar cheese	15	rocket	7
spinach	5	onion	5
french fries	15	mozzarella	15
cream soda onion rings	15		

Betty's omelettes

3 egg omelette filled with all your favouritess

Plain with cheese filled with cheese & served with your choice of toast	35
Stuffed omelette filled with your choice of 3 fillings & served with your choice of toast. choose from mushrooms, tomato, bacon, pork sausage, onion, spinach, feta or cheese	55

croissants

french style butter croissants

Plain served with cheese, jam & butter	22
Chocolate coated & filled	28
Salmon & cream cheese filled with smoked salmon & cream cheese. add 2 scrambled eggs +R14	52
Cheese & bacon filled with cheese & crispy bacon. add 2 scrambled eggs +R14.	35

toasties

served with a side salad drizzled in a honeybun mustard dressing

Chicken & mayo chicken, gherkin & onions all mixed with homemade mayo	38
Cheese & tomato cheddar or mozzarella & tomato	32
Gypsy ham, cheese & tomato gypsy ham, cheddar or mozzarella & tomato	42
Bacon & egg crispy bacon & egg	38

gourmet toasties

toasted on your choice of bread

Smoked chicken & brie traditional smoked chicken covered in brie	42
Cheese, mushroom & rocket mozzarella, fried mushrooms & rocket	38
Salami, cheese & onion salami, mozzarella & red onion	46
Club grilled chicken with bacon, tomato & homemade mayo	58

house sandwiches

*with a side salad drizzled in honeybun mustard dressing
convert any sandwich into a wrap at no extra charge or a salad +R8
served on your choice of white, brown, rye or ciabatta*

Rare roast beef rare roast beef, cherry tomatoes, gherkins, dijon mustard & leafy greens	69
Spicy guacamole 7 spiced grilled chicken breast, cream cheese, rocket, guacamole & leafy greens	60
Parma ham slices of parma ham, brie, sundried tomatoes, leafy greens & drizzled with honey mustard dressing	65
Smoked chicken traditional smoked chicken breast, gherkins, fried onions, mushrooms, goats cheese & leafy greens	62
Gladys's b.b.c 7 spiced grilled chicken breast, crispy bacon, melted brie, avo & leafy greens	65

house sandwiches cont

Fillet steak fillet steak prepared the way you like it with layers of pecorino & rocket topped with red onion marmalade. Add fries +R15	80
Gypsy ham Gypsy ham. mozzarella, tomato, cucumber & leafy greens drizzled with peppadew mayo	55
Vegetarian roasted peppers, baby marrow, onions, mushrooms, carrot & leafy greens with a honeybun balsamic reduction	65

light lunches

served with a side salad drizzled in a honeybun mustard dressing

Brockwurst german brockwurst sausage served with toasted ciabatta, sauerkraut, caramelised onions & mustard mayo	60
Lasagne beef or vegetarian, served with a fresh side salad	65 60
Home made fish cakes fish cakes served on a bed of wasabi mash, salad & lemon ailoi	55
Cape Malay chicken curry <i>made Muneerah's way</i> tender chicken breasts with basmati rice, pappadam, sambals & mint raita	75
Chicken, bacon & avo burger a tender crumbed or grilled chicken breast topped with crispy bacon, avo & mustard mayo. Comes with fries & creme soda onion rings	75
Quiche homemade quiche (spinach & feta, bacon, red onion & cheese or veggie) made with a thin crust pastry & served with a fresh side salad	45
Ostrich carpaccio thinly sliced ostrich carpaccio served with rocket, shavings of pecorino & drizzled with a balsamic reduction	65
Steak, egg & fries 200g sirloin steak done just how you like it with egg & fries	80

soups

all served with Nono's steamed pot bread or your choice

Pea & ham made the traditional english way	55
Spicy quinoa & tomato made with roasted tomato, indian spices & organic quinoa	52
Creamy or spicy butternut made with roasted butternut, our indian spices or a dash of cream	48
Quinoa pink salad organic quinoa served with roasted beetroot, roasted butternut, leafy greens, pumpkin seeds, feta & drizzled in a balsamic reduction	60

salads

salads cont

Spicy chicken summer salad 58
7 spice grilled chicken breasts, cucumber, red onion, cherry tomatoes, apples, zesty orange & leafy greens topped with honey mustard mayo

Bacon & sweet potato salad 60
honey roasted sweet potato topped with crispy bacon, parsley & chopped mixed raw nuts

take a look at our amazing selection of cakes and pastries on display

smoothies

blended with frozen yoghurt free of preservatives

Strawbana 33
strawberries, banana, frozen yoghurt & fresh apple juice
bananas contain tryptophan so this one's great for a mental pick-me-up

Brekkie 35
muesli, pure honey, banana, frozen yoghurt & full fat milk
a great smoothie as a breakfast supplement for peeps on the run!

Berry blaze 35
a blend of strawberries, blackberries, raspberries, frozen yoghurt & fresh apple juice
perfect for a hangover as the antioxidants in berries help rid your body of those nasty toxins!

Peanut butter power 35
a powerful blend of peanut butter, banana, frozen yoghurt & full fat milk
great for a quick pick-me-up and burst of energy!

Chai 42
pure pukka chai blended with banana, pure honey, frozen yoghurt & full fat milk
perfect for stress relief & clarity of mind!

Coffee 32
a shot of single origin coffee, frozen yoghurt, a dash of ice & full fat milk
coffee is known to increase energy levels and even make you smarter!

skinny smoothies

blended with ice for a healthy alternative

Watermelon mint (seasonal) 30
watermelon, mint & fresh apple juice
watermelon contains a natural anti-inflammatory

Summer breeze 30
pineapple, banana & fresh apple juice
pineapple has been known to fight cancer causing cells & heals digestive problems!

Lemon drop 30
lemon & lime juice blended with strawberries, mint & fresh apple juice
lemons are great for fighting the fight against fat & heart disease!

Mango Tango 30
banana, mango & orange blended with fresh apple juice
mangoes pack a punch in weight loss & keep cholesterol in check

Iced cappuccino 28
cappuccino blended with ice & full fat milk
no health properties here...just a delicious drink

juices

apple	20	mango	20
orange	20	cranberry	23

freshly squeezed juices

Orange juice 25

Juice medley choose a medley of any 3 juiced together 30
apple, beetroot, carrot, celery, cucumber, ginger, grapefruit, mint

coffees

single origin arabica

espresso	14	cafe mocha	28
dbl espresso	18	cappuccino	18
americano	16	lg cappuccino	25
lg americano	18	dbl flat white	22
macchiato	8	almond breeze cappuccino	30
latte	22	lg almond breeze latte	35

add a sprinkle of chopped nuts, chocolate or peppermint crisp +R3

teas

ceylon	15	rooibos	15
earl grey	18	premier flavoured tea	25
red cappuccino	20	red latte	22
red espresso	18	uber ice tea	26

add honey, lemon or ginger to any tea +R5

hot drinks

hot chocolate	R28	chai latte	R25
dirty chai	R28		

cold drinks

coke	R16	coke light	R16
coke Zero	R16	sprite	R16
fanta	R16	cream soda	R16
stoney	R16	appetizer	R20
grapetizer	R20	still water	R12
sparkling water	R12	rock shandy	R25
passion fruit & lemonade	R22	san pellegrino, blood orange, orange or lemon	R25

turn any cold drink into a float +R10

beers

windhoek lager	26	savanna dry	26
castle light	24	amstel	26
cbc	26	weiss	30

wines

dlc pinot noir/chardonnay	45/150	perdeberg chardonnay	30/100
perdeberg chenin blanc	28/90	perdeberg smooth soft red	32/110
perdeberg sauvignon blanc	30/100	perdeberg shiraz	31/110

Thank you for visiting us
We hope to see you again soon!



MENU

daytime deli
evening tapas
private functions
catering platters

honeybundeliobs@gmail.com

☎ 021 447 0606

🐦 @DELIHONEYBUN

👍 HONEYBUN DELI

📷 honeybundeliobs