

TRADITIONAL BREAKFASTS

Strammer Max Single
Fried egg served on ham, topped with grated cheddar on two slices of toast

Strammer Max Double
Two fried eggs served on ham, topped with grated cheddar on two slices of toast

Breakfast Wrap
Scrambled egg, bacon, sausage, tomato & onion served in either a white or wholewheat wrap

Simple Breakfast
Two eggs, two slices of bacon & two slices of toast

City Breakfast
One egg, two slices of bacon, sausage, tomato and toast

Full English Breakfast
Two eggs, three slices of bacon, sausage, tomato, mushrooms. Served with two slices of toast & preserves

Toast - White, wholewheat, rye* or low GI health breads
*Rye Bread extra **R2.50**

OMELETTES

Three egg plain omelette, served with two slices of toast & preserves

Add any of these fillings to your omelette:

Green Pepper, Mushroom, Tomato, Fried Onion **6.50**
Feta, Mozzarella, Cheddar **8.50**
Bacon, Gypsy Ham, Salami **12.50**
Savoury Mince **15.00**
Smoked Salmon **25.50**

CROISSANTS

Scrambled eggs served on a toasted croissant **39.50**
Scrambled eggs & bacon served on a toasted croissant **48.50**
Scrambled eggs & smoked salmon served on a toasted croissant **59.50**
Gypsy ham & melted cheddar with grain mustard, served on a toasted croissant **45.50**
Bacon & melted mozzarella served on a toasted croissant **45.50**

HEALTHY BREAKFAST

Fresh seasonal fruit salad **31.50**
Plain yoghurt, with muesli & honey **34.50**
Plain yoghurt, with fresh seasonal fruits & honey **42.50**
Plain yoghurt, with fresh seasonal fruits, muesli & honey **48.50**

QUICK BITE BREAKFAST

Scrambled eggs served on two slices of toast **30.00**
Mushrooms (with fried onions & herbs) served on two slices of toast **36.50**
Savoury mince (with fried mushrooms, onions & herbs) served on two slices of toast **45.50**
Add a fried egg **7.00**
Marmite on two slices of toast, served with slices of fresh tomato **24.50**
Anchovy paste on two slices of toast, served with slices of fresh tomato **26.50**
French toast **25.00**

PASTRIES

Plain croissant **17.50**
Plain croissant with butter & preserves **24.50**
Plain croissant with butter, preserves & cheddar **31.50**
Chocolate croissant **19.50**
Apple or custard Danish pastry **19.50**
Muffin (ask your waiter for today's variety) **17.50**
Muffin with butter & preserves **24.50**
Muffin with butter, preserves & cheddar **31.50**

URBAN STACKERS

- Served with either salad, chips or veggies (or half and half)
- Available on toasted Rye bread, Focaccia, Ciabatta, Wholewheat Ciabatta or Corn Ciabatta
- * Avo when available

BLT - Bacon, lettuce, tomato & mayonnaise **56.50**
Club - Cajun chicken, bacon, lettuce, tomato & mayonnaise **67.50**
Cajun - Cajun chicken, feta, avo & peppadews **65.50**
Roasted Veggie - Oven roasted vegetables topped with mozzarella & basil pesto **59.50**
Salmon - Smoked salmon & cream cheese **69.50**

CIABATTA MELTS

- Served with either salad, chips or veggies (or half and half)
- Available on toasted Rye bread, Focaccia, Ciabatta, Wholewheat Ciabatta or Corn Ciabatta
- * Avo when available

Croque Monsieur **55.00**
Gypsy ham & fried onions, smothered with mozzarella **59.50**
Milano **59.50**
Hot salami with grilled tomatoes & melted mozzarella **63.50**
Turin **63.50**
Hot roast beef with fried onions & melted mozzarella **67.50**
Chicken Cordon Bleu **67.50**
Cajun chicken & gypsy ham with melted cheddar **68.50**
California Club **68.50**
Cajun chicken, bacon & avo with melted cheddar

TRAMEZZINI

- Served with either salad, chips or veggies (or half and half)

Cajun chicken, bacon & melted cheddar	63.50
Bacon, brie cheese & cranberry sauce	55.00
Salami, olives & melted mozzarella	55.00

URBAN SALADS

All salads include fresh mixed lettuce leaves, rocket, tomatoes, cucumber, green pepper, red onions, baby marrow, red cabbage and carrots

- * Avo when available

Summer Salad - Bacon, feta & croutons	58.50
Smoked Salmon - With cream cheese & capers	65.50
Roast Veggie - With basil pesto & mozzarella	54.50
Tuna Salad - With boiled egg	59.50
Chicken & Bacon	59.50
Greek Salad - With olives & feta	51.50

PASTA & STIR FRY

Napolitana Tagliatelle	55.00
Chicken & mushroom Tagliatelle	68.50
Gypsy ham & mushroom Tagliatelle	68.50
Chicken, bacon and mushroom Tagliatelle	70.50
Spaghetti Bolognese	67.50
Chicken & vegetable stir-fry (served with rice/noodles)	68.50
Vegetable stir-fry (served with rice/noodles)	55.00

URBAN BURGERS

- Served with either salad, chips or veggies (or half & half)

- 100g homemade beef patty OR chicken breast fillet

- * Avo when available

BBQ Beef Burger	57.50
Cheese Beef / Chicken Burger	62.50
Bacon & Cheese Beef / Chicken Burger	66.50
Bacon & Avo Burger / Chicken Burger	67.50
Avo & Blue Cheese Beef / Chicken Burger	67.50
Peri-peri Chicken Burger	62.50
Cajun Spice Chicken Burger	57.50
Brie Cheese, Cranberry Chicken Burger	67.50

LIGHT LUNCH

Grilled hake fillet served with either salad, chips or veggies (or half & half)	59.50
Homemade lamb curry served with basmati rice, poppadom & sambals	71.50
Cape Malay Chicken curry served basmati rice, poppadom & sambals	59.50

Please see our blackboard for weekly specials

SANDWICHES

- Served with either salad, chips or veggies (or half & half)

- Can be served on a Bagel, Ciabatta (White, Wholewheat or Corn), Tramezzini or Croissant for an extra R8.50

- Choice of White, Wholewheat, Rye* or Low GI breads & White or Wholewheat Wraps

- * Rye Bread - extra R2.50

- * Avo when available

Avo & Salad	45.00
Bacon	41.50
Bacon & Avo	46.50
Bacon & Banana	46.50
Bacon & Cheddar	47.50
Bacon & Egg	46.50
Bacon, cheddar & avo	55.50
Bacon, cheddar & egg	52.50
Bacon, cheddar & mushroom	53.50
Bacon, cheddar, egg & tomato	57.50
Basil pesto & mozzarella	39.50
Cajun Chicken & avo	53.50
Cheddar	35.00
Cheddar & egg	39.50
Cheddar & onion	38.50
Cheddar & tomato	38.50
Cheddar, tomato & onion	45.00
Chicken mayo	45.50
Chicken mayo & avo	54.50
Chicken mayo & mozzarella	52.50
Crispy bacon & chicken mayo	56.50
Double bacon, mozzarella & cheddar	52.50
Egg Mayo	38.50
Gypsy ham & cheddar	47.50
Gypsy ham & tomato	47.50
Gypsy ham, cheddar & tomato	49.50
Roast beef, cheddar & avo	57.50
Roast beef, mustard & cheddar	53.50
Salami & cheddar	47.50
Salami, cheddar & avo	55.50
Salami, mozzarella & olives	49.50
Tuna mayo	45.50
Tuna mayo & salad	53.50
Tuna mayo, egg & cucumber	54.50

BEVERAGES

Coffees

	Regular	Tall
Filter	14.00	16.00
Americano	18.50	20.00
Latte	20.00	
Cortado	17.00	
Mocha	26.50	
Espresso	16.50	18.50
Cappucino / Flat White	19.50	24.50
Red Cappuccino	19.50	

Decaf available for all coffees - Extra R2.50

Cream available for all hot drinks - Extra R3.00

Milkshakes

Strawberry, Vanilla & Chocolate	28.50
Hazelnut	32.50
Coffee (made with Espresso)	32.50
Milo	32.50

Smoothies

Made with plain yoghurt & fruit - sweetened with honey if required

Strawberry & Mixed Berries	32.00
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Hot Drinks

Hot Chocolate, Horlicks & Milo, Chai Latte	26.00
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Cream available for all hot drinks: Extra R3.00

Cold Drinks

Coke, Coke Lite, Coke Zero, Fanta Orange, Fanta Grape	16.00
Crème Soda, Stoney, Sprite, Sprite Zero, Tab, Dry Lemon	19.50
Appletiser & Red Grapetiser	15.00
Mineral Water 500ml (Still / Sparkling)	28.00
Rock Shandy	21.00
BOS Ice Tea (Various flavours)	30.00
Red Bull	23.50
Vitamin Water (Various flavours)	

Teas

Five Roses Ceylon, Rooibos	15.00
Herbal & Fruit Teas	16.50

Fresh Juice

	Small	Large
Orange, Mango & Fruit Cocktail	17.00	21.50

Cordials & Mixers

Kola Tonic, Lime & Passion Fruit	5.50
Tonic Water	15.00
Soda Water	15.00
Gingerale	15.00
Lemonade	15.00

FROM THE BAR

Beers

Castle Draught (500ml)	29.50
Castle Lager	18.00
Black Label	18.00
Hansa Pilsner	18.00
Castle Lite	19.00
Windhoek Lager	21.00
Amstel	21.00
Heineken	23.00

Ciders

Hunters Dry	24.00
Hunters Gold	24.00
Savannah Dry	24.00
Savannah Lite	24.00

Wines

House Red (per glass)	23.00
House Dry White (per glass)	21.00
House Semi Sweet White (per glass)	21.00
Sauvignon Blanc	25.00
Merlot	27.00

Liquor

Vodka, Gin, Cane, Klipdrift, Spiced Gold Rum	18.50
Bells, J&B	20.00
Jamesons, Jack Daniels	25.50
Tequila	23.50

Irish Coffee

Made with Espresso coffee, a shot of whisky & topped with cream	38.50
Dom Pedro	38.50