



BREAKFAST



NO. SERIOUSLY.
EAT BREAKFAST.

English Breakfast

Two eggs any style, bacon, tomatoes, mushrooms and beef sausages

R70

Eggs Benedict

Classic eggs benney served with bacon, tomatoes on toasted rye bread

R70

PB&B French Toast

French toast served with peanut butter and grilled bananas

R53

Breakfast-on-the-Go

One egg, one bacon, one tomato with mushrooms and halloumi served on a bed of rocket

R53

Neighbourhood Banter (B)

Two eggs, bacon, roasted baby tomatoes, avocado and feta cheese served on a bed of rocket

R61

Wakey Wakey Breakfast Wrap

Scrambled egg, bacon, tomato and cheese all wrapped up

R50

Good Morning Toasted Panini

Fried egg, tomato and cheese grilled to perfection !

R45

BREAKFAST BRUCHETTA BAR

Served on a freshly toasted slice of rye, with your choice of egg any style topped with of the following:

Smoked Salmon & Cream Cheese	R56
Creamy Mushrooms	R35

BREAKFAST SIDE ITEMS

Fresh Yoghurt	R16	Mixed Nuts	R31
Seasonal Berry Compote	R19	Bowl of Oats	R32
Side of Honey	R9	Jam & Cheese	R30

HEALTHY OPTIONS

Birds & Bees

Half paw paw, nuts and yoghurt drizzled with honey

R44

Healthy Start (S)

Seasonal fruit, muesli and yogurt

R59

Berry Nice (S)

Yoghurt and seasonal berry compote

R39

Quick In & Out (V)

Two eggs any style served on a slice of bread of your choice

R37

Build your own 3 Egg Omelette

(served with choice of toasted bread)

R28

Vegetables

Mixed pepper, tomatoes, mushrooms, onions and spinach

R17.00 each

Cheese

Mozzarella, feta, bocconcini balls, cottage cheese and halloumi

R26.00 each

Meat

Bacon, macon, beef sausage, chicken, smoked salmon trout and ham

R29.00 each

B - Banting V - Vegetarian S - Seasonal



R 14.00 for egg whites only

R 18.00 for slice of banting bread

R 16.00 to substitute MACON for bacon

NOTE: Eggs can be fried, poached or scrambled - requires one extra egg with breads: Ciabatta, Rye or Sandwich bread

PRICES & SEASONAL PRICES OF FRUIT AND VEGETABLES ARE SUBJECT TO CHANGE/SUSTITUTION WITHOUT NOTICE



LUNCH TIME

SALADS

Roasted Vegetable & Quinoa Harvest Bowl R62
Roasted seasonal vegetables, Quinoa with Clipboard dressing

Citrus Chicken R75
Fresh grilled chicken breast with tomatoes, red onion, peppadews, orange segments, avocado served with parmesan shavings

Smoked Salmon Trout R80
Smoked salmon trout, julienne vegetables with crunchy greens all topped with Danish feta

Asian Tuna R78
Mixed lettuce, packed tuna, tomatoes, red onion, feta, avocado and croutons

Cottage Pie (Note: 20 min prep time) R80
Ground beef mixed with seasonal vegetables topped with sweet potato and baked cheese crumble

PASTA

Creamy Bacon & Mushroom R78
Penne pasta, served in a rich cream sauce, with finely chopped bacon and mushroom

Classic Bolognese R78
Italian spiced beef, slow cooked with napolitana sauce for that homecooked taste!

Beef Lasagna (Note: 20 min prep time) R80
Layers of minced beef, cheese, lasagna noodles and more minced beef, cheese with a whole lot of awesomeness

Zucchini Lasagna (V/B) (Note: 20 min prep time) R68
Thinly sliced zucchini layered between napolitana sauce, cheese, more zucchini, more cheese and more sauce - yummy

HOT STUFF

Sirloin Steak R97
200g sirloin steak served with roasted vegetables or a side of skinny fries

Grilled Lamb Cutlets R97
Served with seasonal vegetables or skinny fries

Portuguese Chicken Prego R79
Pulled chicken cooked with prego sauce served open faced with salsa verde topped with rocket

The Healthy Chick (B) R70
Grilled chicken breast with seasonal veg

Smashed Beef Burger R79
Served with a great all beef patty, mozzarella, tomatoes, red onion and cos lettuce

Grilled Chicken Burger R78
Grilled chicken breast with olives, onions, mushroom relish with halloumi and rocket

Veggie Burger (V) R68
Fresh packed burger patty served with tomatoes, red onion and fresh lettuce

Fishy Fridays R76
Grilled hake served with a side of skinny fries

Chili Con Carne R79
Home made beef chili con carne served with steamed basmati rice with salsa verde

Butter Chicken R73
Classic Chicken curry dish, served with steamed basmati rice, salsa verde and poppadom

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LUNCH TIME

ASIAN KITCHEN



Egg Fried Rice (V) R58

Seasonal vegetables wok fried in an Asian sauce

+ Chicken R20
Beef R30

Chick Rice Bowl R70

Black pepper chicken & veg served on basmati rice

Stir Fried Noodles (V) R58

Seasonal vegetables wok fried in an Asian sauce of your choice, served with Taiwanese egg noodles

+ Chicken R20
Beef R30

THAI GREEN CURRY | SOYA | BLACK PEPPER

SANDWICHES

Chicken Mayo R63

Chicken mayo, feta, avocado and rocket

Toasted Panini Meatball R63

Hand rolled meatballs in a rich neapolitana sauce and melted with cheese

Classic Club R76

Classic club with grilled chicken breast, bacon and fried egg on ciabatta

Multi-Seed Grilled Cheese (V) R40

Multi-seed fresh square bread lightly buttered and toasted with cheese, like Mum used to make !

WRAPS

Spicy Tuna R58

Packed tuna, mayonaise and sriracha sauce with carrots, cucumber and avocado

Sweet Chili Chicken R58

Grilled chicken, tomato, julienne vegetables and classic Clipboard mayonaise

Sriracha Chicken R60

Pulled sriracha chicken, avocado, baby tomatoes and mixed cabbage together with fresh parsley

Chilli Con Carne R59

Chilli wrapped with salsa verde and served with basmati rice

I'm Vegan R50

Chick peas, cucumber, corn and marinated cabbage

HOMEMADE SOUP

Chicken and Baby Marrow (Classic)

Cup R32 Bowl R46

Chunky Beef

Cubes of carrots, celery, onions and beef

Cup R34 Bowl R49

TOASTED CLASSICS (White, Brown, Ciabata & Rye)

Cheese & Tomato R36

Chicken Mayonnaise R40

Ham and Cheese R40



Side salad R16

Skinny fries R17

Side steamed basmati rice R16

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HOT & COLD BEVERAGES

FRESH JUICES

Apple
Orange
Orange & Ginger

Carrot, Apple & Beetroot
Pear & Pineapple

SMOOTHIES

Mixed Fruit Madness
Pina Colada
Paw-paw, Banana & Ginger
Blueberry & Banana
Mixed Berries
Banana, Peanut Butter & Walnuts
Peanut Butter & Jelly

HEALTHY ADDITIONS

Add 1 item
Add 2 items



Protein Whey, Raw Nuts, Walnuts, Ginger,
Pecan Nuts, Chia Seeds or Peanut Butter

FREEZCHINOS

Almond, Caramel, Cinnamon, Gingerbread,
Pumpkin Spice, Vanilla & Freezochino Classic

COLD DRINKS

R36 Still Water (500ml)
R36 Sparkling Water (500ml)
R36 Soft Drinks (330ml)
Coke, Coke Light, Coke Zero, Cream Soda,
R42 *Fanta Grape, Fanta Orange & Sprite*
R42
Soft Drinks (200ml)
Lemonade, Soda water, Tonic water

Cordials tots

R40
R40 Appletizer
R40 Grapetizer White or Red
R42
R42 Energade - Assorted Flavours
R42

COLD PRESSED JUICES

250 ml
500 ml

MILKSHAKES

R13
R21 *Chocolate, Vanilla, Strawberry & Coffee*
Oreo & Peanut Butter

ESPRESSO

R19 Espresso - Single **R16**
R19 Espresso - Double **R18**

COFFEES

	Small	Regular	Grande
Americano	R24	R27	R30
Flat White	R24	R27	R30
Cappuccino	R24	R27	R30
Latte	R24	R27	R30

R7
R6 *Vanilla, Caramel & Almond Syrup Shot* **R5**

Red Cappuccino **R29**
Chai Latte **R29**
Hot Chocolate - White **R29**
Hot Chocolate - Dark **R29**
Café Mocha **R29**

TEA SELECTION

	Regular
R35 <i>Twinnings - Red Fruity, Green Tea,</i>	R27
R59 <i>Green Tea Jasmine, Peppermint,</i>	
<i>Chamomile, Lemon, Earl Grey and</i>	
<i>English Breakfast</i>	

R40
R42

SOMETHING COLD & SWEET

Affogado (Vanilla Ice Cream & Shot of Espresso)	R38
Pressed Pops (Chocolate, Pink, Yellow, Green)	R26

Talk to us if you don't see what you like !

WINES

Red

Haute Cabriere Pinot Noir **R48 R170**
Protea Merlot **R38 R160**

White

Haute Cabriere Chardonnay **R48 R170**
Durbanville Sauvignon Blanc **R38 R160**

Sparkling

Stenberg Sauvignon Blanc **R58 R180**



SPIRITS

Vodka - Smirnoff **R25**
Gin - Gordons **R25**
Whiskey - J&B **R30**
Tequila - Jose Cuervo Gold **R30**
Jagermeister **R30**

CIDERS

Savannah Dry - 330 ml **R35**

ROCK SHANDY

R35

BEERS

Bone Crusher - 500 ml **R55**
Castle Lite - 340 ml **R25**
Heineken - 340 ml **R30**

COCKTAILS

Gin Fizz **R38**
Mojito **R38**
Classic Mojitos
Lychee OR Grapefruit **R38**
Strawberry Daiquiri **R38**

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