

SANDWICHES

- #1 Grilled Chicken breast, R64
Crispy gipsy ham, avo, cheese + mix mayo
- #2 Emmenthale sausage, R56
caramelised onions, 1/2 cherry tomatoes
- #3 Pastrami, grilled chicken, sausage
cheese + tomato pesto mayo R68
- #4 Pepper beef, cheese, mayo R58
1/2 cherry tomatoes
- #5 Blue cheese, pepper beef R62
1/2 caramelised onions
- #6 Grilled chicken, avo, ^{*}feta
+ Rocket R62

AVO SEASONAL

SANDWICHES

#7 Mushrooms, chilli, R47
rosemary & caramelised onions

#8 Hummus, cherry tomatoes R47
rocket & fresh basil

#9 Fresh basil, blue cheese, avo* R54
& cherry tomato

#10 Avo*, feta, hummus & rocket R54

#11 Pesto, avo*, brie & R54
Caramelised onions

STD BREAD - CIABATTA

GF. Bread: Single R15 Dbl R25

100%, Rye " R15 " R25

Wrap R12

Yotties
HOT Choc R33
GHI: latte R40
Tea R35
MOLCA R40
AMC R24
Latte R33
CAP R27
ESP R20

Smoothies

★ DAIRY BASED @ R40ea

- ★ MIXED BERRY
- ★ RASPBERRY
- ★ PEANUT POWER
- ★ CHOC-PEANUT
- ★ LATTE FRAPPE (ex protein @ R14ex)

HOME-MADE!
JUICE
R40

STRAWBERRY — MANGO
PASSION FRUIT — AKIWI
PINEAPPLE

@R35ea