

This menu is available from 1 May 2020. Terms & conditions apply.
Deals are not available on Friday or Saturday.

BURGER PASTA PIZZA DESSERTS FROZEN MEALS



EAT OUT THE BOX

Your favourite takeaway. A decade of delivering healthier, made to order meals to the Southern Suburbs.

WEEKLY DEALS: SAVE UP TO 40%

<p>R169</p> <p>MONDAY MADNESS 2 large pizzas MONDAY ONLY</p>	<p>R219</p> <p>TUESDAY PARENTS' NIGHT OFF 2 medium pizzas & 2 kids' meals TUESDAY ONLY</p>	<p>RACK 'EM UP RIBS</p> <p>R158 Average Joe half rack R249 Big Daddy full rack less 20% on WEDNESDAY ONLY</p>	<p>R195</p> <p>TAKE 2 DEALS 2 large pizzas OR 2 burgers OR 1 large pizza & 1 burger SUNDAY TO THURSDAY</p>	<p>R275</p> <p>FAMILY PIZZA NIGHT 4 medium pizzas SUNDAY to THURSDAY</p>
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PIZZAS

	MED	LRG
Margherita	60	84
<i>Tomato base, mozzarella cheese</i>		
Regina	85	113
<i>Ham, mushroom</i>		
Cape Doctor	94	124
<i>Bacon, feta, peppadews</i>		
Hawaiian	84	108
<i>Ham, pineapple</i>		
BF Pizza	87	109
<i>Bacon, feta</i>		
Mad Cow	99	127
<i>Bolognese mince, onions, green pepper, crispy jalapenos</i>		
Greek	104	124
<i>Baby spinach, calamata olives, feta, roasted red pepper, onion</i>		

extra pizza toppings
you know you want some ...

	MED	LRG
Garlic, chilli, onion, green pepper, red onion	8	10
Pineapple, cherry tomato, baby spinach, balsamic onions, caramelised onions, pumpkin seeds	11	14
Olives, roasted red pepper, jalapenos, rocket, basil, guacamole	14	18

Our large pizzas are approx 30cm. Medium are approx 26cm.



	MED	LRG
Feta, mushrooms, ham, peppadews, crispy jalapenos, roasted butternut	17	21
Fig, cheddar, salami, bacon, chicken	19	23
Bolognese mince, mozzarella, blue cheese	24	29
Brie	27	33
Avocado	20	27

Fresh avocado is subject to availability. We substitute with guacamole when fresh avocado is not available. Avocado / guacamole is served separately.

	MED	LRG
Joey's <i>Salami, mushrooms, onion, green pepper, fresh tomato</i>	104	132
Three little pigs <i>Ham, bacon, salami</i>	99	130
Funky chicken <i>Chicken, brie, balsamic onions</i>	99	139
Fentestic <i>Bacon, brie, fig</i>	115	144
Kiff n Kuku <i>Chicken, peppadews, balsamic onions</i>	96	125
Vegano	115	139
<i>Butternut, baby marrow, Vegan mozzarella</i>		

make mine vegan ... gluten-free ... low-carb ...

- Gluten-free bases: Large add R 18. Medium, add R13
- Low-carb cauliflower base: Large add R23. Medium add R14
- Veganise it! Swop Mozzarella for Vegan Mozzarella on any vegetarian pizza or create your own with Vegan Mozzarella. Add R25.

We only use free range chicken

BURGERS

	MED	LRG
House Burger <i>Beef, chicken, veg patty or vegan patty</i>	59	78
The Hangover <i>Beef patty nestled on balsamic onion, cheddar cheese, crispy bacon</i>	93	115
Pulp Fiction <i>Beef patty between two slices of cheddar, dill pickle, red onion</i>	89	108
Tree Hugging Hippy	96	118
<i>Vegetable patty, blue cheese, mushrooms, rocket</i>		
Kamakazi <i>Beef patty, bacon, avocado, wasabi mayonnaise</i>	96	117
Joe Burger <i>Beef patty, blue cheese, crispy bacon, avocado</i>	99	119
The Vegan	89	109
<i>Vegan grilled veggie & seed patty, rocket, tomato, vegan mayo & vegan mozzarella</i>		

...or low-carb cauliflower wrap, add R13



SWOP CHIPS FOR: Salad - add R9
Roast veggies - add R13
Cauliflower mash - add R26

RIBS

Average Joe - half rack	189
Big Daddy - full rack	299

Rack 'em up RIBS: less 20% on Wednesdays!

POPPERS

Chilli Poppers	69
Vegan Poppers	79

SIDES

	MED	LRG
Chips	24	34
Green salad	35	49
Cauliflower mash	39	56
Roast veggies	35	49

HOT SOUP

	450ml with a small garlic foccacia
Cauliflower & bacon	59
Roast butternut & orange	49
Chorizo, bean & kale	59

Vegetarian Vegan
 Hot Gluten-free

DESSERTS

Chocolate mousse	39
Chocolate brownie	39
Vegan chocolate brownie	42
PopCo	38

Handmade ice cream & sorbet popsicles

DRINKS

Cold drinks 330ml, assorted	20
Coke, Fanta Orange 2L	36
Cappy Juice (Just Juice), assorted	25
Appetizer, Grapetizer	25
Water, still or sparkling 500ml	19

FREE DELIVERY



Complimentary delivery for orders over R80 when you order direct.



We use eco friendly, compostable & biodegradable packaging

KIDS' CORNER

burgers

Chicken Little Burger <i>Chicken breast fillet on a sesame roll with chips</i>	58
Mini Moo Burger <i>Beef patty on a sesame roll with chips</i>	58
Add cheese	10

pasta

Spag Bol <i>100% steak mince slow cooked with napolitana sauce, basil, origanum</i>	69
Kids' Beef or Veggie Lasagne <i>Bolognese mince or veggies, napolitana sauce, bechemel sauce & mozzarella cheese</i>	89



eat OUT THE FREEZER



simplify life with frozen meals
Served in single portions. Order sides extra.

Chilli Con Carne <i>add a side</i>	65
Bolognese sauce <i>add a side</i>	65
Beef Lasagne	79
Veggie Lasagne	79
Carb-free Beef Lasagne	79
Mac & Cheese	59
Vegan Lentil Risotto	69
Bobotie <i>add a side</i>	65

pizza

Margherita	52
<i>Tomato base, mozzarella cheese</i>	
Hamlet <i>Ham</i>	57
Leelo <i>Ham, pineapple</i>	65
Baby BF <i>Bacon, feta</i>	69
Little Veggie	59
<i>Baby marrow, butternut</i>	

more

Chicken Nuggets <i>Chicken breast fillet crumbed in cornflake crumbs, served with chips & honey mustard mayo</i>	59
Mamma Mia's Meatballs <i>Spaghetti & meatballs with veggies in disguise (carrots & spinach, shhh!)</i>	69

frozen sides

Basmati rice	20
Spaghetti pasta	20
Fettucine pasta	20
Penne pasta	22

frozen soup 450ml

Cauliflower & bacon	59
Roast butternut & orange	49
Chorizo, bean & kale	59

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