

Snacks and Breakfast

Vish Cakes & Dip	49
Aromatic Thai Vegan Fish Cakes (Seitan based) served with a Dipping Sauce. (2pc)	
Samosas	
Gourmet samosas. (3pc)	
Plant Based Mince ,Potato & Peas (Soya based)	39
Vegan Cheese & Sweetcorn	44
Zingy Wings**	65
Zingy Battered Chickn Wings (Seitan Based) served with a Fiery Zingy Hot Sauce Dip.	
All Day Breakfast	85
Vegan Bacon (Seitan based) , Baked Beans, Plant based Mince (Soya based), grilled Tomatoes and Toast.	
Add: Avo	25

TVC Legends

Southern Fried Chickn, Chips & Slaw **	89
Southern Fried Chicken (Seitan based) served with Chips, Dipping Sauce and Rainbow Slaw.	
Battered Vish, Chips & Slaw **	89
Battered Vegan Fish (Seitan based) served with Chips, Tartar Sauce and Rainbow Slaw.	
Sticky Ribs, Chips & Slaw	89
Sticky Vegan Ribs (Seitan based) garnished with Sesame Seeds and served with Chips and Rainbow Slaw.	
GF Loaded Nachos (GF)	95
Plant based mince (Soya based) on a bed of gluten free Nachos and Lettuce. Topped with Guacamole, grilled Corn, Cherry Tomatoes, Spicy Jalapenos and TVC 1000 Island Sauce.	
Gourmet TVC Snack Platter for 2	219
A gourmet sharing platter with battered Vish pieces, Southern Fried Chickn, Sticky Ribs, Chips, TVC 1000 Island Sauce and Rainbow slaw.	

Kiddies

Kiddies Meal - Chickn Pops **	58
Chickn Pops, Chips, Carrot and Cucumber Sticks.	

GF Gluten FREE ****** Onion & Garlic Free



the vegan chef

Gourmet Cruelty Free Comfort Food

Sandton Menu

Shop A18,
Benmore Gardens Shopping Centre,
Sandton, (Next to Simply Asia)

10.30am to 8pm Mon - Thurs
10.30am-8pm (Fri & Sat), 10am-6pm (Sun)

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Salads & Poke Bowls

GF Buddha Bowl (GF)	75
Grilled Veggies ,Fresh Salad and Chickpeas served with a Peanut Satay Sauce. (Sauce contains Nuts)	
Buddha Bowl (with Seasoned Chickn)	92
Pieces of Seasoned Chickn (Seitan based) served on a bed of Grilled Veggies ,Fresh Salad and Chickpeas served with a Peanut Satay Sauce. (Sauce contains Nuts)	
GF Falafel Bowl	92
Falafel Balls, Grilled Veggies and Fresh Salad served with a Ranch Sauce.	

Burgers

Crispy Chickn Burger **	80
Crispy Chickn fillet (Seitan based) served on a toasted bun with Lettuce, Tomato, Gherkins and Rainbow Slaw.	
Zingy Chickn Burger **	80
Chickn Fillet (Seitan Based) on a bed of Lettuce, Rainbow Slaw and Fiery Zingy Hot Sauce on a Toasted Bun.	
Gourmet Rib Burger	80
Sticky Ribs (Seitan Based) served on fresh bun with Lettuce, TVC Ranch sauce, Spicy Jalapeno Pepper, Red Onions and Rainbow Slaw.	
Beyond Burger **	118
GF Beyond Burger	
Beyond Burger Patty on a toasted bun with Lettuce, Tomato, Gherkins and TVC Burger sauce. (GF Option available)	
Beyond Burger - Chef Special (with Vacon & Cheese)	165
Beyond Burger Patty on a toasted bun with Vacon, Cheese, Lettuce, Tomato ,Gherkins and TVC Burger Sauce. Served with Chips.	
Replace with Gluten Free Bun	25

Curries

Vish Curry	89
Vegan Fish curry (Seitan Based) with the perfect blend of Spices. Served with Side Salad.	
GF Chickpea Curry (GF)	89
Mouthwatering Chickpea curry cooked in a delicious blend of Spices & Coconut cream. Served with Side Salad.	
Tofu Masala (GF)	89
GF Tofu	
Simmered in a spicy Tomatoe Coconut Cream Gravy. Served with Side Salad.	
Roti (each) **	15
Brown Basmati Rice (Portion) **	20

Wraps & Toasties

Chicken Salad Wrap & Chips/Salad ** 79
Crispy & succulent Chickn in a lightly toasted wrap served with mixed Lettuce leaves, Cherry tomatoes, Peppers and TVC 1000 island sauce. Served with a side Salad or Chips.

Zingy Chickn Wrap & Chips/Salad 79**
Crispy and Succulent Chickn in a lightly Toasted Wrap Served with mixed Lettuce Leaves, sliced Peppers, Cherry Tomatoes and a Fiery Hot Zingy Sauce. Served with a side Salad or Chips.

GF Cheese & Tomato Toastie ** 42
Toasted Vegan Cheese and Tomato sandwich (GF Option Available)

Vacon & Cheese Toastie 59
Toasted vegan Bacon (Seitan Based), Cheese & Tomato sandwich.

GF Mince & Cheese Toastie 59
Toasted Plant based Mince (Seitan Based) and Cheese sandwich (GF Option Available)

Chickn Mayo Toastie ** 59
Toasted Chicken Mayo sandwich with Gherkins and Dill infused Mayo.

Chickn Mayo & Vacon Toastie 69
Toasted Chicken Mayo sandwich with vegan Bacon, Gherkins and Dill infused Mayo.

Replace with Gluten Free Bread 25

Sides

	Potato Chips**	Sweet Potato Chips**	Rainbow Slaw**	Side Salad
Regular	35	45	25	29
Large	45	59	39	
Portion of Vegan Bacon 39				
Extra portion of our delicious Vegan Bacon (Seitan based) Sauces **				
1000 Island Sauce				22
Ranch Sauce				22
Zingy Hot Sauce 🌶️				25

GF Gluten FREE ** Onion & Garlic Free



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Platters & Buckets

TVC Fried Chickn Buckets **
Fried Chickn Bucket served with Chips, Rainbow Slaw & a Dipping Sauce.

Bucket For 1 85
Sharing Bucket 130

Pies

Please allow a prep time of 30min as all pies are freshly baked

Pies - Single 65

Your choice of a Freshly Baked handcrafted TVC Flaky Pie in puff pastry.

Pie Combo - Pie, Chips, Gravy & Rainbow Slaw 95

Your choice of a Freshly Baked handcrafted TVC Flaky Pie in puff pastry served with Crispy Chips, rich Gravy and Refreshing & Crunchy Rainbow Slaw.

Choice of Pie Fillings :

Chickn Curry Pie
Plant Based Mince Curry Pie
Veggie Pie

Smoothies

GF Peanut Butter Bomb 49
Peanut Butter, Banana, Dates, Chia Seeds & Almond Milk.

GF Blueberry Dream 49
Blueberries, Banana, Chia Seeds & Almond Milk.

GF The Green Machine Smoothie 54
Spinach, Cucumbers, Green Apples, Pineapples & Coconut water.

GF Tropical Smoothie 58
Pineapple, Fresh Coconut, Banana, Chia seeds & Coconut water

GF Scoop of Vegan Protein Powder 25

Mylkshakes

Chocolate 54
Vanilla 54
Strawberry 54
Cookies and Crème 58

Sweet Decadence

Sweet Decadence & Desserts

Decadent Brownie (each) 30

GF Raw Brownie (each) 49

Decadent Brownies & Ice Cream 65

Check out our wide variety of Cakes, Cupcakes, Biscuits and Desserts in store.

Waffles

Carrot cake waffle 89

Shredded carrots in a waffle batter with spice. Topped with chopped Pecans, Ice cream and dusted with Cinnamon.

Decadent Chocolate waffle 89

Decadent Vegan waffle with Aero Dark Pieces, Ice-cream and Chocolate syrup

Hot Beverages

Coffee 29

Cappuccino 35

Cafe Latte 39

Tea (Rooibos or 5 Roses) 25

Vegan Hot Chocolate 45

Cold Beverages

Soft drinks 28

Water- Still or Sparkling 28

Fruit Juices 35

Kombucha 45

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