

Breakfast

- Egg Roll** 18
egg and creamy mayo served on white or whole wheat seeded bun
- add bacon R10
- Yoghurt Cup Small 250 ml** 22
vanilla yoghurt
- Breakfast Wrap** 35
scrambled egg, creamy mayo and grilled tomato
- add bacon R10
- Muesli & Yoghurt Cup Small 250ml** 35
muesli layered with vanilla yoghurt and topped with honey.
- Avo on Rye** 37
fresh avocado served on fresh rye bread topped with lemon juice
- add egg R5
- add bacon R10
- French Toast** **NEW** 37
french toast served with maple syrup
- Classic Breakfast** **NEW** 38
crispy bacon, freshly grilled tomato, 2 eggs and a choice of white or whole wheat bread
- add beef sausage R20
- add cheese griller R18
- Hash Brown Breakfast** **NEW** 38
potato hash brown, freshly grilled tomato, 2 eggs and a choice of white or whole wheat bread

Wraps

- Small Chicken Wrap** 32
grilled cajun chicken strips served with creamy mayo
- Butternut, Feta & Sesame Wrap** 40
roasted butternut & sesame seeds served with creamy mayo
- Sticky Chicken & Pine Wrap** 38
cajun chicken strips and pine served with bbq sauce
- Crispy Bacon & Feta Wrap** 42
crispy bacon with danish feta served with creamy mayo
- Grilled Haloumi Wrap** 44
grilled haloumi fingers served with creamy cajun mayo
- Cajun Chicken & Bacon Wrap** 44
cajun chicken strips and crispy bacon served with creamy cajun mayo
- Cajun Chicken Wrap** 37
cajun chicken strips served with cajun mayo
- Sweet Chilli Chicken Bite Wrap** 42
chicken bites served with sweet chilli sauce
- Mozzarella & Tomato Wrap** 42
grated mozzarella with freshly cut tomato served with creamy mayo

Folda

- Cajun Chicken Folda** 44
cajun chicken strips with freshly cut ice berg lettuce, tomato, grated mozzarella served with cajun mayo
- Crispy Bacon & Feta Folda** 46
crispy bacon & feta with freshly cut ice berg lettuce, tomato, grated mozzarella served with creamy mayo
- Cajun Chicken & Bacon Folda** 46
cajun chicken strips & crispy bacon with freshly cut ice berg lettuce, tomato, grated mozzarella served with cajun mayo
- Chicken Prego & Onion Folda** 44
cajun chicken strips & caramelized onion with freshly cut ice berg lettuce, tomato, grated mozzarella served with cajun mayo

Salads

- Choose Your Base**
- Deconstructed Base
mixed lettuce, cucumber, carrot sticks, tomato, red cabbage & corn
- OR
- Mixed Base
mixed lettuce, cucumber, julienne carrot, tomato, red cabbage & corn
- Cajun Chicken Bowl** 36
cajun chicken strips served with creamy cajun mayo
 - Butternut, Feta & Sesame Seeds Bowl** 40
roasted butternut, feta & sesame seeds served with italian dressing
 - Crispy Bacon & Feta Bowl** 43
crispy bacon and danish feta served with italian dressing
 - Sticky Chicken & Pine Bowl** 40
cajun chicken strips and pine served with bbq dressing
 - Grilled Haloumi Bowl** 45
grilled haloumi fingers served with creamy cajun mayo
 - Cajun Chicken & Bacon Bowl** 45
cajun chicken strips and crispy bacon served with Italian dressing



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Our Menu Items Are Prepared in Kitchens That Use Soy, Gluten, Dairy, Eggs, Fish, Nuts. Please Ask Our Team For More Information & Guidance E&OE



Look for In Store Specials

Smoothies

- | | 250ml | 350ml |
|----------------------------------|-------|-------|
| Green Monster Smoothie | 28 | 33 |
| Vitamin C Smoothie | 28 | 33 |
| Mixed Berry Smoothie | 28 | 33 |
| Mango Honey Smoothie | 28 | 33 |
| Berry Banana Smoothie NEW | 28 | 33 |
| Mango Banana Smoothie NEW | 28 | 33 |
| Mango Frappe | 25 | 30 |
| Mixed berry Frappe | 25 | 30 |
| Cappuccino Frappe | 28 | 33 |

Hot Bev

- | | 250ml | 350ml |
|--------------------------|-------|-------|
| Espresso Single | 16 | 18 |
| Americano | 16 | 20 |
| Cappuccino | 18 | 24 |
| Red Cappuccino | 22 | 28 |
| Tea Five Roses / Rooibos | 13 | 15 |
| Green Tea | 14 | 16 |
| Hot Chocolate | 16 | 18 |
| Caffe Mocha | 24 | 30 |
| Chai Latte | 24 | 30 |

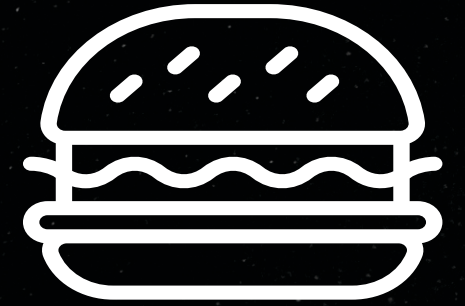
Trams

- Cheese** 42
grated mozzarella evenly spread
- Chicken Mayo** 42
finely chopped chicken served with creamy mayo and grated mozzarella
- Cheese & Tomato** 44
grated mozzarella and freshly cut tomato slices
- Chicken Prego & Onion** 44
cajun chicken served with caramelized onion and grated mozzarella topped with prego sauce
- Bolognese** **NEW** 47
bolognese napolitana served with grated mozzarella
- Bacon & Feta** 44
finely chopped crispy bacon served with feta and grated mozzarella

Sandwiches

- Cheese** 21
grated mozzarella served on white or whole wheat bread
- Cheese & Tomato** 24
grated mozzarella with freshly cut tomato served on white or whole wheat bread
- Cheese & Hickory Ham** 30
grated mozzarella and a slice hickory ham served on white of whole wheat bread
- Cheese, Hickory Ham & Tomato** 33
grated mozzarella, a slice hickory ham & freshly cut tomato served on white of whole wheat bread
- Club Sandwich** 42
cajun chicken breast, crispy bacon, egg, freshly cut iceberg lettuce, tomato & creamy cajun mayo served on 3 slices white or whole wheat bread
- Chicken Mayo** 21
finely chopped chicken and creamy mayo served on white or whole wheat bread
- Bacon & Egg** 25
crispy bacon & egg served on white or whole wheat bread
- Bacon & Cheese** 31
crispy bacon & grated mozzarella served on white or whole wheat bread
- Bolognese Sandwich** **NEW** 39
grated mozzarella with bolognese napolitana served on white or whole wheat bread
- BLT Sandwich** 40
crispy bacon, freshly cut iceberg lettuce, freshly cut tomato & creamy cajun mayo served on 3 slices white or whole wheat bread

Add R4 for Rye Bread



Grills

- Chicken Hot Dog** 22
chicken vienna served on a fresh hot dog bun with a selection of sauces
(NO BUTTER UNLESS YOU ASK)
- Small Chicken Burger** 22
grilled chicken breast with freshly cut iceberg lettuce and creamy mayo served on a seeded bun
- Chicken Burger** 35
grilled chicken breast with freshly cut iceberg lettuce, tomato, grilled onion and creamy mayo served on a seeded bun
- Vegetarian Burger** 38
veg patty with freshly cut iceberg lettuce, tomato, grilled onion and creamy mayo served on a seeded bun
- add haloumi and avo R22
- Beef Burger** 38
100% pure beef patty with freshly cut iceberg lettuce, tomato, grilled onion and bbq basting served on a seeded bun
- Small Chicken Strips** 28
chicken strips served with a selection of sauces
- Large Chicken Strips** 38
chicken strips served with a selection of sauces
- Small Veg Nuggets (6)** **NEW** 44
veg nuggets served with a selection of sauces
- Large Veg Nuggets (9)** **NEW** 60
veg nuggets served with a selection of sauces
- Small Fried Chips** 20
fried chips served with a selection of sauces
- Large Fried Chips** 25
fried chips served with a selection of sauces

Pasta

- Napolitana Pasta** 35
saucy italian napolitana spaghetti pasta
- Chicken Alfredo Pasta** 40
cajun chicken strips served with creamy penne pasta
- Mediterranean Veg Pasta** **NEW** 45
sundried tomato, mushrooms, roasted pepper and baby marrow served with penne pasta
- Bolognese Pasta** **NEW** 50
bolognese napolitana spaghetti pasta

