

Breakfast

Egg Roll	20
egg and creamy mayo served on white or whole wheat seeded bun	
Yoghurt Cup Small 250 ml	25
vanilla yoghurt	
Breakfast Wrap	38
scrambled egg, creamy mayo and grilled tomato	
Muesli & Yoghurt Cup Small 250ml	37
muesli layered with vanilla yoghurt and topped with honey.	
Avo on Rye	37
fresh avocado served on fresh rye bread topped with lemon juice	
French Toast	40
french toast served with maple syrup	
Hash Brown Breakfast	40
potato hash brown, freshly grilled tomato, 2 eggs and a choice of white or whole wheat bread	

Pasta

Napolitana Pasta	40
saucy italian napolitana spaghetti pasta	
Chicken Alfredo Pasta	45
cajun chicken strips served with creamy penne pasta	
Mediterranean Veg Pasta	48
sundried tomato, mushrooms, roasted pepper and baby marrow served with penne pasta	
Bolognese Pasta	52
bolognese napolitana spaghetti pasta	

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	39
cajun chicken strips served with creamy cajun mayo	
Butternut, Feta & Sesame Seeds Bowl	43
roasted butternut, feta & sesame seeds served with italian dressing	
Sticky Chicken & Pine Bowl	43
cajun chicken strips and pine served with bbq dressing	
Grilled Haloumi Bowl	47
grilled haloumi fingers served with creamy cajun mayo	
Tuna Bowl	52
shredded tuna served with italian dressing	

Trams

Cheese	44
grated mozzarella evenly spread	
Chicken Mayo	44
finely chopped chicken served with creamy mayo and grated mozzarella	
Cheese & Tomato	46
grated mozzarella and freshly cut tomato slices	
Chicken Prego & Onion	46
cajun chicken served with caramelized onion and grated mozzarella topped with prego sauce	
Bolognese	49
bolognese napolitana served with grated mozzarella	
Tuna Mayo	57
shredded tuna served with creamy mayo and grated mozzarella	



Folda

Cajun Chicken Folda	47
cajun chicken strips with freshly cut ice berg lettuce, tomato, grated mozzarella served with cajun mayo	
Chicken Prego & Onion Folda	47
cajun chicken strips & caramelized onion with freshly cut ice berg lettuce, tomato, grated mozzarella served with cajun mayo	



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	30	35
Vitamin C Smoothie	30	35
Mixed Berry Smoothie	30	35
Mango Honey Smoothie	30	35
Berry Banana Smoothie	30	35
Mango Banana Smoothie	30	35
Mango Frappe	30	35
Mixed berry Frappe	30	35
Cappuccino Frappe	30	35

Sandwiches

Cheese	23
grated mozzarella served on white or whole wheat bread	
Cheese & Tomato	26
grated mozzarella with freshly cut tomato served on white or whole wheat bread	
Chicken Mayo	23
finely chopped chicken and creamy mayo served on white or whole wheat bread	
Bolognese Sandwich	40
grated mozzarella with bolognese napolitana served on white or whole wheat bread	
Tuna Mayo Sandwich	44
shredded tuna and creamy mayo served on white or whole wheat bread	

Add R4 for Rye Bread

Grills

Chicken Hot Dog	24
chicken vienna served on a fresh hot dog bun with a selection of sauces (NO BUTTER UNLESS YOU ASK)	
Small Chicken Burger	24
grilled chicken breast with freshly cut iceberg lettuce and creamy mayo served on a seeded bun	
Chicken Burger	38
grilled chicken breast with freshly cut iceberg lettuce, tomato, grilled onion and creamy mayo served on a seeded bun	
Vegetarian Burger	42
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	42
100% pure beef patty with freshly cut iceberg lettuce, tomato, grilled onion and bbq basting served on a seeded bun	
Small Chicken Strips	30
chicken strips served with a selection of sauces	
Large Chicken Strips	40
chicken strips served with a selection of sauces	
Small Veg Nuggets (6)	46
veg nuggets served with a selection of sauces	
Large Veg Nuggets (9)	64
veg nuggets served with a selection of sauces	
Small Chips	22
oven baked chips served with a selection of sauces	
Large Chips	27
oven baked chips served with a selection of sauces	
Potato Hash Brown	25
hash brown served with a selection of sauces	

Wraps

Small Chicken Wrap	34
grilled cajun chicken strips served with creamy mayo	
Butternut, Feta & Sesame Wrap	43
roasted butternut & sesame seeds served with creamy mayo	
Sticky Chicken & Pine Wrap	41
cajun chicken strips and pine served with bbq sauce mayo	
Grilled Haloumi Wrap	45
grilled haloumi fingers served with creamy cajun mayo	
Cajun Chicken Wrap	40
cajun chicken strips served with cajun mayo	
Sweet Chilli Chicken Bite Wrap	45
chicken bites served with sweet chilli sauce	
Mozzarella & Tomato Wrap	44
grated mozzarella with freshly cut tomato served with creamy mayo	
Tuna Mayo Wrap	57
shredded tuna served with creamy mayo	

Hot Bev

	250ml	350ml
Espresso Single	18	20
Americano	20	22
Cappuccino	22	28
Red Cappuccino	26	32
Tea Five Roses / Rooibos	15	17
Green Tea	18	20
Hot Chocolate	20	23
Caffe Mocha	27	33
Chai Latte	27	33

