

Breakfast



Yoghurt Cup

 22

250ML PLAIN OR STRAWBERRY YOGHURT

Fruit Cup

 22

MIXED SEASONAL FRUIT CUP

Breakfast Cup

 35

YOGHURT & HOME MADE GRANOLA

Egg & Cheese

 35



Foldover

EGG & CHEESE WITH A DASH OF NAPOLITANA

Egg & Cheese Roll

 25

EGG & CHEESE ON A TOASTED BUN

Eggs on Toast

 22

2 EGGS ON YOUR CHOICE OF WHITE, BROWN OR RYE TOAST

Avo on Rye

 35

OPEN SANDWICH WITH DICED AVO & LEMON

Sandwich & Tramezzini

CHOICE OF WHITE, BROWN & RYE BREAD OR PITA

Cheese

 20 40

Cheese & Tom

 25 45

Chicken Mayo

20 40

Tuna Mayo

30 50

Chicken Prego & Onion

22 42

Butter Chicken

22 42

Bolognese Mince

25 45



Croissant

Plain

 25

FRESHLY BAKED CROISSANT

Cheese

 35

Cheese & Tomato

 40

Chicken Mayo

35

Deli

Muffin

SMALL LARGE

SWEET & SAVOURY BAKED MUFFINS

15 18

Biscuit Jar

15

ASSORTED BAKED BISCUITS

Popcorn

12

Spicy Corn

10

Dried Mango

20

Biltong

25

Wraps



Grilled Chicken

30

GRILLED CHICKEN STRIPS, MIXED LETTUCE, TOMATO, CARROTS & MAYO DRESSING

Chicken Mayo

30



CHUNKY CHICKEN MAYO, MIXED LETTUCE, TOMATO, CARROTS & MAYO DRESSING

Cheese & Tomato

 35

CHEDDAR CHEESE, TOMATO, MIXED LETTUCE CARROTS & MAYO DRESSING

Sweet Chilli Chicken

35

CRUMBED CHICKEN, SWEET CHILLI SAUCE, MIXED LETTUCE, TOMATO, CARROTS & SWEET CHILLI

Chicken & Feta

40

CHICKEN, FETA, MIXED LETTUCE, TOMATO, CARROTS & MAYO DRESSING

Haloumi & Avo

45

HALOUMI, AVOCADO, MIXED LETTUCE, TOMATO, CARROTS & MAYO DRESSING

Falafel & Avo

 45



FALAFEL, AVOCADO, MIXED LETTUCE, TOMATO, CARROTS & MAYO DRESSING

Foldover



Chicken & Cheese

30

GRILLED CHICKEN STRIPS, MAYO & CHEDDAR CHEESE

Mince & Cheese

35

BOLOGNESE MINCE & CHEDDAR CHEESE

Sweet Chilli Chicken

35

CRUMBED CHICKEN, SWEET CHILLI SAUCE, CHEDDAR CHEESE & MAYO

Butter Chicken

35

BUTTER CHICKEN & CHEDDAR CHEESE

Grills

Chips / Wedges

SMALL
15

LARGE
20

Chicken Strips

25

30

Burgers

Junior Chicken

20

50G CHICKEN BURGER WITH LETTUCE & MAYO

Chicken Burger

30

100G GRILLED CAJUN CHICKEN BURGER WITH LETTUCE & TOMATO

Haloumi & Avo Burger

45



100G GRILLED CAJUN CHICKEN BURGER WITH LETTUCE, TOMATO, GRILLED HALOUMI & AVO.

Beef Burger

35

100G BASTED PURE BEEF BURGER WITH LETTUCE & TOMATO

Cheese Burger

40



100G BASTED PURE BEEF BURGER WITH LETTUCE, TOMATO & CHEESE

Chicken Prego

30

100G CHICKEN STRIPS, PREGO & ONION

Salad



Grilled Chicken

30

GRILLED CHICKEN STRIPS, MIXED LETTUCE, CARROTS, TOMATO, CUCUMBER & DRESSING

Butternut & Feta

 35

BUTTERNUT, ROASTED BEETROOT, FETA, MIXED LETTUCE, CARROTS, TOMATO, CUCUMBER & DRESSING

Honey Chicken

42

HONEY GLAZED CHICKEN, HALLOUMI, PINEAPPLE, MIXED LETTUCE, CARROTS, TOMATO, CUCUMBER & DRESSING

Haloumi & Avo

 45

HALLOUMI, AVOCADO, NUTS, MIXED LETTUCE, CARROTS, TOMATO, CUCUMBER & DRESSING

Crumbed Chicken

40 

CRUMBED CHICKEN, AVOCADO, LETTUCE, CARROTS, TOMATO, CUCUMBER & DRESSING

Tuna & Egg

45

CHUNKY TUNA & BOILED EGG, MIXED LETTUCE, CARROTS, TOMATO, CUCUMBER & DRESSING

Pasta

Napolitana

 30

PENNE PASTA IN ITALIAN TOMATOES, VEGETABLES & HERBS

Bolognese

40

PENNE PASTA IN NAPOLITANA MINCE

Creamy Pesto

 35

PENNE PASTA IN A CREAMY PESTO SAUCE

Chicken Pesto

40 

PENNE PASTA IN A CREAMY CHICKEN PESTO SAUCE

Macaroni Cheese

 30 

PENNE PASTA IN A CREAMY WHITE SAUCE WITH CHEDDAR CHEESE

Hot Dishes

Butter Chicken & Rice

35 

BUTTER CHICKEN WITH RICE

Bolognese & Rice

35 

BOLOGNESE MINCE, CORN & RICE



Schnitzel & Rice

35 

CHICKEN SCHNITZEL, CHEESE SAUCE & RICE

Cold Beverages

Water 12

STILL & SPARKLING

Flavoured Water 14

STRAWBERRY, ORANGE, LEMON & LITCHI

Ice Tea 20

PEACH, LEMON & BERRY

Fruit Juice 18

ORANGE, APPLE & STRAWBERRY

Lemonade 25

LEMON, CRANBERRY, SUGAR FREE

Steri Stumpie 25

CREAM SODA, CHOCOLATE

Soft Drinks 16/18

Hot Beverages

Espresso SMALL 17 LARGE 22

Americano 17 22

Cappuccino 22 27

Red Cappuccino 27 32

Five Roses 15 18

Rooibos 15 18

Hot Chocolate 20 25

Milo 20 25

Caffe Mocha 27 32

Frappes



Cappuccino Frappe SMALL 30 LARGE 35

CAPPUCCINO & CRUSHED ICE

Strawberry Frappe 30 35

STRAWBERRY PULP & CRUSHED ICE

Mango Frappe 30 35

MANGO PULP & CRUSHED ICE

Lemon Frappe 30 35

HOMEMADE LEMONADE & CRUSHED ICE



Smoothies 35

MERRY BERRY

Blueberries, strawberry, cranberries, banana, chai seeds & vanilla yoghurt

TROPICAL TWIST

Pineapple, mango, orange, granadilla, banana & chia seeds

ENERGIZER

Beetroot, coconut, flaxseeds, strawberries, ginger, cranberries & mint

FLU BUSTER

Carrot, orange, cinnamon, turmeric, papaya, thyme, pineapple & ginger

DELICIOUS DESSERT

Almond nut butter, banana, coconut milk, cocoa nibs, dates, cinnamon, cocoa powder, chai seeds & almonds

POWER PROTEIN

Chai seeds, flaxseeds, oats, peanut butter, banana, protein powder & mooji berries

GREEN CLEANSE

Mint, cucumber, ginger, green apple, baby spinach, chai seeds, flaxseeds, pumpkin seeds & moringa powder

PEANUT BUTTER CUP

Peanut butter, dates, plain yoghurt, cocoa powder & banana