

## Breakfast

- Egg Roll** 20  
egg and creamy mayo served on white or whole wheat seeded bun
- add bacon R10**
- Yoghurt Cup Small 250 ml** 25  
vanilla yoghurt
- Breakfast Wrap** 38  
scrambled egg, creamy mayo and grilled tomato
- add bacon R10**
- 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
- add egg R8**
- add bacon R10**
- French Toast** 40  
french toast served with maple syrup
- Classic Breakfast** 40  
crispy bacon, freshly grilled tomato, 2 eggs and a choice of white or whole wheat bread
- add beef sausage R20**
- add cheese griller R20**
- Hash Brown Breakfast** 40  
potato hash brown, freshly grilled tomato, 2 eggs and a choice of white or whole wheat bread

## 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
- Crispy Bacon & Feta Wrap** 45  
crispy bacon with danish feta served with creamy mayo
- Grilled Haloumi Wrap** 45  
grilled haloumi fingers served with creamy cajun mayo
- Cajun Chicken & Bacon Wrap** 46  
cajun chicken strips and crispy bacon 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

## Folda

- Cajun Chicken Folda** 47  
cajun chicken strips with freshly cut ice berg lettuce, tomato, grated mozzarella served with cajun mayo
- Crispy Bacon & Feta Folda** 49  
crispy bacon & feta with freshly cut ice berg lettuce, tomato, grated mozzarella served with creamy mayo
- Cajun Chicken & Bacon Folda** 49  
cajun chicken strips & crispy bacon 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

## 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
- Crispy Bacon & Feta Bowl** 45  
crispy bacon and danish feta 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
- Cajun Chicken & Bacon Bowl** 47  
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 | 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    |

## 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    |

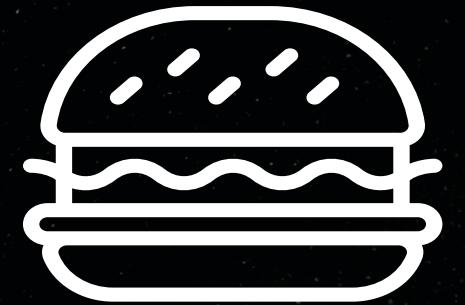
## Trams

- Cheese** 44  
grated mozzarella evenly spread
- Chicken Mayo** 44  
finely chopped chicken served with creamy mayo and grated mozzarella
- Cheese & Tomato** 44  
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
- Bacon & Feta** 46  
finely chopped crispy bacon served with feta and grated mozzarella

## 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
- Cheese & Hickory Ham** 32  
grated mozzarella and a slice hickory ham served on white of whole wheat bread
- Cheese, Hickory Ham & Tomato** 35  
grated mozzarella, a slice hickory ham & freshly cut tomato served on white of whole wheat bread
- Club Sandwich** 44  
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** 23  
finely chopped chicken and creamy mayo served on white or whole wheat bread
- Bacon & Egg** 27  
crispy bacon & egg served on white or whole wheat bread
- Bacon & Cheese** 33  
crispy bacon & grated mozzarella served on white or whole wheat bread
- Bolognese Sandwich** 40  
grated mozzarella with bolognese napolitana served on white or whole wheat bread
- BLT Sandwich** 43  
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** 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 Fried Chips** 22  
fried chips served with a selection of sauces
- Large Fried Chips** 27  
fried chips served with a selection of sauces
- Potato Hash Brown** 25  
hash brown served with a selection of sauces

## 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

