



EAT-IN MENU

A. BREAKFAST (AVAILABLE ALL DAY)

Option of brown, white or Sourdough bread

A1 - Reach Breakfast: R34 (1 egg, 1 rasher bacon, grilled tomato, 1 slice toast, butter & jam)

A2 - Be Strong: R65 (2 eggs, 2 rashers bacon, 1 beef sausage, grilled tomato, 2 potato rostitis, 2 slices toast, butter & jam)

A3 - Sunshine: R48 Creamy omelette (4 eggs) with rocket, cheese, tomato.

A4 - Manna: 70 (2 slices toast, guacamole, cottage cheese, grilled tomato, 2 poached eggs, balsamic glaze)

A5 – Heavenly Toast: R55 (2 slices toast, plain guacamole, cherry tomatoes, basil pesto)

A6 - Breakfast Bun: R38 (Egg, bacon & cheese on a brioche roll)

A7 - Breakfast Croissant: R55 (Scrambled egg (3 eggs) and 2 rashers bacon on a toasted croissant)

A8 –Granola Bowl: R50 (Home-made granola,(oats, raisins, cranberries, sunflower seeds, pumpkin seeds, sesame seeds, flax seeds, citrus peel, coconut flakes, maple syrup, coconut oil, salt) yoghurt, served with cinnamon & honey)

Extras: (May only be ordered to accompany a coded menu item A-E)

Brown / White bread – R6

Egg / Tomato / Mayonnaise– R5

Cheese slice / Cottage cheese / Feta / Caramelized onion / Olives (4) / Potato Rosti (2) – R8

AVO – R18 (subject to seasonal price changes)

Sourdough bread – R8

Ham / Vienna / Bacon – R10

Beef sausage – R12

B. TOASTED SARMIES (served with shoestring fries or salad)

Option of brown, white or Sourdough bread

B1 - Cheese – R44

B3 – Ham & Cheese – R52

B5 - Egg & Bacon – R50

B7 - Chicken Mayo – R60

B2 - Cheese & Tomato – R48

B4 – Ham, Cheese & Tomato – R56

B6 – Egg, Bacon & Cheese – R58

C. LUNCH

C1 - Sticky Chicken Wrap - R70 (Sticky chicken, feta, avocado, tomato & greens)

C2 – Vegetarian Wrap - R60 (Cream cheese, sweet chilli sauce, greens, tomato, onion, cheddar cheese, black beans, guacamole)

C3 – Lasagne – R75 (served with side salad)

C4 – Soup of the Day – R40 (served with bread and butter) Ask your waitress for more details.

C5 – Quiche of the day – R60 (served with a side salad) Ask your waitress for more details.

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D. SALADS

D1 - Smoked Chicken Salad – R68 Smoked chicken, bacon, feta, caramelised onion, tomato, cucumber, greens.

D2 - Mixed Salad – R48 Feta, olives, caramelised onion, tomato, cucumber, greens.

D3 – Butternut & Beetroot Salad – R65 Beetroot, butternut, feta, sundried tomato, caramelised onion, poppy & sesame seeds, greens.

E. QUICK BITES

E1 - Hot dog – R15

E3 - Shoestring fries – R20

E5 – Large portion shoestring fries – R35

E7 – Chicken Nuggets & fries – R40

E2 – Hot Dog & fries – R30

E4 - Side salad – R25

E6 – Chicken Nuggets – R25

F. DELIGHTS

F1 - Ice-cream & chocolate sauce – R25

F3 - Carrot Cake – 46

F5 – Scone, jam & cream – R26

F7 – Croissant, Butter & Jam – R22

F9 - Chocolate Croissant – R22

F11 – Assorted Muffins – R20

F2 – Mini Dateballs – R20

F4 - Cheesecake – 46

F6 – Scone, jam, cream & cheese – R32

F8 – Croissant, butter, jam & cheese – R30

F10 – Banting Chocolate Cake – R44

G. BISCUITS

G1 - Chocolate Biscuits – R20

G3 – Mini Chocolate Biscuits – R12

G5 – Mini Choc Chip Biscuits – R14

G2 - Cranberry & Chocolate Biscuits – R25

G4 – Mini Cranberry & Choc Biscuits – R16

G6 - Butter Biscuits – R10

H. COLD DRINKS

Coke / Coke Zero / Cream Soda / Fanta / Sprite - **R18**

Iced Tea – Lemon / Peach – **R20**

Fruit Juice – Orange – **R20**

Apple & Cinnamon Smoothie – **R40**

Tropical Smoothie (Banana, Mango, Pineapple) – **R46**

Iced Coffee – **R28**

Milkshakes – Kiddie/Std (Bubblegum / Chocolate / Strawberry / Vanilla) – **R26 / R34**

Milk – **R10**

Appeltiser / Grapetiser – **R22**

Water – Still / Sparkling – **R15**

Fruit Juice – Cranberry – **R24**

Berry Smoothie – **R44**

Juice Box – **R12**

Coffee Milkshake – Kiddie/std **R30 / R38**

I. HOT DRINKS

Americano – Sng / Dbl – **R22 / R26**

Cappuccino – Sng / Dbl – **R25 / R28**

Large Cappuccino - Sng / Dbl – **R28 / R32**

Filter Coffee – Single – **R16**

Latte – **R28**

Red Cappuccino – **R26**

Tea – Earl Grey / Peppermint / Green – **R22**

Hot Chocolate – Kiddie / Std – **R22 / R30**

Espresso - Sng / Dbl – **R16 / R20**

Flat White - Sng / Dbl – **R24 / R28**

Decaf Cappuccino – Std / Large – **R28 / R32**

Filter Coffee – Double Up (2 cups) – **R30**

Mocha – **R34**

Tea – 5 Roses / Rooibos – **R18**

Babyccino – **R10**

Extras:

Almond Milk (small jug) – **R10**

Scoop of ice-cream – **R10**

Cream – **R12**

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