






BREAKFAST

MENU

7 AM - 11 AM



 HEALTH BREAKFAST fruit salad, yoghurt, granola crunch	R 66.00
 VEGAN BREAKFAST 2 hash browns, avo*, mushrooms, grilled tomato	R 75.00
 MINI GREEN BREAKFAST 1 egg, halloumi cheese / avo*, grilled tomato, toast	R 55.00
 GREEN BREAKFAST 2 eggs, halloumi cheese/ avo*, grilled tomato, toast	R 67.00
 CREAMY OATS with toasted almond flakes & cinnamon	R 50.00
MINI BREAKFAST 1 egg, 2 rashers bacon, grilled tomato, toast	R 44.00
ENGLISH BREAKFAST 2 eggs, 3 rashers bacon, grilled tomato, toast	R 60.00
BREAKFAST BURRITO scrambled eggs, cheese, bacon/mushrooms	R 60.00
BREAKFAST ROLL bacon, egg, cheese	R 48.00
BACON & EGG ROLL	R 38.00

EXTRAS

1 SLICE TOAST	R3.50	MUSHROOMS	R15.00
1 SLICE HEALTH TOAST	R6.50	CHIPS	R18.00
TOMATO	R5.00	2 RASHERS BACON	R19.00
1 BREAD ROLL	R7.00	2 HASH BROWNS	R25.00
1 EGG	R7.00	2 MINI BEEF SAUSAGES	R25.00
CHEESE	R13.00	AVOCADO	R25.00

TOASTIES & TRAMEZZINIS

*ADD A 250ML CAPPUCCINO
FOR R25.00

WHITE/BROWN

HEALTH BREAD

 CHEESE	R 33.00	R 39.00
 CHEESE & EGG	R 40.00	R 46.00
BACON & EGG	R 44.00	R 50.00
BACON & CHEESE	R 50.00	R 56.00
BACON, EGG & CHEESE	R 55.00	R 62.00
HAM & CHEESE	R 50.00	R 56.00
CHICKEN MAYO	R 44.00	R 50.00
MINCE & CHEESE	R 50.00	R 56.00
BACON & AVO	R 55.00	R 61.00

TRAMEZZINI

BACON & AVO	R 80.00	 EGG & MUSHROOM	R 70.00
BACON & EGG	R 70.00	 GRILLED VEG	R 80.00
CHICKEN MAYO	R 75.00	 SPINACH & FETA	R 80.00
MINCE & CHEESE	R 80.00		

EXTRAS

TOMATO	R 5.00
1 EGG	R 7.00
CHEESE	R 13.00
MUSHROOMS	R 15.00
CHIPS	R 18.00
2 RASHERS BACON	R 18.00
AVOCADO	R 25.00



WRAPS

 **HALLOUMI** R65.00
lettuce, cucumber,
sweet chili sauce

 **FALAFEL** R65.00
hummus, gherkin, lettuce,
tomato, sweet chili sauce

CRUMBED CHICKEN R60.00
honey mustard dressing,
lettuce


CAJUN CHICKEN R60.00
avo, cheddar cheese,
honey mustard, lettuce

GREEK CHICKEN R60.00
oregano chicken, avo, feta,
lettuce, honey mustard

BBQ STEAK R70.00
cheddar cheese, gherkin,
lettuce, tomato

SALADS

 **GREEN SALAD** R 45.00
mixed greens, tomato,
cucumber, onion

 **GREEK SALAD** R 70.00
green salad with feta
cheese & olives

CHICKEN SALAD R 70.00
cajun or greek chicken
with mixed greens

E X T R A S	DRESSING	R 10.00
	OLIVES	R 15.00
	FETA CHEESE	R 15.00
	CHEDDAR / MOZARELLA	R 18.00
	BACON / CHICKEN	R 20.00
	AVOCADO	R 25.00
	2 HALLOUMI CHEESE	R 28.00

LIGHT MEALS

CHICKEN BREAST & SIDE GREEN SALAD R 70.00
two chicken breasts

200G CHICKEN STRIPS & CHIPS R 85.00
with sweet chili/honey mustard dressing



PASTAS

SPAGHETTI/PENNE

Add R15 for a splash of cream

	SMALL	LARGE
 NEAPOLITAN tomato and herb sauce	R 45.00	R 50.00
 ARABIATTA  tomato and herb sauce with chili	R 50.00	R 65.00
 CREAMY MUSHROOM	R 70.00	R 83.00
 PESTO PASTA basil pesto and cherry tomatoes	R 65.00	R 80.00
 ARABIATTA CHICKEN tomato & herb sauce with chicken and chili	R 65.00	R 80.00
CREAMY CHICKEN PESTO creamy basil pesto and chicken	R 75.00	R 90.00
CREAMY CHICKEN and mushrooms in a herb creamy sauce	R 75.00	R 90.00
 AMATRICIANNI tomato, chilli and bacon	R 65.00	R 80.00
ALFREDO ham and mushroom in a creamy sauce	R 73.00	R 88.00
BOLOGNAISE tomato sauce with beef mince	R 80.00	R 95.00

SIDES & SNACKS

CHICKEN STRIPS 100G	R 25.00	BUDGET PIE	R 25.00
SNACK BEEF BURGER	R 25.00	SMALL CHIPS	R 30.00
SNACK CHICKEN BURGER	R 25.00	MEDIUM CHIPS	R 40.00
SAVOURY RICE	R 25.00		

PLEASE CONSUME YOUR MEAL WITHIN 30 MINUTES.
THE CONSUMPTION OF RAW OR UNDERCOOKED EGGS & MEAT MAY INCREASE THE RISK
OF FOOD BOURNE ILLNESS

PIZZAS

23 CM
BASE

30 CM
BASE

VEG OPTIONS



FOCACCIA BREAD

garlic & herbs

R 35.00

R 45.00

CHEESY FOCACCIA

mozzarella cheese, garlic & herbs

R 55.00

R 68.00



MARGARITA

cheese & tomato

R 65.00

R 85.00

VEGETARIAN

mushrooms, olives, green peppers

R 80.00

R 100.00

MEATY OPTIONS

REGINA

ham & mushroom

R 75.00

R 95.00

PEPPERONI

R 80.00

R 100.00



CON POLLO

chicken, green peppers, onion & chili

R 80.00

R 100.00

CHICKEN MAYO

R 80.00

R 100.00



MEXICAN

mince, green peppers & chili

R 90.00

R 115.00

BBQ CHICKEN

chicken, bbq sauce, mushroom, green peppers

R 90.00

R 115.00

MEATY

pepperoni, bacon, ham

R 105.00

R 125.00

ROMA

bacon, avo & feta

R 115.00

R 130.00

EXTRAS

CHILI, GARLIC, ONION, GREEN PEPPER R 7.00

FRESH TOMATO, BBQ SAUCE, R 9.00

CHICKEN, OLIVES, MUSHROOM R 15.00

HAM, FETA CHEESE, BACON R 20.00

AVOCADO* R 25.00

BOLOGNAISE R 30.00

MOZZARELLA CHEESE R 20.00

CHEDDAR CHEESE R 20.00

BURGERS

SERVED ON A TOASTED BUN WITH
CRISP LETTUCE, TOMATO & ONION



FALAFEL BURGER

falafel patty with hummus &
sweet chili sauce

**BURGER
ONLY**

R 70.00

**COMBO
MEAL**

R 105.00



FRYS CRUMBED BURGER

plant based ch*cken-style patty
with mayo

R 50.00

R 85.00

HAMBURGER

BBQ beef burger

R 45.00

R 80.00

CHICKEN BURGER

juicy Cajun chicken breast

R 42.00

R 77.00

ROLLS



PREGO ROLL

beef steak with prego sauce

**ROLL
ONLY**

R 65.00

**COMBO
MEAL**

R 100.00



JUMBO PREGO ROLL

2 beef steaks with prego sauce

R 85.00

R 120.00

STEAK ROLL

100g beef steak, fried onions &
bbq sauce

R 65.00

R 100.00

JUMBO STEAK ROLL

200g beef steak, fried onions &
bbq sauce

R 85.00

R 120.00



CHICKEN PREGO

chicken breast with prego sauce

R 45.00

R 80.00



JUMBO CHICKEN PREGO

chicken breasts with prego sauce

R 75.00

R 110.00

DRINKS

BRING YOUR OWN 350ML CUP AND
ENJOY A LARGE CUP
FOR THE PRICE OF A SMALL

HOT DRINKS

	250ML	350ML
ESPRESSO SINGLE	R22.00	
ESPRESSO DOUBLE	R26.00	
AMERICANO	R26.00	R33.00
CAPPUCCINO	R30.00	R35.00
CAFÉ LATTE	R30.00	R35.00
CHAI LATTE	R36.00	R40.00
RED AMERICANO		R37.00
RED CAPPUCCINO		R38.00
RED CHAI LATTE		R45.00
RED LATTE		R45.00
MOCHACCINO	R38.00	R43.00
HOT CHOCOLATE	R35.00	R40.00
WHITE HOT CHOCOLATE	R35.00	R40.00
RED HOT CHOCOLATE		R49.00

ICED COFFEES

ICED AMERICANO	R30.00
ICED CAFÉ LATTE	R35.00
COFFEE FREEZO	R40.00
CHAI FREEZO	R48.00

SMOOTHIES

MIXED BERRY	R49.00
HEALTHY GREEN	R49.00
MANGO	R49.00

ICE CRUSHES

GREEN CRUSH	R37.00
MIXED BERRY	R37.00
MANGO CRUSH	R37.00

TEAS

FIVE ROSES TEA	25.00
ROOIBOS TEA	25.00
HERBAL TEA	30.00
EARL GREY TEA	30.00

EXTRAS

DECAFFEINATED COFFEE	6.00
EXTRA SHOT	7.00
ALMOND MILK	10.00