



BREAKFAST - served till 3pm



XL FREE RANGE EGGS POACHED OR SCRAMBLED

Choose your Bread: WHITE / BROWN / WHOLE WHEAT / CIABATTA / RYE (50%)
Substitute for GLUTEN FREE (2 SLICES) or SOURDOUGH +20


- AVO on single toast 59 + egg 8 
- AVO mince and egg and 2 slices of toast 99
- AVO bacon and eggs 2 bacon, 2 egg and 2 slices of toast 93
- AVO full house 2 eggs, 2 bacon, Wors OR Porkies OR cheesegrillers , cheese, fresh tomato and 2 slices of toast 139

- CHEESEGRILLERS breakfast 2 poached eggs, CafeBakedBeans and 2 slices of toast 69
- PORK BANGERS breakfast 2 poached eggs, CafeBakedBeans, and 2 slices of toast 79
- ALL IN 2 eggs, 3 bacon, wors, porkie, cheesegriller, CafeBakedBeans, cheese, fried onion, and 2 slices of toast 159
- PROTEIN PLATE a no toast breakfast with 2 eggs, 3 bacon, wors, pork sausage, cheesegriller and our delicious Cafe Baked Beans 119
- FULL HOUSE 2 eggs, 3 bacon, wors OR Porkie OR cheesegriller, creamy spinach, cheese, fried onion, tomato relish and 2 slices of toast 139

- HADEDA 2 eggs, 2 bacon, wors, Cafe Baked Beans and 2 slices of toast 89
- SUNBIRD 2 eggs, wors, tomato relish and a slice of toast 69
- WAGTAIL 2 eggs, creamy spinach, cheese, tomato relish, 2 slices of toast 69 
- HOOPOE 1 egg and mince with 2 slices of toast 69
- LOERIE 2 eggs, 3 bacon, cheese, tomato relish and 2 slices of toast 79

- POACHED eggs 2 poached eggs and 2 slices toast of your choice 34 
- SCRAMBLED eggs creamy eggs and a slice of toast 39 
- SMALL 1 poached egg, 1 bacon and one slice of toast 30
- CAFE scrambled eggs, 2 bacon, tomato relish and a slice of toast 59
- LITE 2 poached eggs, 2 bacon, tomato relish and a slice of toast 59
- CHEESE-SAUCE 1 egg, 2 bacon, cheesesauce and cheese with a slice of toast of your choice 59


- BAKED BEANS on toast 29- not just ordinary but CafeBakedBeans ! with Cheese and Bacon 49
- BURGER breakfast, juicy beef patty on a toasted bun covered with 2 eggs, 3 bacon, fried onion, cheese, tomato relish 105
- TRAMEZZINI scrambled eggs, bacon, cheese, tomato relish on the side 89
- WRAP with bacon, scrambled eggs and cheese 69
- WRAP with pork sausage and scrambled egg 59

- PBB peanut butter, banana, 2 bacon, lightly drizzled with syrup on toast 54
- TOAST 2 ciabatta with Cheese & Bovril OR Cheese & Jam OR Cheese & Honey 39
- GRANOLA plain double cream yoghurt, honey, WW berry muesli, raisins, fruit 66 

SCONES

- Jam & cream 49
- Jam & cheese 49
- Jam & cream & cheese 59


MUFFINS

- Served with cheese, butter, tomato and cucumber
- Cheese & bacon 59
- Spinach & feta 59 
- Mielie muffin served with cheese & biltong 69
- Sweet muffins also available See board for availability


TOASTED SANDWICHES

A toasted sarmie, buttery and delicious

WHITE / BROWN / WHOLE WHEAT / CIABATTA / RYE (50%)
/ Gluten free + 20/ Sourdough + 20

- Just Cheese 39 and tomato 44 
- Chicken mayo 53
- Chicken Curry-mayo mix and peanuts 59
- Chicken Basil pesto-mayo mix and feta 64
- Chicken, bacon cheese and tomato pesto 95
- Mince, Cheddar cheese and tomato pesto 95

Make it healthy - add a salad 29

- Cheese and bacon 55
- Cheese, bacon and egg 62
- Cheese, tomato and basil pesto 64 
- Egg and bacon 53
- Roasted Chicken, cheese and basil pesto 79
- Ham, cheese and tomato 64

HOT DRINKS

Coffees

- Americano cup 26 in a mug 30
- Espresso 24
- Cappuccino large 38 regular 32
- Cortado 30
- Creamaccino 40
- Coffee Latte 38

Lattes

- Hazelnut 43 Caramel 43 Chai 43
- Dirty Chai 43 Red Chai 43 Red Latte 38

Hot Chocolates

- Hot choc 38 White 43 Hazelnut 43

Mochas

- White Mocha 43 Choc Mocha 43

Other

- Plaas koffee - condensed milk and milk foam 40
- Mannabrew - cortado coffee alternative ground mesquite beans 40

Teas

- Five Roses Ceylon or Rooibos 26
- Earl Grey / Green / Chai / Mint 26
- Red Cappuccino or Latte 38

Decaf +7

Milk alternatives : almond / oat milk +10

COLD DRINKS

- Soda cans 29
- Coke original / zero / lite / Cream Soda / Stoney
- Sprite original / lite / Fanta orange / lemonade (200ml)

- Kola tonic / Passionfruit / Lime /
- Served with Sparkling water 29
- Lemonade or Sprite 39

Tizers Apple / Red Grape 39

Steri milk choc / strawberry / green / blue 39

Iced Teas assorted 29

- Fruit juice 250ml glass 29
- Berry / Orange / Mango Orange / Tropical / Mango

- Floats with ice cream
- Coke / Cream soda 40
- Fruit (mango / berry / tropical) 40

Sterimilks 43 Coffee 43

- Iced coffee espresso with condensed milk, ice and milk froth 40
- Iced Latte espresso with cold milk , ice and milk froth 38

Waters Still/Sparkling spring water 20



- Beers - Non alcoholic also available
- Windhoek 33 / Black Label 29 / Heineken 33
- Castle Lite / Lager 29 / Savanna dry / lite 33

Wine - See wine list Corkage 30

PLEASE NOTE : NO SUBSTITUTIONS TO THE MENU


TRAMEZZINI

All tramezzinis have mozzarella with their fillings . . .

Bacon, cheese and avo 110
Bacon, feta, onion and sticky cranberry sauce 103
Chicken Mayo 85
Chicken Curry-mayo and peanuts 89
Chicken Mayo, bacon, feta and fried onion 120
Chicken, bacon, cheese and tomato pesto 118
Chicken Pesto-mayo and feta 99
Crumbed chicken and avo 123
Falafel, roast veg, sticky cranberry sauce and crispy onion bits 106 
Falafel, hummus, rustic fried relish and pumpkin seeds 112 
Spinach (creamed), feta, bacon and avo 123
Make it healthy - add a salad 29

CAFE STYLE BURGERS

Homemade 150g patty on a toasted, seeded bun, stacked with tomato, gherkin, onion, lettuce and homemade mayo dressing. Choose chicken or beef.

Original Beef Burger 89	Cheese sauce and cheese 99
Original Grilled chicken fillet burger 89	Bacon, cheese sauce and cheese 120
Crumbed chicken fillet burger 89	Bacon, Cranberry sauce and cheddar 120
Bunless Beef or Chicken with salad 95	Tomato pesto 99
Veg burger 89 	Rustic fried relish 93

Upgrade your burger with avo 30

BITE-SIZE BURGERS

70g patty on a toasted, seeded baby bun, stacked with tomato, gherkin, onion, lettuce and homemade mayo dressing


Original beef 45
Original chicken 45
Cheese Sauce and cheese 55
Cranberry, bacon and cheddar 65
Tomato pesto 55
Rustic fried relish 55

OPEN CIABATTA TOAST

Served with salad

Chicken Curry-mayo & peanuts 99
Chicken Pesto-mayo and feta 114
Spinach, feta, pecans and sticky cranberry sauce 119 
Bacon, cranberry and feta 114
Hummus and pumpkin seeds with rustic fried relish 95 
Chicken bacon tomato pesto 135
Chicken and rustic fried relish 105

WRAPS

Chicken, bacon, cheese, tomato pesto and rustic fried relish 125
Chicken Curry-mayo and peanuts with crisp salad 80
Chicken Pesto-mayo, feta with crisp salad 88
Chicken Mayo with crisp salad 68
Roast Chicken with crisp salad and feta 99
Falafel, hummus, rustic fried relish and pumpkin seeds 103 
Pork bangers rustic fried relish 68
Bacon avo and cheese 120


For extra crunch add nacho chips to your Wrap 15

CAKES *Delicious cream cakes and tarts to choose from in the display fridge. If you don't see your favourite, please ask if we have it or try something new.*

LIGHT MEALS

NBNB Ask the availability of meals* and select alternative

Soups

slow cooked, hearty, served with 2 slices of buttered Ciabatta toast
Beef and veg 79
Butternut and roasted tomatoes 69 
Pea and smoked gammon 69
Chicken and veg 59

Cottage pie

deconstructed Cafe-style mince, roasted veg and baby peas on top of buttery mash 112

Bangers and Mash with gravy

Pork sausages 99

Wors Mash and sauce

Kameeldoring wors on superb buttery mash, peas and our tomato relish 115

Crumbed Chicken fillets

Served with salad and Cafe mayo dressing 99

Crumbed Chicken fillets

Served with homemade mash, peas and roast veg and tomato relish or gravy 129

Butter Chicken Curry

Homemade blend of eastern spices, slow cooked in a creamy onion sauce.

Mild. Served with banana and chutney on the side and a choice of poppadoms and chilli 129.

Malay Chicken Curry

Marinated chicken and veg in a mild curry sauce (slightly sweet) served on basmati rice with banana and chutney on the side and a choice of poppadoms and chilli 119

Curry mince and Rice (beef mince)


Old fashioned Sweet'n'Spicy curry mince, potato and carrots on basmati rice served with banana and chutney on the side and a choice of poppadoms and chilli 114

Baked Pastas - Served with a side salad and toast - tasty and filling!

Pesto chicken 129 Broccoli chicken 109

See the board for more Meal options

SALADS

Chicken Mayo - your choice of our renowned Original mayo or Curry mayo 89
Pesto and feta chicken salad. Pesto is added to our special mayo sauce 99
Falafel - on roast veg and salad with sticky cranberry sauce, crispy onions and mayo 109
choose Vegan or Vegetarian 
Roast Chicken - served plain or in steakhouse sauce on our mixed salad 89

Something small, snacky or add on

Kiddies - Burger with flings - no garnish or sauce 35 Toasted cheese with flings 49
Toasted chicken plain mayo and flings 59 Wors and flings 53 Baby chino 10
Kiddies hot choc 16


Snack board - Gluten free option available + 15 - Great to share

Olives, gherkins, cheese, peanuts, chicken mayo, fruit, mini crisps, biltong, tomato, carrots, cucumber, crackers 129

Sweet Muffins

Bran served with cheese jam 49
Cranberry raisin muffin served with cream 49 Banana choc chip gluten free (vegan) 49

Savoury Muffins

served with cheese, butter, cucumber, tomato
Mielie muffin served with biltong and cheese 69 Bacon cheese 59 Spinach cheese 59 

Add on to any meal

side Salad 29	coleslaw 10	CafeBakedBeans 12	porkie 18
avo 30	bacon 25	mini crisps 10	nacho corn chips 15
Rustic fried relish (fried cabbage, carrot onion and peppers) 12			