

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 **V**

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 **V**

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 **V**

SCRAMBLED eggs creamy eggs and a slice of toast 39 **V**

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 **V**

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 **V**

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 **V**

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 **V**

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 koffie - 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 **V**
- Falafel, hummus, rustic fried relish and pumpkin seeds 112 **V**
- 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
- Original Grilled chicken fillet burger 89
- Crumbed chicken fillet burger 89
- Bunless Beef or Chicken with salad 95
- Veg burger 89 **V**
- Upgrade you burger with avo 30

- Cheese sauce and cheese 99
- Bacon , cheese sauce and cheese 120
- Bacon , Cranberry sauce and cheddar 120
- Tomato pesto 99
- Rustic fried relish 93

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 **V**
- Bacon, cranberry and feta 114
- Hummus and pumpkin seeds with rustic fried relish 95 **V**
- 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 **V**
- 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 **V**
- 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 **V**
- 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 **V**

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			