



# BREAKFAST FROM R9

- ✓ Small Yoghurt 9
- Bacon Roll 15  
White or Whole-Wheat Seeded Bun  
Add Egg 5
- ✓ Creamy Oats 30  
Caramelized Banana & Honey
- Classic Breakfast 33  
Eggs, Bacon, Grilled Tomato & Toast
- Breakfast Wrap 33  
Eggs, Bacon & Grilled Tomato
- ✓ Avo on Rye 33  
Fresh Avocado on Rye Bread  
Add Egg 5 Add Bacon 7
- ✓ Muesli & Yoghurt Cup 30
- ✓ Assorted Fresh Seasonal Fruit (On Display) 5

# GRILLS FROM R15

- ### Kids Grills (Mini lunches)
- Chicken Hot Dog 15  
Chicken Vienna on a Roll (NO BUTTER UNLESS YOU ASK)
  - ✓ Health Roll 15  
Cos Lettuce, Cucumber, Tomato & Mayo on a Seeded Roll  
Add a little cheese 5
  - Junior Chicken Burger 18  
Chicken Breast, Cos Lettuce, Served on a Seeded Bun
  - Lunch Box (FOR THE MOMS) 25  
Health Roll, Fresh Fruit & Yoghurt
- ### Burgers & Bites (The treats)
- Chicken Burger 30  
Chicken Breast, Cos Lettuce, Tomato, Grilled Onion
  - Beef Burger 30  
100g Beef Patty, Cos Lettuce, Tomato, Grilled Onion
  - ✓ Vegetarian Burger 30  
Veg Patty, Cos Lettuce, Tomato, Grilled Onion  
Add Haloumi & Avo 20
  - ✓ Potato Wedges 20

# SANDWICHES FROM R18

- White or Seeded Add R2 for Rye
- Served fresh or toasted
- Traditional Sandwiches (Sarmies)**
- ✓ Cheese 18
- ✓ Cheese & Tomato 20
- ✓ Cheese & Hickory Ham 24
- ✓ Cheese, Hickory Ham & Tomato 28
- ✓ Chicken Mayo 20  
Add Dill Cucumber 2
- Bacon & Egg 22
- Gourmet Sandwiches (Toasted)**
- BLT Sandwich (Tripple Decker Sandwich) 33  
Crispy Bacon, Lettuce, Tomato & Cajun Mayo
- Club Sandwich (Tripple Decker Sandwich) 38  
Chicken Breast, Bacon, Egg, Lettuce, Tomato & Cajun Mayo

# WRAPS FROM R25

- White or Whole-Wheat Wrap
- Kids Wraps (For small wrap lovers)**
- Kids Chicken & Corn Wrap 25  
Grilled Chicken, Corn, Iceberg Lettuce & Mayo
- Kids Chicken Wrap 25  
Grilled Chicken, Iceberg Lettuce & Mayo
- Kids Chicken Mayo Wrap 25  
Chicken Mayo, Iceberg Lettuce & Mayo
- ✓ Kids Cheese & Tomato Wrap 25  
Mozzarella, Tomato, Iceberg Lettuce & Mayo
- Gourmet Wraps (For wrap lovers)**
- Grilled Chicken Wrap 35  
Grilled Chicken, Cos Lettuce & Cajun Mayo
- ✓ Butternut, Feta & Sesame Seed Wrap 35  
Butternut, Feta, Sesame Seeds, Cos Lettuce & Dressing
- Sticky Chicken & Pineapple Wrap 35  
BBQ Chicken, Pineapple, Cos Lettuce & BBQ Sauce
- Bacon & Feta Wrap 35  
Bacon, Feta, Cos Lettuce & Cajun Mayo
- Sweet Chilli Chicken Bite 35  
Chicken Strips, Cos Lettuce & Sweet Chilli Sauce
- ✓ Grilled Haloumi Wrap 35  
Grilled Haloumi, Cos Lettuce & Sweet Chilli Sauce
- Cajun Chicken & Bacon Wrap 38  
Chicken, Bacon, Cos Lettuce & Caesar Dressing
- ✓ Mozzarella, Tomato & Pesto Wrap 38  
Mozzarella, Tomato, Basil Pesto, Cos Lettuce & Mayo  
Add Bacon or Add Chicken 7  
Add Avocado 8

# SALADS FROM R15

- Small Salads (For the little chickens)**
- ✓ Kids Green Salad 15  
Iceberg Lettuce & Tomato
- ✓ Crudite Cup 15  
Cucumber, carrot sticks, celery, tomato & mayo
- Kids Chicken Salad 22  
Grilled Chicken, Iceberg Lettuce & Tomato
- Kids Bacon Salad 22  
Crispy Bacon, Iceberg Lettuce & Tomato
- Salad Bowls (Not your normal salad!)**
- ✓ Butternut, Feta & Sesame Seeds Bowl 30  
Tomato, Corn, Carrots, Cucumber, Baby Spinach, Cos Lettuce, Iceberg Lettuce & Italian Dressing
- Sticky Chicken & Pineapple Bowl 30  
Tomato, Corn, Carrots, Cucumber, Cos Lettuce, Iceberg Lettuce & BBQ Dressing
- Cajun Chicken Bowl 30  
Tomato, Corn, Carrots, Cucumber, Cos Lettuce, Iceberg Lettuce & Cajun Mayo Dressing
- Crispy Bacon & Feta Bowl 35  
Tomato, Corn, Carrots, Cucumber, Cos Lettuce, Iceberg Lettuce & Caesar Dressing
- Chicken & Crispy Bacon Bowl 35  
Tomato, Corn, Carrots, Cucumber, Cos Lettuce, Iceberg Lettuce & Caesar Dressing
- ✓ Grilled Haloumi Bowl 35  
Tomato, Corn, Carrots, Cucumber, Baby Spinach, Cos Lettuce, Iceberg Lettuce & Cajun Mayo  
Add Bacon 7  
Add Avocado 8

# TRAMS FROM R30

- Why? Because you love them & we love you.**
- ✓ Cheese 30
  - ✓ Cheese & Tomato 35
  - Chicken Mayo 35
  - Chicken Tikka & Onion 38
  - Chicken Prego & Onion 38

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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

# SMOOTHIES FROM R20

- Pre-order your smoothie!** SL
- Mixed Berry Smoothie 20 25  
Mixed berries, strawberries, low fat yoghurt & honey
  - Apple Berry Mint 20 25  
Apple, mixed berries, mint, low fat yoghurt & honey
  - Mango Honey 20 25  
Mango pulp, low fat yoghurt & honey
  - Granola Bear 20 25  
Granola, mixed berries, low fat yoghurt & honey
  - Mango Berry 20 25  
Mango pulp, mixed berries, low fat yoghurt & honey
  - Nutty Banana 20 25  
Banana, Mocha nut, low fat yoghurt & honey
  - Red Bananas 20 25  
Red Espresso, banana, low fat yoghurt & honey
  - Cappuccino Frappe 20 25  
Cappuccino & crushed ice
  - Mango Frappe 20 25  
Mango pulp & crushed ice
  - Strawberry Frappe 20 25  
Strawberry pulp & crushed ice

# BEVERAGES FROM R10

- ### Hot Beverages
- Espresso / Double 13 / 18
  - Americano 14
  - Cappuccino 18
  - Red Cappuccino 22
  - Tea Five Roses/ Rooibos 12
  - Tea Green Tea 14
  - Hot Chocolate/ Milo 16
  - Caffe Mocha 24
  - Chai Latte 24
  - Mocha Nut Latte 24
- ### Cold Beverages
- Mineral / Sparkling Water 10
  - Flava Water 10
  - Vitamin Water 20
  - BOS Ice Tea 16
  - Liqui Fruit 13
  - Pura Soda 16
  - Powerade 16

# EXTRAS

- ✓ Onion 4
- ✓ Chilli 4
- ✓ Tomato 4
- ✓ Dill Cucumber 4
- Egg 5
- ✓ Pineapple 5
- ✓ Banana 6
- Hickory Ham 7
- Bacon 7
- Cajun Chicken 7
- Chicken Mayo 8
- ✓ Mozzarella Cheese 10
- ✓ Haloumi 12
- ✓ Avocado (1/4 Avo) 8

# SNACKS

- Spicy Corn 10
- Wine Gums 10
- Assorted Sweets 10
- Popcorn 12
- Chocolate Raisins 15
- Edamame Power Mix 20
- Dried Mango 20
- Biltong 25
- Butternut, Beetroot & Sweet Potato Chips 15

