



EXPRESS

GRILLS FROM R15

Kids Grills (Mini lunches)

- Bacon Roll 15
- 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 (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

- Assorted Fresh Fruit Pieces (On display) 5

1 LESS STRAW PROJECT ASK FOR A STRAW

100% BIODEGRADABLE FOOD PACKAGING

Order Online or In App

Go Cashless In-store or Online

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

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)

- 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 & Cajun Mayo
- 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!)

- 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

SMOOTHIES FROM R20

Pre-order your smoothie!

- Peanut & Banana Smoothie 20 25
- Peanut butter, banana, low fat yoghurt & honey
- 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
- Soft Drinks 330ml 13
- Soft Drinks 500ml 15
- 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
- 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
- SEV & NUTS MIX 10
- POPCORN 12
- CHOCOLATE PEANUTS 15
- CHOCOLATE RAISINS 15
- YOGHURT PEANUTS 15
- EDAMAME POWER MIX 20
- DRIED MANGO 20
- BILTONG 25
- BUTTERNUT, BEETROOT & SWEET POTATO CHIPS 15



E&OE

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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