



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
 - ✓ Small Chips 15
 - ✓ Large Chips 20
 - Small Chicken Bites 20
 - Large Chicken Bites 30

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
- 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
- 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
- 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

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