



ALL FOOD

MENU

TAKE OUR MENU FLYER

OPENING
HOURS
WEEKD DAYS

06.00 AM
18.00 PM

BREAKFASTS

POACHED EGGS ON GREENS R45
*Two Poached Eggs On a
Bed of Kale & Red Onion*

BACON ROSTI R55
*2 Potato Rosti Topped
With Avo & Cream Cheese*

BREAKFAST PIZZA R65
*Bacon Or Ham With
Mushrooms, Spring Onion
& Cheese. Egg Base*

2 EGG OMELETTE R55 / R65
*Either served with Bacon
or Bacon / Haddock.*

ENGLISH BREAKFAST R40
*2 Eggs, Bacon, Grilled
Tomato and Toast*

BLUEBERRY & OATMEAL
PANCAKE R70

SANDWICHES

CHICKEN & MAYO R45
SANDWICH

TUNA & MAYO R45
SANDWICH

HAM & CHEESE R35

WRAPS

CHICKEN WRAP R75/R95
100g / 200g

BEEF WRAP R80

VEGETERIAN WRAP R70

SIDES

CHIPS S R20
M R45
L R60

CHICKEN MEALS

CHICKEN STRIPS R85

GREEK CHICKEN & R85
LEMON

CHICKEN CURRY R75

CHICKEN CORDON BLUE R95

1/4 CHICKEN & R45
PAP/RICE/CHIPS &
SALSA

CHICKEN & RAW R70
VEGGIES WITH HUMMUS

DIPS

HUMMUS R40
GUACAMOLE R60
TAHINI R40

FISH & BEEF

CRUMBED ROASTED R65
HAKE WITH GREENS
*Lightly Crumbed Hake
With Almond Or Rice
Flour Served With
Broccoli, Beans & Spinach*

SPAGHETTI R75
BOLOGNAISE
*Lean Mince, Served with
Rice Noodles*

OXTAIL STEW R75
With Pap/Rice & Cabbage

DRINKS

FILTER COFFEE R25

CAPPUCCINO R35

BULLET COFFEE R50

ICED COFFEE R35

HONEY GINGER TEA R25

OOLONG TEA R25

DETOX TEA R40

DIGEST & FAT LOSS TEA R45

ROOIBOS R25

LEMON TEA R25

MI BLACK TEA R25

SOFT DRINKS R15

MONSTER R25

SWITCH R15

DRAGON R12

CB WATER R15

APPLE/ GRAPETISER R20

LATTES/FRAPPES

SPICY CHAI FRAPPE / LATTE R60/R50

PEANUT BUTTER FRAPPE / R60/R50
LATTE

HAZELNUT FRAPPE / LATTE R60/R50

BELGIUM CHOC FRAPPE / R60/R50
LATTE

VANILLA BEAN FRAPPE / R60/R50
LATTE

ICED COFFEE FRAPPE R60

SMOOTHIES/ CRUSHERS

MANGO R60/R50

LEMON R60/R50

PEACH R60/R50

PINEAPPLE R60/R50

STRAWBERRY R60/R50

MIXED BERRY R60/R50

PASSION FRUIT R60/R50

HEALTH
THYME
GRILL

We are open for take-a-ways between 06:00
and 18:00.

We provide meal prep meals to maintain your
healthy lifestyle in all situations.

Cnr. of Great North and Rd. No 5.
(opposite Pick 'n' Pay)

www.committedbodies.co.za

info@committedbodies.co.za

010 442 1150