



food  *chain*™
Restaurant and Buffet





THE CONCEPT OF FOODCHAIN WAS CREATED TO FILL THE VOID IN THE MARKET FOR A HIGH QUALITY AND AUTHENTIC BUFFET OFFERING.

FOODCHAIN IS AN EVER-POPULAR VIBEY RESTAURANT WITH A TRENDY ATMOSPHERE WHICH FIRST OPENED IN 2006. SERVING CUSTOMERS WHO TRAVELED FROM FAR TO ENJOY A HEARTY MEAL.

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SO HERE ARE A FEW THINGS YOU NEED TO KNOW ABOUT OUR BUFFET

YOU CAN DISH UP FROM OUR SELF-SERVICE BUFFET AS
MANY TIMES AS YOU'D LIKE. IT WORKS ON AN

**"ALL YOU CAN EAT,
BUT PLEASE DON'T WASTE"**

BASIS. SO DISH SENSIBLY. YOU CAN ALWAYS GO
BACK FOR MORE.  BUT IF YOU WASTE FOOD
YOU WILL BE CHARGED EXTRA. TAKE-AWAY CUPS
WILL BE CHARGED AT R2.50. CHILDREN UNDER
12 YEARS WILL BE CHARGED HALF PRICE.
EXCLUDING CONTINENTAL BREAKFAST.

UNFORTUNATELY NO TAKE-AWAYS ARE ALLOWED.

BUFFET DOES NOT INCLUDE DRINKS.

SHARING IS NOT ALLOWED.
RIGHT OF ADMISSION IS RESERVED.



BUFFET TERMS & CONDITIONS APPLY TO
ALL OUR GUESTS UPON ENTERING THE PREMISES

Breakfast

CHOICE OF BREAD - WHOLE WHEAT, WHITE OR RYE BREAD

The Basic Goods

One egg, two slices of back bacon and a grilled tomato

Double Up Breakfast

Two eggs, two slices of back bacon, two thin boerewors and a grilled tomato

Ranch Breakfast

100g steak, three slices of back bacon, two eggs, chips and a grilled tomato

Chefs Choice

Two eggs, 200g beef patty, two slices of back bacon, mushrooms, grilled tomato and chips

Bacon, Egg and Cheese Bagel *New*

Freshly baked bagel filled with bacon, cheese, egg, tomato, lettuce, red onion and Homemade sauce served with chips on the side

R24.90

Salmon Bagel *New*

R86.90

Smoked salmon trout and scrambled eggs with cottage cheese, avo*, topped with capers

R54.90

Omelettes

R87.90

Three egg omelette, mozzarella and two fillings - served with your choice of toast

R74.90

Fillings

Tomato, Mozzarella Cheese, Hickory Ham, Back Bacon, Avo*, Chicken Mayo, Egg, Mince, Cajun Chicken, Pineapple, Spinach, Peppadewtm, Feta, Olives Or Mild Peri-Peri Livers

R82.90

Extras

REGULAR CHIPS - R17.90

LARGE CHIPS - R25.90

TOAST - R4.90

EGG WHITE ONLY - R13.90

Sandwiches

TOasted SANDWICHES ON RYE, WHITE OR WHOLE WHEAT BREAD

- SERVED WITH CHIPS OR SIDE SALAD

Mince and feta *New*

R59.90

Open sandwich with honey-mustard rotisserie chicken

R68.90

served on baby spinach and topped with avo* *New*



Cajun Chicken, tomato, feta and mozzarella

R72.90

Bacon, egg, cheese and tomato

R69.90

Roast Beef, mustard, dill cucumber and cheddar cheese *New*

R85.90

Salami, mozzarella and tomato *New*

R69.90

Hot Meal
Vegetarian Meal

*Subject to availability

A service fee of 10% will be charged on all tables of 8 or more including buffet



Starters

Peri-Peri Livers

Peri-Peri livers in a creamy white sauce
- served with a roll

R60.90

Mussels

8 New Zealand half shelled mussels in a creamy white wine and garlic sauce served with whole wheat bread

R64.90

LETTUCE.

ALL WRAPS ARE FILLED WITH
TOMATO AND CUCUMBER - SERVED WITH CHIPS OR SIDE SALAD

Squid Heads

Grilled or deep fried squid heads topped with lemon butter sauce - served with tartare sauce

R55.90

R81.90

Beef Carpaccio

Finely shaved beef fillet topped with wild rocket and parmesan shavings, drizzled with Dijon mustard dressing

R75.90

R86.90

Halloumi

Golden Fried Halloumi Fingers served with sweet chilli sauce

R61.90

Cajun Chicken

Cajun spiced chicken strips, tomato, feta, mozzarella cheese & jalapeño mayo

R61.90

R88.90

Bacon, Halloumi and Avo

Bacon, Halloumi cheese, honey mustard mayo and avo*

Vegetarian

Halloumi cheese, sundried tomato, mozzarella, basil pesto and avo*

Chicken Trinchado

Chicken strips in a mild creamy Peri-Peri sauce
- served with a roll

R71.90

Beef Trinchado

Beef strips in a mild creamy Peri-Peri sauce
- served with a roll

Salads

ALL SALADS ARE SERVED ON A BED OF
MIXED GREENS WITH DRESSING ON THE SIDE

Chicken Ceaser

Grilled chicken fillet, crispy bacon bits, boiled egg and parmesan shavings - served with sweet chilli sauce

R 91.90

Add avo*

R 18.90

Seared Beef Salad

Seared rump, crumbled blue cheese and rocket

R108.90

Greek Salad

Feta, calamata olives, red onions, green pepper and tomato

R 82.90

Smoked Salmon Trout

Smoked salmon trout, cottage cheese, avo*, capers, red onion, cherry tomato and carrots

R111.90



Nachos

AUTHENTIC. WHEAT-FREE MEXICAN TORTILLA CHIPS TOPPED WITH SALSA. JALAPEÑOS. GUACAMOLE AND SOUR CREAM

Original

Melted cheddar and mozzarella cheese

R 86.90

Beef Strips

Beef strips with melted cheddar and mozzarella cheese

R110.90

Chicken Strips

Chicken strips with melted cheddar and mozzarella cheese

R103.90

Pulled Pork

Slow cooked and marinated in BBQ sauce with melted cheddar and mozzarella cheese

R101.90

Burgers

ALL BURGER PATTIES ARE Basted with BBQ SAUCE AND CONSIST OF TOMATO, LETTUCE, ONION & GHERKINS - SERVED WITH CHIPS

The Classic

200g beef patty

R 88.90

Old School Bacon and Cheese

200g beef patty, American cheese and bacon

R 99.90

Portobello Mushroom Burger

200g beef patty, portobello mushrooms, caramelized onion, roasted peppers, a slice of mozzarella cheese and avo*

R109.90

Steak Burger

2 x 100g sirloin steak, American cheese, one egg, lettuce, tomato and onion

R110.90

Halloumi Burger

200g beef patty, topped with grilled Halloumi cheese and sweet chilli sauce

R101.90

Mighty Burger

Double classic beef burger with mushrooms, bacon, gherkins, Halloumi cheese and American cheese

R132.90

Toasted Dagwood

200g beef patty, bacon, egg and cheese

R119.90

Cheese Burger

200g beef patty, with Homemade sauce and a slice of American cheese

R92.90

Chicken Burger

Grilled chicken fillets, mayo and a slice of American cheese

R82.90

Chicken Reaction

Grilled chicken fillets, mayo, slice of American cheese, bacon and pineapple

R92.90

Hot Meal 

Vegetarian Meal 

*Subject to availability



Grills

ALL GRILLS ARE SERVED WITH SEASONAL VEGETABLES OF THE DAY AND YOUR CHOICE OF CHIPS. RICE. SALAD OR PAP AND RELISH

T-Bone 600g

Best of both worlds: sirloin on one side and fillet on the other

R202.90

Lamb Chops 400g

A chop above the rest, 4 x 100g lamb chops

R202.90

Rump Steak

Succulent rump grilled to perfection

200g

R121.90

300g

R143.90

Sirloin Steak

Prime cut sirloin, prepared the Foodchain way

300g

R143.90

500g

R193.90

Ribs

Mouthwatering marinated Pork spare ribs

300g

R131.90

600g

R198.90

Baskets

ALL BASKETS ARE SERVED WITH CHIPS AND A SAUCE OF YOUR CHOICE - SWEET CHILLI. MUSHROOM. PEPPER. CHEESE OR TARTAR SAUCE

R 86.90

Chicken Strip Basket

Crumbed chicken strips

R 99.90

Ribs and Chicken Strip Basket

Ribs and crumbed chicken strips

R 90.90

Ribs and Wings

Pork ribs and BBQ Buffalo wings

R 93.90

Calamari and Halloumi *New*

Served grilled or fried

R 89.90

Calamari and Chicken Strips *New*

Fried calamari and crumbed chicken strips

Combos

ALL COMBO MEALS ARE SERVED WITH SEASONAL VEGETABLES OF THE DAY AND YOUR CHOICE OF CHIPS. RICE. SALAD OR PAP AND RELISH

R188.90

Ribs and Rump Steak

300g Pork ribs and 200g rump steak

R176.90

Ribs and Wings

300g Pork ribs and 6 wings

R252.90

Foodchain Platter

300g Pork ribs, 200g rump, 2 chicken leg quarters, 2 thin boerewors and 6 wings

R188.90

Ribs and Lamb Chops

300g Pork ribs and 2 x 100g grilled lamb chops

R203.90

Ribs and Queen Prawn *New*

300g Pork Ribs and 6 Queen Prawns

R189.90

Meat Platter *New*

300g Pork Ribs, 1x100g lamb chop, 2 buffalo wings and 2 thin boerewors



Chicken

CHICKEN DISHES (EXCL. HEALTH) ARE SERVED WITH
SEASONAL VEGETABLES OF THE DAY AND YOUR CHOICE
OF CHIPS, RICE OR SIDE SALAD

Chicken Wings

Grilled and basted in your choice of BBQ,
mild or hot Peri-Peri sauce

12 x wings

18 x wings

Health Breast

Two chicken fillets grilled with lemon and herbs
- served with a Greek salad on the side

Flame Grilled Chicken

Basted with lemon and herb, mild Peri-Peri or
hot Mozambican sauce

1/4 Chicken

1/2 Chicken

Full Chicken

R 115.90

R 157.90

R 96.90

R 66.90

R 80.90

R 121.90

R 101.90

R 18.90

Seafood

SEAFOOD DISHES ARE SERVED WITH SEASONAL
VEGETABLES OF THE DAY AND YOUR CHOICE OF CHIPS,
RICE OR SIDE SALAD

Hake

Hake fillet, grilled or deep fried, topped with lemon
butter - served with lemon wedges and tartar sauce

R 86.90

Hake and Calamari

Hake fillet, grilled or deep fried with calamari tubes
- served with lemon wedges and tartar sauce

R 115.90

Queen Prawns and Calamari

6 Queen Prawns and Calamari
- served with lemon wedges and tartar sauce

R 156.90

Seafood Platter

4 Queen Prawns, 4 mussels, calamari and hake,
grilled with lemon butter, served with lemon wedges
and tartar sauce

R 172.90

Queen Prawns

Queen prawns - served with lemon wedges
and tarter sauce

R 186.90

9 prawns

R 223.90

12 prawns

R 262.90

15 prawns

Chicken Schnitzel

Crumbed chicken fillet topped with cheese or
mushroom sauce

Add avo*



Pizza

ALL PIZZA BASES ARE GLUTEN FREE

Focaccia Romana

Focaccia served plain or with garlic

R 46.90

R100.90

Focaccia Mozzarella

Mozzarella cheese - plain or garlic

R 56.90

R106.90

Margarita

Pomodoro sauce and mozzarella

R 81.90

R109.90

Speciale

Pomodoro sauce, mozzarella, salami, bacon, green pepper, fresh tomato, onions and garlic

R111.90

Regina

Pomodoro sauce, mozzarella, hickory ham and mushroom

R106.90

R 99.90

Mexicana

Pomodoro chilli sauce, mince, chilli, green pepper, onion & pineapple

R126.90

R 86.90

Tropicale

Pomodoro sauce, ham and pineapple

R106.90

R 86.90

Costine

Pomodoro sauce, mozzarella cheese and BBQ Pork ribs

R116.90

R 86.90

Siccliana

Pomodoro sauce, mozzarella, anchovies, capers, olives and garlic

R 86.90

R 96.90

Fagotini

Pomodoro sauce, mozzarella, 200g rump strips, Peppadewtm, jalapeños and onion

R124.90

R100.90

Vegetarian

Pomodoro sauce, mozzarella, mushrooms, olives, green pepper, onion and garlic

R106.90

Greca

Pomodoro sauce, spinach, olives, feta and sundried tomato

R109.90

Pollo Annanas

Pomodoro sauce, mozzarella, chicken, onion, mushroom and avo*

R 99.90

Pollo Peperoncino

Pomodoro chilli sauce, mozzarella, chicken strips, green pepper, onions, garlic and chilli

Pasta

Spaghetti Bolognese

Bolognese mince and herbs in a traditional Homemade sauce

R 86.90

Fettucini Alfredo

Hickory ham and mushrooms in a creamy white sauce

R 86.90

Feta Alla Pollo

Chicken strips in a creamy mushroom and feta sauce

R 96.90

Beef Lasagne

Layers of lasange, bolognese mince, bechamel sauce topped with mozzarella

R100.90

Seafood Pasta

3 prawns, 3 mussels, calamari, garlic, chilli, basil pesto in a Napoletana Sauce

R106.90

Vegetarian Pasta

Chilli, garlic, basil pesto, olives in a napoletana sauce topped with crumbed feta cheese and basil leaves

R 89.90



Desserts

Belgian Waffles

Served with syrup and cream or ice cream

R44.90

Cake

Select from our Homemade variety

R49.90

Buffet Desserts

 A side plate of our delicious buffet desserts
(no take-aways)

R56.90

Extras

ADD CREAM OR ICE CREAM
- R12.90

Warm Drinks

Filter Coffee

Refill

Regular

R18.90

Grande

R25.90

Cappuccino

1753

Regular

R26.90

Grande

R30.90

Decaf Coffee

R24.90

R29.90

Red Cappuccino

R30.90

R33.90

Lattes

Café Latte

R27.90

Decaf Cappuccino

Decaf Café Latte

R28.90

Foam

R27.90

R31.90

Red Latte

R29.90

Cream

R29.90

R34.90

Caramel, Hazelnut, Vanilla

R33.90

Pouring Cream

Ameretto Latte

R35.90

R10.90

Coffee Extensions

Espresso

R19.90

Tea

Double Espresso

R25.90

Five Roses Or Rooibos

Macchiato

R21.90

Chai Tea

Espresso Topped With Milk Froth

Moccachino Coffee

R30.90

Flavoured Tea

Milo and Hot Chocolate

R29.90

Choose From Our Tray

Topped With Cream

R26.90

Hot Water, Five Slices Of Lemon And Honey

Americano

R33.90

R20.90

Slo-jo Hotties

White Symphony (White Hot Chocolate)

Fudge Caramel, Chocolate Decadence

Caramel Peanut Butter Cup

Douwe Egberts

1753

Regular

Grande

R28.90

R33.90

Red Cappuccino

R30.90

R33.90

Pouring Cream

R10.90

Tea

Five Roses Or Rooibos

R18.90

Chai Tea

R18.90

Flavoured Tea

Choose From Our Tray

R20.90

Hot Water, Five Slices Of Lemon And Honey

R20.90

Hot Water And Five Slices Of Lemon

R 7.90



Cold Drinks



Appletiser / Grapetiser

Red Or White

R28.90

Soda Bottles 300ml

Coke, Sprite, Fanta Orange

R 22.90

Soda Cans 300ml

Coke Zero, Coke Light, Sprite Zero, Tab, Cream Soda

R23.90

Mineral Water

Sparkling or Still

R 18.90

Cordials

Kola Tonic, Passion Fruit or Lime Cordial

With Lemonade or Soda Water

Regular Large

R32.90 R45.90

Sir Fruit

Orange, Fruit Cocktail Mango, Strawberry, Apple Cranberry

Regular Large

R24.90 R31.90

Slo-Jo Freezos

OUR FAVOURITE RANGE OF GOURMET IN A GLASS

Toffee Coffee, Chocolate, White Mocha, Mocha, Caramel Crunch, Popcorn Delight, Matcha Ginger Mint

R40.90

1L Jugs

Orange, Fruit Cocktail

R69.90

Peanut Butter and Banana Bomb

R43.90

1L Jugs

Mango, Strawberry, Apple Cranberry

R74.90

No Sugar Added Freezos

Half The Calories Of An Original Freezo
Coffee Freezo, Chocolate Freezo

R46.90

Old Fashioned Crafts

REFRESHING AND MADE WITH LOVE
LEMONADE / GINGER BEER

Iced Tea Crushers

A Twist On Your Favourite Craft Ice Tea
Peach Iced Tea Crush, Berry Iced Tea Crush, Lemon Iced Tea Crush

R40.90

Frozen Lemonade

Refreshing And Icy, A Real Treat
Strawberry, Granadilla, Mixed Berry

R 45.90

Shakes

Chocolate, Strawberry, Banana, Vanilla, Lime, Bubblegum, Milo, Toffee Coffee, Bar One, Peanut Butter

Regular Large

R32.90 R39.90

Crushers

Fruity Goodness Served With Crushed Ice
Strawberry, Passion Fruit, Mixed Berry

R 40.90

Gourmet Shakes

Caramel Mocha
Passionfruit Choc
Peach Apricot Shortbread
Choc Peanut Butter Cup
Oreo
Ferrero Rocher

Regular - R44.90 Large - R49.90

Our Old Fashioned Styled - Crushed And Delicious

Ginger Beer, Lemonade Mint

R 42.90

Iced Coffee

R36.90



Extras

DOUBLE THICK SHAKE
- R11.90

Alcoholic Drinks

Beer

Corona	R46.90
Amstel	R30.90
Black Label	R29.90
Castle	R29.90
Castle Light	R31.90
Heineken	R32.90

Draught

Ask your waiter

Cider

Savanna Dry	R35.90
Savanna Non-Alcoholic	R28.90
Savanna Light	R35.90
Hunter's Gold	R35.90
Hunter's Dry	R35.90

Vodka

Russian Bear	R22.90
Absolut Vodka	R32.90

Tequila

Olmeca Gold	R25.90
Olmeca Silver	R25.90

Gin

Gordon's	R22.90
Tanqueray	R27.90
Bombay	R26.90
Bombay Sapphire	R30.90

Cognac

Hennessy V.S	R41.90
Remy Martin V.S.O.P	R59.90

Bourbon

Jack Daniel's	R 28.90
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Whisky

Bell's, J&B, Johnnie Walker Red	R 25.90
Chivas Regal 12 yo	R 36.90
Jameson	R 30.90
Johnnie Walker Black	R 35.90
Bain's Single Grain	R 25.90
Scottish Leader Signature	R 26.90

Premium Whisky

Glenfiddich 15 yo	R 78.90
Glenfiddich 18 yo	R121.90
Jameson 18 yo	R130.90
Jameson Gold Reserve	R 72.90
Jameson Select Reserve	R 40.90
Johnnie Walker Blue	R178.90
Johnnie Walker Green	R 61.90
Johnnie Walker Double Black	R 64.90
Lagavulin 16 yo	R 89.90

Brandy

Klipdrift Export	R 22.90
Richelieu	R 22.90



Tanqueray

*Full bottles available on request

Wines

Champagne

Moët & Chandon NV Brut	R 998.90
Moët & Chandon Nectar Rosé	R1398.90

Cap Classique & Sparkling

J C Le Roux La Fleurette	R159.90
J C Le Roux Le Domaine	R159.90
J C Le Roux La Chanson	R159.90
J C Le Roux Non Alcoholic	R159.90
Pongrácz Brut	R278.90
Pongrácz Noble Nectar	R309.90
Pongrácz Rosé	R279.90

White Wine

Durbanville Hills Chardonnay	R129.90
Durbanville Hills Sauvignon Blanc	R154.90
Du Toitskloof Sauvignon blanc	R128.90
Leeuwenkuil Chenin Blanc	R 99.90
Leopards Leap Lookout white	R104.90
Nederburg 56 Hundred Chenin	R114.90
Nederburg Lyric	R 97.90
Nederburg Stein	R 97.90
Porcupine Ridge Chardonnay	R114.90
Protea Chardonnay	R114.90
Robertsons Natural sweet white	R 99.90
Spier Sauvignon Blanc	R142.90

Rosé

Nederburg Rosé	R136.90
Robertsons Natural Sweet Rosé	R134.90

Wine Per Glass

Nederburg Duet	R 34.90
Nederburg Lyric	R 34.90
Nederburg Rosé	R 39.90
Nederburg Stein	R 34.90
Robertsons Natural Sweet Rosé	R 37.90

Responsible Drinking - Not for sale to persons under the age of 18



Red Wine

Alto Rouge	R195.90
Durbanville Hills Cabernet Sauvignon	R149.90
Du Toitskloof Cabernet Sauvignon Shiraz	R116.90
Meerlust Rubicon	R649.90
Nederburg 56 Hundred Merlot	R126.90
Nederburg Baronne	R142.90
Nederburg Duet	R 97.90
Porcupine Ridge Merlot	R138.90
Protea Shiraz	R137.90
Rupert & Rothschild Classic	R299.90
Spier Merlot	R179.90
Spier Pinotage	R179.90
Warwick First Lady Cabernet Sauvignon	R184.90



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Images in this menu are for illustrative purposes only. Portion weights are measured from raw weights. All prices listed include VAT. All restaurants are individually owned and operated, under the guidance of the Foodchain

All special offers are available while stocks last. Prices are subject to change without prior notice. Errors and omissions excepted (E&OE). If for any reason our credit card machines should go offline, kindly make use of one of two alternative payment methods: cash or EFT. Unfortunately we do not allow substitutions with any of our meals, including our breakfasts.

All children to be supervised by adults

Allergies

All food items are prepared in a kitchen where nuts, dairy products, wheat gluten, egg and soya are used. Should you be allergic to any food item, please request information regarding the ingredients prior to ordering. Some food items have traces of nuts and sesame seeds. Certain products contain peanuts/nuts, wheat gluten, soya and dairy products. Certain menu items are made from non-dairy cream. All visuals are suggested serving only. Not all items on the menu are available as takeaway items. Ingredients such as avocado and strawberry are subject to availability

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Menlyn Park Shopping Center

📍 Shop 134, Menlyn Shopping Centre, Atterbury Road & Lois Ave, Menlo, Pretoria, 0063

📞 Tel: 012 368 1148

Kolonnade Shopping Center

📍 Shop LG92 (Entrance No. 2), Kolonnade Shopping Center, Sefako Makgatho Drive & Enkeldoorn Avenue, Montana Park, Pretoria

📞 Tel: 012 548 0163