MENU

B R E A K F A S T (8AM-11:30AM)

SPROUT SUNRISE R45.00
2 EGGS, 2 SLICES BACON, GRILLED MUSHROOMS &
GRILLED TOMATO WITH SPICY CHIPS AND 1 SLICE
TOAST.

FRENCH TOAST R40.00
2 SLICES OF FRENCH TOAST WITH CARAMELIZED BANANA AND SYRUP.

OMELETTE WITH CRISPY
BACON, CHEESE A SLICE OF TOAST

MUFFIN OF THE DAY R35.00
SMOOTHIE OF THE DAY R30.00

LUNCH

SANDWICHES

CHEESE & TOMATO	R	3	0	•	0	0
HAM & CHEESE	R	3	2	•	0	0
BACON & EGG	R	3	8	•	0	0
C H I C K E N M A Y O	R	4	0	•	0	0
STEAK PERI PERI WITH TOMA	T	0	&			
ONIONSALSA	R	4	5	•	0	0
GRILLED CHICKEN, MUSHROOM &	•					
CHEESE	R	4	5	•	0	0

(SERVED WITH SPICY RUSTIC CUT CHIPS AND 3 SLICES (FRESH OR TOASTED) ON EITHER WHITE, BROWN OR WHOLEWHEAT BREAD)