

# M E N U

## B R E A K F A S T

(8AM - 11:30AM)

S P R O U T     S U N R I S E     R 4 5 . 0 0  
2 E G G S , 2 S L I C E S B A C O N , G R I L L E D M U S H R O O M S &  
G R I L L E D T O M A T O W I T H S P I C Y C H I P S A N D 1 S L I C E  
T O A S T .

F R E N C H     T O A S T     R 4 0 . 0 0  
2 S L I C E S O F F R E N C H T O A S T W I T H  
C A R A M E L I Z E D B A N A N A A N D S Y R U P .

O M E L E T T E     R 4 2 . 0 0  
2 E G G O M E L E T T E W I T H C R I S P Y  
B A C O N , C H E E S E A S L I C E O F T O A S T

M U E S L I     B O W L     R 3 8 . 0 0  
H O M E M A D E M U E S L I W I T H M I X E D F R U I T  
Y O G U R T A N D C O U L I S

M U F F I N     O F     T H E     D A Y     R 3 5 . 0 0

S M O O T H I E     O F     T H E     D A Y     R 3 0 . 0 0

## L U N C H

### S A N D W I C H E S

C H E E S E     &     T O M A T O     R 3 0 . 0 0

H A M     &     C H E E S E     R 3 2 . 0 0

B A C O N     &     E G G     R 3 8 . 0 0

C H I C K E N     M A Y O     R 4 0 . 0 0

S T E A K     P E R I     P E R I     W I T H     T O M A T O     &  
O N I O N     S A L S A     R 4 5 . 0 0

G R I L L E D     C H I C K E N , M U S H R O O M     &  
C H E E S E     R 4 5 . 0 0

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

# M E N U

## W R A P S

CAJUN CHICKEN, AVOCADO AND FETA WRAP R 60 . 0 0

BBQ PULLED PORK AND PINEAPPLE R 65 . 0 0

(ALL WRAPS ARE SERVED WITH A MIXED SLAW AND SPICY  
RUSTIC CUT CHIPS)

## B U R G E R S

CHEESY BEEF BURGER R 55 . 0 0

EGG & BEEF BURGER R 57 . 0 0

AVOCADO & BACON BEEF BURGER R 65 . 0 0

GRILLED CHICKEN BURGER R 45 . 0 0

GRILLED CHICKEN CHEESE, CARAMELIZED

ONION AND MUSHROOM BURGER R 50 . 0 0

GRILLED CHICKEN AND PINEAPPLE

CORIANDER SALSA R 53 . 0 0

(ALL BURGERS ARE SERVED WITH  
LETTUCE, TOMATO, CUCUMBER AND SPICY RUSTIC CUT  
CHIPS)

## E X T R A S

MUSHROOMS R6.00

CHEESE R8.00

BACON R10.00

CHEESE GRILLER R10.00

SMALL CHIPS R15.00

ONIONS R6.00

TOMATO R6.00

PEPPERS R6.00

EGGS R5.00

## COLD DRINKS

SODA CANS R12.00

JUICE R10.00

WATER R10.00

MILKSHAKES R25.00

(VANILLA, CHOCOLATE, BUBBLEGUM, STRAWBERRY)

## HOT DRINKS

FILTER COFFEE R15.00

REFILL R10.00

HOT CHOCOLATE R18.00

FIVES ROSES TEA R13.00

ROOIBOS TEA R13.00

CHAI LATTE R18.00