

Seed Bread Sandwiches (100% Rye bread R3 extra)

Spinach & Bacon R56

Bacon slices topped with creamed spinach

Pesto Chicken R58

Chicken tossed with basil pesto & a sprinkle of mozzarella

Spinach & Mushroom (v) R47

Creamed spinach topped with mushroom, onion & fried tomato

Open Sandwiches On homemade health bread or toasted Ciabatta bread

Smoked Chicken & Tomato R50

Smoked chicken with tomato & gherkins

Chicken Mayonnaise R59

Chicken mayo with gherkins (with peppadews R64)

Chicken & Cashew R77

Chicken & cashew nuts in a mild curried mayo dressing

Avo, Cheese & Peppadews (v)* R65

Avocado on a bed of cheese, tomato, lettuce & peppadews, served with sweet chili mayo on the side

Smoked Chicken & Pineapple R50

Smoked chicken and pineapple with mayonnaise

Butternut & Feta (v) R47

Butternut with a hint of cinnamon topped with feta & peppadews

Bacon, Egg and Cheddar R62

Melted cheddar topped with 2 fried eggs & bacon.

Chicken Mayo & Bacon R75

Bacon slices topped with chicken mayonnaise

Burgers

Homemade Real Meat 160g Patty R50

Chicken Fillet Burger R56

Served with fries or salad. Topped with a choice of barbecue sauce, mayonnaise, sweet chili mayo or chutney

Add any of the following to your burger:

Egg, pineapple or jalapenos R4 each

Avocado, cheddar, feta R7 each Bacon R19

Fries

Our fries are cooked the healthy way in a hot air fryer

Large plate R18

Small Plate R11

Side portion with meal R8

Toasted Sarmies (100% Rye bread R3 extra)

Cheese & Tomato (v) R34

Two Eggs & Cheese (v) R37

Chicken Mayonnaise R45

Two Eggs & Bacon R45

Banana & Bacon R41

Bacon & cheddar R48

Bacon, Cheese & Tomato R54

Plain cheddar R34

Add any of the following extras:

Bacon (3 slices) R19 Cheddar R12

Peppadews R7 Mushrooms R12

Gherkins R4