

Every-day options

Daily Menu	Price
Toasted Sandwiches (White, Brown, Rye, Banting and Gluten free)	
• Cheese	R14.00
• Cheese and Tomato	R15.00
• Ham and Cheese	R16.00
• Chicken Mayo (free range)	R20.00
• Bacon and Egg	R19.00
• Bacon and Cheese	R20.00
Panini/Rolls	
• Chicken Mayo (free range) on white or brown	R23.00
• <i>Caprese</i> cheese and salad panini	R25.00
• Gypsy ham, cheese and salad panini	R28.00
Pizza of the day	R10-R15
Vitamin Boosters and Brain Food	
• Smoothie of the Day	R19-R27
• Freshly Juiced Fruit and Veggies	R10-R15
Homemade Fresh Soup of the Day, served with <i>Bagette, Ciabata, Rye</i> or Banting	R15-R20
Fresh Fruit Salad of the Day (in season)	R20.00
Selection of Sushi (summer only)	
• Vegetarian	R25.00
• Salmon	R30.00
Salad of the day – to order (green, chicken, feta, tuna)	R20-R30
Snack Attack: Selection of Snacks	
• Freshly made popcorn	R9.00
• Cashew / Almond nuts / mixed nuts	R16-R20
• Dried fruit e.g. mango	R18.00
• Health, seed & jungle bars	R10-R12
• Caramel or Yoghurt Peanuts	R10.00
• Roasted Corn	R8.00
• Crisps	R8.00
• Biltong	R20.00
• Dried Sausage	R12.00
• Chili and Plain Biltong Bites	R20.00
• Freshly Baked Muffins	R8.00
• Pancakes (Cinnamon)	R6.00
• Pancakes (Nutella)	R10.00
• Selection of Fresh Fruit	R3.00
• Apple Slinky	R3.00
• Selection of chocolate bars and jelly sweets	R5-R10
• Selection of biscuits	R5-R10

delicious and nutritious daily specials

Specials of the Day	Price
• Macaroni and Cheese	R20.00
• Bolognese Pasta Bake	R25.00
• Pasta <i>Napolitana</i>	R20.00
• Olive Oil Pasta	R18.00
• Frankfurter Hotdog	R17.00
• American Hotdog	R17.00
• Vegetarian Hotdog	R17.00
• Vienna Hotdog	R10.00
• Chicken Hotdog	R12.00
• Chicken a la King served with rice and veggies	R28.00
• Selection of Healthy Chicken Hamburgers served with Salad (Beef, Vegetarian and Fish on pre-order) – with cheese add R3	R22-R28
• Selection of Chicken and/or salad wraps	R25-R30

Drinks and ices	Price
Freshly-juiced Fruit and Veg Drinks	R10-R15
Water, Still or Sparkling	R7.00
Large Sports-Cap Water	R10.00
Pure Organic Apple Juice	R9.00
Yoghurt Drinks	R11.00
Milo	R11.00
Vanilla Milk	R10.00
Milk	R7.00
<i>Selection of healthy</i> Hand-made Ice Creams / Sorbet (in season)	R13-R15
Juice Boxes	R9.00
Liqui-fruit, Just Juice	R15.00
Iced Tea	R14.00
Appetizer, Grapetizer and Peartizer	R16.00
Other Canned Drinks	R13.00
Cappuccino, Latte, Red Cappuccino or Latte	R16.00
Coffee	R10.00
Tea and Espresso	R10.00
Hot Chocolate	R16.00