

i-café menu

v. 05/19

The Bread Specials

All of our breads are served lightly toasted, with a fine touch of butter or mayonnaise.

For sandwiches, please choose your bread: white brown Extra R8: rye banting gluten-free	Sandwich	Deli roll	Bagel	Wrap
Cheese (cheddar) / cream cheese	R 18		R20	
Cheese & Tomato (cheddar)	R 19			
Mozzarella, tomato & basil pesto	R 24	R30		
Cream cheese & salami			R30	
Gypsy ham, mozzarella & lettuce	R 24	R35		
Chicken Mayo (free-range chicken)	R 24	R35	R30	R35
Tuna Mayo	R 24	R35	R30	R35
Warm chicken wrap (free range chicken)				R35
Veggie wrap				R40
Bacon & Egg	R 24			
Bacon & Cheese	R 24			
Pizza of the day	R30	* add R3 for a slice of cheese		
Medium pizza of the day	R20			
American hotdog in a slim roll	R20			
Chicken hotdog in a slim roll	R15			
Veggie hotdog in a slim roll	R22			
Chicken burger in a bun *	R25 *			
Beef burger in a bun *	R30 *			

The Hot & Cold Specials

We offer one hot and/or cold special daily, set for several weeks seasonally. For the latest Specials menu ask the i-café staff or visit www.isct.co.za - resources & documents

This is a sample menu. Tasty, wholesome, nutritious meals are freshly prepared in lunch-sized portions. Free-range chicken used. Please ask about vegetarian options.

Chicken meatballs with roasted vegetables	R45
Cottage Pie	R40
Chicken Drumsticks with mash, peas & sweetcorn	R45
Macaroni & cheese	R30
Greek salad: feta, tomato, olives	R30
Caprese salad: mozzarella, tomato, basil	R30
Fresh fruit salad	R30

To pre-order, WhatsApp

082 905 1267

Receive updates on
new seasonal Specials.

The Snacks

Piece of fruit (seasonal choices)	R5
Apple slinky	R5
Freshly-baked muffin: Bran/ Vanilla/ Cappuccino/ Choc/ Marble	R10
Freshly-made popcorn: plain/ salt/ butter salt/ salt & vinegar	R12
Biltong snap stix (halaal) 40g	R35
Dried sausage (halaal)	R15
Lays chips/ crisps & Doritos	R9
Mini-pack biscuits	R10
Chocolate or jungle bars	R13

The Drinks

Fruit smoothie - freshly-made	R28
Still water 500ml	R8
Sparkling water 500ml	R10
Milk & juice boxes (Ceres)	R10
Milo	R12
SteriStumpi	R16
Ice tea: Lemon/ Peach	R16
LiquiFruit/ Just juice/ Appletiser	R18
Energy drink	R16
Americano	R15
Latte Cappuccino Hot chocolate	R18