

i-café Specials - Term 3 2019 (weeks 1-5)

Menu from Monday 15th July – Friday 16th August 2019 (*excluding Thurs 8th Aug)

	The Hot Specials	The Cold Specials
Monday	Healthy Mac & cheese (v) – secretly fortified with cauliflower and served with crudité carrot sticks – R35	Garden salad with lettuce, tomato, cucumber, carrots, cauliflower, peas & sweet corn (v) – R35
Tuesday	Beef burger on a whole wheat bun with lettuce, tomato & relish, and a handful of crisps – R40	Bun-less burger (beef) with lots of lettuce, tomato cucumber & relish, and a handful of crisps – R40
Wednesday	Wednesday wrap: free-range chicken, diced and sautéed in a light ‘jimmy’ sauce, and filled with mixed salad – R40 (v) Fry’s veggie strips – R40	Salad or veg in every dish
Thursday	Home-made Cottage Pie - layers of potato mash & beef mince with diced vegetables – R40	Omega 3 salad – tuna mayo, boiled egg, and mixed salad – R40 (v) option: no tuna – R35
Friday	Chicken strips & chips - breaded, oven-cooked, free-range chicken strips with oven-baked chips, ketchup & cucumber sticks – R35	Chicken strips & salad - breaded, oven-baked, free-range chicken strips with a mixed salad – R35

NEW: The Winter Specials

The Breakfast Special Warm French toast – a satisfying slice of eggs & brown bread – R10 WH: 7-11am only SH: 1 st break only	Hot, home-made soup (v) Ask for our daily flavours, served in a cup – R20. Add a chunk of ciabatta – R24
	Pasta Napolitano (v) – fresh, locally-made, Italian-recipe tomato sauce mixed with pasta & served in a tub – R25 Add cheese – R28

NEW: The Deals

Eco-tip: bring your own re-useable fork & spoon

The Lunch Deal - R55 The Hot Special of the day Fresh popcorn (small) Fruit Water: still, 500ml Served @ 2nd break	The Big Deal - R80 Breakfast special @ 7am or 1st break Hot drink: soup, hot choc or latte The Hot Special of the day Fresh popcorn (small) Served @ 2nd break Fruit Water: still, 500ml
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Deals are available on pre-order and pre-payment only. Cash or EFT.
No substitutions for the deals. Place a repeat order for all 5 weeks.

For the i-café menu and ordering information, go to:
www.isct.co.za/resources-and-documents

To pre-order,

**WhatsApp
082 905 1267**