

## i-café Specials - Term 3 2019 (weeks 6-10)

Menu from Monday 19<sup>th</sup> August 2019 – Friday 20<sup>th</sup> September 2019

	The Hot Specials	The Cold Specials
Monday	<b>Chicken nuggets &amp; veggie sticks</b> – free-range, oven-cooked, chicken nuggets (5) served with a stack of raw vegetable sticks – <b>R25</b>	<b>i-café salad</b> – a fresh mix of lettuce, tomatoes, cucumber & carrot – <b>R35</b>
Tuesday	<b>Healthy mac &amp; cheese (v)</b> – secretly fortified with cauliflower & served with crudité carrot sticks – <b>R35</b>	
Wednesday	<b>The Wednesday wrap</b> * <b>new price – medium size * R30</b> Free-range chicken with mayonnaise & mixed salad. (v) alternative: Fry's veggie strips – R30 *	Veg in every dish!
Thursday	<b>Chicken burger</b> – a free-range, oven-cooked, breaded chicken burger on a bun * with lettuce, tomato & burger mayonnaise – <b>R25</b> * whole wheat bun on request	<b>Bun-less burger</b> – the chicken burger served with plenty of salad & a squeeze of mayo – <b>R25</b>
Friday	<b>Pizza slices (v)</b> – 2 slices of thin-base pizza with a tomato base & cheese topping – <b>R20</b>	<b>i-café salad – R35</b>

<b>The R10 Breakfast Special</b> Fresh avocado on a double slice of brown toast.  WH: 7-11am only SH: 1 <sup>st</sup> break only	<b>Home-made soup – R20</b> Butternut, pea, or vegetable with barley, served in a cup – R20.  Add a chunk of ciabatta – R24
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**Eco-tip:**  
**Save plastic**  
bring your own  
re-useable fork  
or spoon

### NEW: The Deals

<b>The Lunch Deal - R55</b> The Hot or Cold Special of the day Trigz crisps Fruit Water: still, 500ml	<b>The 5-day Deal - R130</b> A hot or cold special every day, Mon-Fri.  Pre-order & pre-pay for all 5 days. Price valid for term 3 (6-10) only.
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Specials can be ordered daily at the counter or by WhatsApp.  
Deals are available on pre-order and pre-payment only.

Pay by cash at Woodland Heights or by EFT.  
Try placing a repeat order for all 5 weeks – pay once!

**To pre-order,  
WhatsApp  
082 905 1267**

For the full i-café menu, ordering & payment information,  
go to: **[www.isct.co.za/resources-and-documents](http://www.isct.co.za/resources-and-documents)**