

MUNCH CAFE

 [munchcafesa](#)  [munchcafesa](#)

breakfast

the usual fry-up 2 eggs, grilled beef sausage, bacon, mushrooms & cherry tomatoes, served with 2 slices of toasted ciabatta bread	138
baby fry-up 1 egg, grilled beef sausage, bacon, mushrooms & cherry tomatoes, served with 1 slice of toasted ciabatta bread	102
B.E.T 2 slices of bruschetta brushed with rosemary & garlic, topped with rocket, crispy bacon, cherry tomatoes, topped with a poached egg & sprinkled with mature white cheddar cheese	124
french toast (v) 2 slices of pan fried brioche served with a dollop of mascarpone cheese & berry compote	108
smashed avo* on rye (v) 2 slices of toasted rye bread, topped with smashed avo*, 2 poached eggs & parmesan shavings	118
eggs on toast toasted ciabatta, topped with 2 eggs and grilled cherry tomatoes on the side	82
shrooms on toast 2 slices toasted ciabatta bread, smothered in creamy mushrooms, topped with 2 poached eggs and sprinkled with parmesan shavings	128
salmon blini grilled field mushroom on a bed of wilted baby spinach, topped with a poached egg, smoked salmon trout asparagus & drizzled with homemade hollandaise sauce	148
breakfast croissant home baked butter croissant topped with rocket, crispy bacon, scrambled eggs, cherry tomatoes, white cheddar	118
breakfast pizza margherita topped with crispy bacon, mushrooms & scrambled eggs	112
toasted bacon, halloumi & tomato wrap toasted tortilla wrap stuffed with rocket, crispy bacon, scrambled eggs, grilled halloumi and cherry tomatoes	138
chilli mince on ciabatta 2 slices of toasted ciabatta bread topped with homemade Chilli con Carne mince, 2 poached eggs & sprinkled with mature white cheddar cheese	138
club sandwich toasted ciabatta, greens, red onions, chicken mayo, bacon bits and rocket	138

healthy vibe

health breakfast (v) deliciously thick & creamy Greek yoghurt & muesli, topped with fresh fruits	128
yummy paw paw (v) paw paw split in half, smothered in Greek yoghurt & sprinkled with muesli & honey	122

omelettes

3 Freerange eggs with a dash of cream served with toasted sourdough

Plain	62
Tuscan - Italian ham, mature white cheddar	108
Country - Bacon, button mushrooms, cherry tomatoes, mature white cheddar	122
Green Goddess - Asparagus, baby spinach, Danish feta, mature white cheddar	118
Salmon Trout - Smoked salmon trout, whipped cream cheese & spring onions	148

extras

Bacon	34	Beef sausage	34
Eggs	12	Rocket	22
Baby spinach	38	Avocado*	36
Danish Feta	26	White Cheddar	28
Mozzarella	28	Parmesan	30
Yellow Cheddar	28	Olives	28

benedicts

streaky toasted English muffin, topped with crispy streaky bacon, two poached eggs, roasted asparagus & drizzled with our home-made BBQ Hollandaise sauce	132
eggs benedict toasted English muffin topped with 2 poached eggs, Italian cooked ham, roasted asparagus and drizzled with homemade hollandaise sauce	122
eggs florentine (v) toasted English muffin topped with baby spinach, mushrooms, white cheddar cheese, 2 poached eggs, asparagus & drizzled with homemade hollandaise sauce	118
salmon trout onassis toasted English muffin topped with smoked salmon trout, 2 poached eggs, asparagus & drizzled with homemade hollandaise sauce	152

lunch

gratinated pancakes (v) 2 delicious oven baked pancakes filled with baby spinach, mushrooms & cream topped with grilled white cheddar cheese	98
chicken on ciabatta home-baked ciabatta roll stuffed with greens, cherry tomatoes, red onion, avo* & a grilled chicken breast drizzled with a sweet chilli mayo	138
bacon, avo & halloumi panini home-baked panini stuffed with greens, crispy bacon, deep fried halloumi & avo*, drizzled with sweet chilli mayo	142
fillet sarmie home-baked ciabatta roll stuffed with rocket, grilled tomatoes, grilled beef fillet, caramelised onion & sweet chilli mayo	168
chicken strips & rice grilled chicken strips in a mild peri peri sauce served on a bed of rice, sprinkled with greek feta	138
fish & chips deep fried hake goujons served with chips or salad - tartare sauce	138
prego steak roll Portuguese bun topped with greens, grilled beef fillet smothered in a mild creamy Prego sauce, tomato, red onions - served with chips.	158
prego chicken roll Portuguese bun topped with greens, grilled chicken fillet smothered in a mild creamy Prego sauce, tomato, red onions - served with chips.	138

flatbread

flatbread (v) oven-baked flatbread topped with olives, caramelised onion, Danish feta and rocket	128
fillet flatbread oven-baked flatbread topped with caramelised onion, cherry tomatoes, beef fillet strips, rocket & drizzled with a sweet chilli mayo	178
chicken flatbread oven-baked flatbread topped with red onion, cherry tomatoes, grilled chicken strips, avo*, rocket and sweet chilli mayo	148
veggie flatbread (v) wood fired pizzette, topped with caramelised red onions, roasted butternut, roasted peppers, Danish feta, olives & wild rocket	136

spuds

bacon, feta & avo spud oven-baked potato topped with crispy bacon, Danish feta & avo*	112
salmon, cream cheese & avo spud oven-baked potato topped with smoked salmon trout, smooth cream cheese & avo*	138

salads

crispy chicken & halloumi crumbed chicken breast, greens, red onions, cherry tomatoes, roasted peppers, halloumi cheese, avocado*	148
tuna bean salad bed of greens with cherry tomatoes, cucumber, avo*, red onions, tuna chunks, green beans, corn and topped with a boiled egg	162
munch nicoise smoked salmon trout served on a bed of greens topped with sautéed baby potatoes, roasted peppers, asparagus, cucumber, red onions, avo* and drizzled with a homemade dressing	178
mediterranean vegetable salad (v) mediterranean veggie salad served on a bed of greens, cherry tomatoes, cucumber, red onions, greek feta & halloumi cubes - drizzled with a balsamic glaze.	148
seared fillet steak salad succulent grilled fillet, caramelized strawberries*, avo*, served on a bed of greens and sprinkled greek feta and parmesan shavings	168

burgers

beef burger 180g homemade pure beef burger, served on a bed of greens topped with caramelised onions, cherry tomatoes and our BBQ sauce on a home-baked ciabatta roll, served with chips or green salad	118
bacon & cheese burger 180g homemade pure beef burger, served on a bed of greens topped with caramelised onions, cherry tomatoes, crispy bacon and cheddar cheese with our BBQ sauce on a home-baked ciabatta roll, served with chips or green salad	138
no-bun burger 2 x 125g beef patties on a bed of greens, cherry tomatoes, caramelised onions with wholegrain Dijon & white cheddar sauce, served with sweet potato crisps & salad	128
crunchy chicken burger succulent chicken breast served on a home-baked ciabatta roll, stuffed with greens, caramelised onions, cherry tomatoes & sweet chilli mayo, served with chips or green salad	128
Burgerlloumi grilled halloumi cheese patty served on a bed of greens, with cherry tomatoes & caramelised red onions, drizzled with sweet chilli & basil pesto mayo	128

pasta

penne pesto penne pasta tossed in creamy homemade basil pesto, grilled cherry tomatoes and crispy bacon, sprinkled with Greek feta	142
chicken pasta penne pasta tossed in cream, roasted butternut and grilled chicken breast, sprinkled with Greek feta & rocket	148
penne bolognese penne tossed in our home-made beef mince bolognese	136

pizza

margherita (v) home-baked pizza base topped with pizza sauce and mozzarella	92
regina Italian cooked ham & mushrooms	138
hawaiian Italian cooked ham & pineapple	138
mexicana margherita pizza topped with our homemade chilli con carne mince	168
parma parma ham, rocket & parmesan shavings	219
the gypsy Italian cooked ham, red onions, avo* & chilli	148
greco crispy bacon, Danish feta, caramelised onions & avo*	158
pollo pulled chicken, roasted butternut, Danish feta, sun-dried tomatoes & rocket	172
vegetarian (v) baby spinach, baby marrows, roasted butternut & peppers, sprinkled with Danish feta	148
four seasons mushrooms, Italian cooked ham, olives & artichokes	172

wraps

Chicken Wrap Crispy chicken, rocket, roasted peppers, tomatoes, rocket *avocado & Danish feta in a soft tortilla wrap - served with sweet potato crisps	128
Beef Fillet Wrap Grilled beef fillet, rocket, tomatoes, caramelised onions, roasted peppers & Danish feta in a soft tortilla wrap - served with sweet potato crisps	164

toasties

cheese	62
cheese & tomato	76
ham, cheese & tomato	70
chicken mayo	74
bacon, feta & avo*	78
tuna mayo	82
bacon, egg & cheese	78

kiddies meals

these are prices specifically with your kiddies in mind

baby breakfast 1 egg, grilled beef chipolata, cherry tomato, mushrooms, bacon & toast	102
french toast a slice of pan fried brioche, served with marshmallows	62
crumbed chicken strips & chips	78
fish fingers & chips	78
toasted cheese & chips	62
kiddies cheese burger & chips	78
mini margherita pizza	82
baby hawaiian pizza	88
baby regina pizza	88
pancakes	58

hot drinks

cappuccino	30
cappuccino w' cream	38
grande cappuccino	42
grande cappuccino w' cream	48
cortado	30
cafe latte	36
macchiato	28
red cappuccino	38
americano	28
single espresso	20
double espresso	28
vanilla coffee	62
spiced chai latte	58
dirty chai	62
moccachino	62
hot chocolate	52
milo	52
tea	22
earl grey	24

add plant based milks

regular	8
tall	12

add flavour

hazelnut	12
butterscotch	12

juice

Orange	32
Mango	32
Strawberry	32
Cocktail	32

cold drinks

Sodas	25
mixers	22
bos ice tea	23
Valpre Still Water 350ml	24
Valpre Sparkling Water 350ml	24
Valpre Still Water 750ml	58
Valpre Sparkling Water 750ml	58
peanut butter smoothie	74
summer berry smoothie	78
milkshakes	58
spiced chai	68
coffee freezo	68

