

f muncheaterysa



breakfast

the usual fry-up 2 eggs, grilled beef sausage, bacon, mushrooms & cherry tomatoes, served with 2 slices of toasted ciabatta bread	R118
baby fry-up 1 egg, grilled beef sausage, bacon, mushrooms & cherry tomatoes, served with 1 slice of toasted ciabatta bread	R92
BET Bruschetta 2 slices of bruschetta brushed with rosemary & garlic, rocket, crispy bacon, cherry tomatoes, topped with a poached egg & sprinkled with mature white cheddar cheese	R112
french toast v 2 slices of pan fried brioche served with a dollop of mascarpone cheese & berry compote	R98
smashed avo on rye v 2 slices of toasted rye bread, smashed avo, 2 poached eggs & parmesan shavings	R112
eggs on toast toasted ciabatta, 2 eggs and grilled cherry tomatoes	R72
shrooms on toast 2 slices toasted ciabatta bread, smothered in creamy mushrooms, topped with 2 poached eggs and sprinkled with parmesan shavings	R126
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	R138
breakfast croissant homebaked butter croissant topped with crispy bacon, scrambled eggs, cherry tomatoes & white cheddar	R114
breakfast pizza margherita topped with crispy bacon, mushrooms & scrambled eggs	R158
toasted bacon, halloumi & tomato wrap toasted tortilla wrap stuffed with rocket, crispy bacon, scrambled eggs, grilled halloumi and cherry tomatoes	R102
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	R128
club sandwich	R138

toasted ciabatta, greens, red onions, chicken mayo, bacon bits and rocket

healthy vibe

health breakfast **v** deliciously thick & creamy Greek yoghurt & muesli, topped with fresh fruits

R122

R118

yummy paw paw **v**

paw paw split in half, smothered in Greek yoghurt & sprinkled with muesli & honey

omelettes

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

Plain	R62
Italian ham, mature white cheddar	R108
• Bacon, button mushrooms, cherry tomatoes, mature white cheddar	R112
 Asparagus, baby spinach, Danish feta, mature white cheddar 	R118
 Smoked salmon trout, whipped cream cheese & spring onions 	R138

EXTRAS

Bacon	R34	Beef sausage	R34
Eggs	R12	Rocket	R22
Baby spinach	R38	Avocado*	R36
Danish Feta	R26	White Cheddar	R28
Mozzarella	R28	Parmesan	R30
Yellow Cheddar	R28	Olives	R28

benedicts

streaky toasted English muffin, topped with crispy streaky bacon, two poached eggs, roasted asparagus & drizzled with our home-made BBQ Hollandaise sauce	R122
eggs benedict 2 poached eggs served on an English muffin topped with hickory ham, roasted asparagus and drizzled with homemade hollandaise sauce	R118
med veg benedict toasted English muffin, topped with roasted Mediterranean vegetables, Danish feta, two poached eggs, asparagus & drizzled with homemade hollandaise sauce	R120
eggs florentine v toasted English muffin topped with baby spinach, mushrooms, white cheddar cheese, 2 poached eggs, asparagus & drizzled with homemade hollandaise sauce	R118
salmon trout onassis toasted English muffin topped with smoked salmon trout, 2 poached eggs, asparagus & drizzled with homemade hollandaise sauce	R142

lunch			
gratinated pancakes v 2 delicious oven baked pancakes filled with baby spinach, mushrooms & cream topped with grilled white cheddar cheese	R98		
Croque monsieur toasted home-baked bruschetta filled with Italian cooked ham, Emmental cheese & mature white cheddar	R98		
chicken on ciabatta home-baked ciabatta roll stuffed with greens, cherry tomatoes, red onion, avo* & a grilled chicken breast drizzled with a sweet chili mayo	R128		
bacon, avo & halloumi panini home-baked panini stuffed with greens, crispy bacon, deep fried halloumi & avo*, drizzled with sweet chilli mayo	R126		
fillet Sarmie home-baked ciabatta roll stuffed with rocket, grilled tomatoes, grilled beef fillet, caramelised onion & sweet chilli mayo	R158		
chicken strips & rice grilled chicken strips in a mild peri peri sauce served on a bed of rice, sprinkled with greek feta	R138		
Fish & Chips deep fried hake goujons served with chips or salad - tartare sauce	R132		
beef prego 180g beef fillet, grilled and smothered in a mild creamy prego sauce served on a Portuguese bun, with chips	R148		
chicken prego grilled chicken breast, smothered in a mild creamy prego sauce served on a Portuguese bun, with chips	R128		
flatbread			

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flatbread ${f v}$ oven-baked flatbread topped with olives, caramelised onion, Danish feta and rocket	R118
fillet flatbread oven-baked flatbread topped with caramelised onion, cherry tomatoes, beef fillet strips, rocket & drizzled with a sweet chili mayo	R158
chicken flatbread oven-baked flatbread topped with red onion, cherry tomatoes, grilled chicken strips, avo*, rocket and sweet chilli mayo	R138
veggie flatbread small v wood fired pizzette, topped with caramelised red onions, roasted butternut, roasted peppers, Danish feta, olives & wild rocket	R136

spuds

bacon, feta & avo spud oven-baked potato topped with crispy bacon, Danish feta & avo*

salmon, cream cheese & avo spud

oven-baked potato topped with smoked salmon trout, smooth cream cheese & avo*

R138

R108

salads

crispy chicken & halloumi crumbed chicken breast, greens, red onions, cherry tomatoes, roasted pepper	rs, halloumi cheese, avocado*
tuna bean salad bed of greens with cherry tomatoes, cucumber, avo*, red onions, tuna chunks topped with a boiled egg	, green beans, corn and
munch nicoise smoked salmon trout served on a bed of greens topped with sautéed baby po asparagus, cucumber, red onions, avo* and drizzled with a homemade dressin	
mediterranean vegetable salad v mediterranean veggie salad served on a bed of greens, cherry tomatoes, cucu greek feta & halloumi cubes - drizzled with a balsamic glaze.	mber, red onions,
seared fillet steak salad succulent grilled fillet, caramelized strawberries*, avo*, served on a bed of gre greek feta and parmesan shavings	eens and sprinkled
biltong salad greens, biltong, cucumber, cherry tomatoes, red onions, beetroot, Greek feta	R142 avocado*

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	R108
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	R138
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	R118
crunchy chicken burger succulent chicken breast served on a home-baked ciabatta roll, stuffed with greens, caramelised onions, cherry tomatoes & sweet chili mayo, served with chips or green salad	R128
Burgerlloumi grilled halloumi cheese patty served on a bed of greens, with cherry tomatoes & caramelised red onions,	R128

drizzled with sweet chilli & basil pesto mayo

pasta

penne pesto penne pasta tossed in creamy homemade basil pesto, grilled cherry tomatoes and crispy bacon, sprinkled with Greek feta	R132
chicken pasta penne pasta tossed in cream, roasted butternut and grilled chicken breast, sprinkled with Greek feta & rocket	R138
penne bolognese penne tossed in our home-made beef mince bolognese	R126
pasta Nonna tomato, Gorgonzola cheese & Parmesan	R122

pizza

margherita v home-baked pizza base topped with pizza sauce and mozzarella	R82
regina Italian cooked ham & mushrooms	R124
hawaiian Italian cooked ham & pineapple	R124
mexicana margherita pizza topped with our homemade chilli con carne mince	R148
parma parma ham, rocket & parmesan shavings	R208
the gypsy Italian cooked ham, red onions, avo* & chilli	R138
greco crispy bacon, Danish feta and avo*	R128
pollo pulled chicken, roasted butternut, Danish feta & rocket	R152
vegetarian v baby spinach, baby marrows, roasted butternut & peppers, sprinkled with Danish feta	R138
four seasons mushrooms, Italian cooked ham, olives & artichokes	R158

toasties

served on your choice of white, brown, rye or ciabatta with either chips or salad

cheese	R62
cheese & tomato	R76
ham, cheese & tomato	R70
chicken mayo	R74
bacon, feta & avo*	R78
tuna mayo	R78
bacon & egg	R75

kiddies meals These are priced specifically with your kiddies in mind

baby breakfast 1 egg, grilled beef chipolata, cherry tomato, mushrooms, bacon & toast	R88
french toast a slice of pan fried brioche, served with marshmallows	R54
crumbed chicken strips & chips	R72
fish fingers & chips	R68
toasted cheese & chips	R48
kiddies cheese burger & chips	R72
mini margherita pizza	R78
baby hawaiian pizza	R78
baby regina pizza	R78
pancakes	R52

hot drinks

cappuccino	R30
cappuccino w' cream	R38
grande cappuccino	R42
grande cappuccino w' cream	R48
cortado	R30
cafe latte	R36
macchiato	R28
red cappuccino	R38
americano	R28
single espresso	R20
double espresso	R28
vanilla coffee	R62
spiced chai latte	R58
dirty chai	R62
moccachino	R62
hot chocolate	R52
milo	R52
tea	R22
earl grey	R24

Juice

Fresh pressed juice

- Orange
- Apple
- Carrot
- Pineapple
 Add ginger

R14

R52

cold drinks

Sodas	R25
mixers	R22
bos ice tea	R23
"No. 15 on Grace" Sparkling	g 250 ml R24
"No. 15 on Grace" Still 250	ml R24
"No. 15 on Grace" Sparkling	g 750 ml R50
"No. 15 on Grace" Still 750	ml R50
peanut butter smoothie	R74
summer berry smoothie	R78
milkshakes	R58
spiced chai	R68
coffee freezo	R68

add plant based milks

R8

R8

R8

Almond Milk reg	
Soy Milk reg	
Oat Milk reg	

Almond Milk Grande	R10
Soy Milk Grande	R10
Oat Milk Grande	R10



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