



# breakfast

<b>anchovette, cucumber &amp; tomato</b>	R52
<b>the usual fry-up</b> 2 eggs, grilled pork sausage & bacon, mushrooms & cherry tomatoes, served with 2 slices of toasted ciabatta bread	R96
<b>baby fry-up</b>	R82
<b>bacon, egg &amp; tomato bruschetta</b> 2 slices of bruschetta brushed with rosemary & garlic, rocket, crispy bacon, cherry tomatoes, topped with a poached egg & sprinkled with mature white cheddar cheese	R96
<b>french toast v</b> 2 slices of pan fried brioche served with a dollop of mascarpone cheese & berry compote	R88
<b>smashed avo on rye v</b> 2 slices of toasted rye bread, topped with cream cheese, smashed avo, 2 poached eggs & parmesan shavings	R102
<b>eggs on toast</b> 2 slices of toast served with 2 eggs and grilled cherry tomatoes	R58
<b>shrooms on toast</b> 2 slices toasted ciabatta bread, smothered in creamy mushrooms and sprinkled with parmesan shavings	R98
<b>salmon blini</b> grilled field mushroom on a bed of wilted baby spinach, topped with a poached egg, smoked salmon trout and drizzled with home-made hollandaise sauce	R118
<b>breakfast croissant</b> Home-baked butter croissant topped with crispy bacon, scrambled eggs, cherry tomatoes & mozzarella	R92
<b>breakfast pizza</b> margherita pizzette with crispy bacon & mushrooms, topped with scrambled eggs	R108
<b>toasted bacon, halloumi &amp; tomato pita</b> home-baked pita, topped with rocket, crispy bacon, scrambled eggs, grilled halloumi and cherry tomatoes	R92
<b>chilli mince on ciabatta</b> 2 slices of toasted ciabatta bread topped with home-made Chilli con Carne' mince, 2 poached eggs & sprinkled with mature white cheddar cheese	R108
<b>club sandwich</b> toasted bagel, topped with a fried egg, chicken mayo, crispy bacon, tomato and parmesan shavings	R108

# healthy vibe

<b>health breakfast v</b> deliciously thick & creamy Greek yoghurt & muesli, topped with fresh fruits	R98
<b>yummy paw paw v</b> a paw paw split in half, smothered in Greek yoghurt & sprinkled with muesli & honey	R96

# omelettes

## caprese omelette

3 egg omelette, stuffed with mozzarella, cherry tomatoes, avo\* and basil pesto & served with two toasted slices of ciabatta

R88

## summer omelette

3 egg omelette stuffed with yellow cheddar, crispy bacon, mushrooms and cherry tomatoes & served with two slices toasted ciabatta

R96

## omelette jambon

3 egg omelette stuffed with mature white cheddar cheese and Italian cooked ham, served with two slices toasted ciabatta

R88

## omelette salmon

3 egg omelette stuffed with smoked salmon, cream cheese, avo\* and a sprinkling of spring onions served with two slices of toasted ciabatta

R118

# benedicts

## streaky benedict

toasted English muffin, topped with crispy streaky bacon, two poached eggs, roasted asparagus & drizzled with our home-made BBQ hollandaise sauce

R108

## eggs benedict

2 poached eggs served on an English muffin topped with hickory ham, roasted asparagus and drizzled with homemade hollandaise sauce

R102

## eggs florentine **v**

2 poached eggs served on an English muffin topped with baby spinach & mushrooms, topped with roasted asparagus, baby spinach, white cheddar & mushrooms, drizzled with homemade hollandaise sauce

R102

## salmon trout onassis

toasted home-baked butter croissant, topped with smoked salmon trout, two poached eggs, roasted asparagus & drizzled with our homemade hollandaise sauce

R118

### platter board

focaccia | assorted italian cold meats | meze tapas | cheeses

half R190 / full R340

# lunch

<b>gratinated pancakes v</b> 2 delicious oven baked bruschetta filled with baby spinach, mushrooms & cream topped with grilled white cheddar cheese	R92
<b>croque monsieur</b> toasted home-baked bruschetta filled with Italian cooked ham, Emmenthal cheese & mature white cheddar	R88
<b>chicken on ciabatta</b> home-baked ciabatta roll stuffed with greens, cherry tomatoes, red onion, avo* & a grilled chicken breast drizzled with a sweet chilli mayo	R108
<b>bacon, avo &amp; halloumi panini</b> home-baked panini stuffed with greens, crispy bacon, deep fried halloumi & avo*, drizzled with sweet chilli mayo	R112
<b>fillet sarmie</b> home-baked ciabatta roll stuffed with rocket, grilled tomatoes, grilled beef fillet, caramelised onion & sweet chilli mayo	R128
<b>chicken strips &amp; rice</b> grilled chicken strips in a mild peri peri sauce served on a bed of rice	R112
<b>fish &amp; chips</b> succulent crumbed, fried fillet of hake served with chips and our homemade tartare sauce	R108
<b>beef prego</b> 180g beef fillet, grilled and smothered in a mild creamy prego sauce served on a Portuguese bun, with chips	R118
<b>chicken prego</b> grilled chicken breast, smothered in a mild creamy prego sauce served on a Portuguese bun, with chips	R102

# flatbread

<b>flatbread v</b> oven-baked flatbread topped with olives, caramelised onion, Danish feta and rocket	R98
<b>fillet flatbread</b> oven-baked flatbread topped with caramelised onion, cherry tomatoes, beef fillet strips, rocket & drizzled with a sweet chilli mayo	R138
<b>chicken flatbread</b> oven-baked flatbread topped with red onion, cherry tomatoes, grilled chicken strips, avo*, rocket and sweet chilli mayo	R128

# spuds

<b>bacon, feta &amp; avo spud</b> oven-baked potato topped with crispy bacon, Danish feta & avo*	R94
<b>salmon, cream cheese &amp; avo spud</b> oven-baked potato topped with smoked salmon trout, smooth cream cheese & avo*	R118

# salads

<b>crispy chicken</b> crispy chicken served on a bed of greens, cherry tomatoes, red onions, cucumber, avo* & Danish feta, drizzled with our homemade Asian dressing	R118
<b>tuna bean salad</b> bed of greens with cherry tomatoes, cucumber, avo*, red onions, tuna chunks, green beans and topped with a boiled egg	R124
<b>munch nicoise</b> smoked salmon trout served on a bed of greens topped with sautéed baby potatoes, roasted peppers, asparagus, mange tout, courgettes, cucumber ribbons, red onions, avo* and drizzled with a homemade dressing	R138
<b>mediterranean vegetable salad v</b> bed of greens with cherry tomatoes, cucumber, red onion, roasted mediterranean veggies, cous cous, Danish feta and drizzled with homemade balsamic glaze	R102
<b>seared fillet steak salad</b> succulent grilled fillet, caramelized strawberries*, avo*, served on a bed of greens and sprinkled with parmesan shavings	R138

# burgers

<b>beef burger</b> 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	R92
	add cheese R102
<b>bacon &amp; cheese burger</b> 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	R118
<b>no-bun burger</b> 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	R108
<b>crunchy chicken burger</b> 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	R108

# pasta

<b>penne pesto</b> penne pasta tossed in creamy homemade basil pesto, grilled cherry tomatoes and crispy bacon, sprinkled with Greek feta	R102
<b>chicken pasta</b> penne pasta tossed in cream, roasted butternut and grilled chicken breast, sprinkled with Greek feta & rocket	R108
<b>penne bolognese</b> penne tossed in our home-made beef mince bolognese	R102

# pizza

*small pizzas will be charged at 80% of large equivalent*

<b>margherita</b> home-baked pizza base topped with pizza sauce and mozzarella	R72
<b>regina</b> Italian cooked ham & mushrooms	R108
<b>hawaiian</b> Italian cooked ham & pineapple	R112
<b>mexicana</b> margherita pizza topped with our homemade chilli con carne mince	R128
<b>parma</b> parma ham, rocket & parmesan shavings	R198
<b>the gypsy</b> Italian cooked ham, red onions, avo* & chilli	R116
<b>greco</b> crispy bacon, Danish feta and avo*	R128
<b>pollo</b> chicken pieces, roasted butternut, Danish feta & rocket	R126
<b>vegetarian v</b> baby spinach, baby marrows, roasted butternut & peppers, sprinkled with Danish feta	R122
<b>four seasons</b> mushrooms, Italian cooked ham, olives & artichokes	R138

# toasties

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

cheese	R42
cheese & tomato	R56
ham, cheese & tomato	R60
chicken mayo	R64
bacon, feta & avo*	R68
tuna mayo	R68
bacon & egg	R58

# kiddies meals

baby breakfast	R82
1 egg, grilled pork sausage, cherry tomato, mushrooms, bacon & toast	
french toast	R42
a slice of pan fried brioche, served with marshmallows	
crumbed chicken strips & chips	R62
fish fingers & chips	R62
toasted cheese & chips	R42
kiddies cheese burger & chips	R68
mini margherita pizza	R52
baby hawaiian pizza	R62
baby regina pizza	R62
pancakes	R48

# kiddies drinks

fresh fruit juice	R24
milkshake	R28
hot chocky	R30
babychino	R10

# hot drinks

cappuccino	R28
cappuccino w' cream	R30
grande cappuccino	R34
grande cappuccino w' cream	R38
almond milk cappuccino	R44
soy milk cappuccino	R42
cortado	R28
cafe latte	R32
machiato	R20
red cappuccino	R38
double americano	R24
single espresso	R16
double espresso	R20
vanilla coffee	R46
spiced chai latte	R48
hot chocolate	R44
milo	R44
tea	R16
earl grey	R18

## cold drinks

fresh pressed juice	R48
orange   apple   carrot   pineapple	
add ginger	R14
summer berry smoothie	R78
peanut butter & banana smoothie	R82
sodas	R24
mixers	R22
bos ice tea	R34
250ml still water	R26
750ml still water	R62
250ml sparkling water	R26
750ml sparkling water	R62
milkshakes	R46
frulata	R68
coffee freezo	R58
spiced chai freezo	R58

## gourmet shakes

summer berry	R78
peanut butter, honey & banana	R82

# alcoholic drinks

Glass White	R60	CIDERS	
Glass Red	R60		
Glass Rosé	R60	Savanna Dry	R38
		Savanna Light	R38
WHITE WINES			
Sophie Sauvignon Blanc	R220	SPIRITS	
Alvi's Drift Sauvignon Blanc	R180	Beefeater	
Alvi's Drift Chardonnay	R180	Beefeater Pink	
Alvi's Drift Chenin Blanc	R180	Beefeater Blood Orange	
ROSÉ			
Alvi's Drift Rosé	R180	Malfy Originale	
Sophie Rosé	R220	Malfy Con Limone	
		Malfy Gin Rosa	
		Malfy Con Arancia	
RED WINE			
Alvi's Drift Merlot	R190	Absolut Vodka	
Alvi's Drift Cabernet Sauvignon	R190	Jamesons	
Alvi's Drift Pinotage	R190		
BUBBLES		COCKTAILS	
Pongracz Brut	R320	Mimosa	R98
Pongracz Rosé	R320	Pongracz Brut, fresh orange juice	
BEERS		Bloody Mary	R84
Castle Lite	R34	Tomato juice, Absolut vodka	
Windhoek Lager	R34		
Heineken	R38	Bellini	R82
Windhoek Draught	R46	Pongracz Brut, peach puree	
		Margarita	R86
		Altos Blanco, Cointreau, lime juice	

 munchcafesa

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