

*Cold Drinks*

- Cold Drinks
- Appetizer
- Bottled water
- Energade
- Redbull 250ml
- Milkshake (strawberry, chocolate, lime, bubblegum)

- R27
- R32
- R18
- R30
- R35
- R45

*Smoothies*

Seasonal Fruit smoothie of the day (ask your barista for the flavor of the day)

R50

*Hot Drinks*

- Single espresso
- Double espresso
- Cappuccino - 250ml  
- 350 ml
- Americano
- Latte
- Mochaccino - 250 ml  
- 350 ml
- Hot chocolate - 350 ml
- Chai
- Assorted tea

- R20
- R25
- R32
- R38
- R28
- R42
- R35
- R42
- R38
- R38
- R30

*Freezo*

- Coffe Freezo
- Indulgent chocolate freezo -
- Mango freezo -
- Berry freezo -
- Passionfruit freezo -

- R48
- R48
- R45
- R45
- R45



Menu



## Full Breakfasts

Eggs Benedict – Salmon-

Eggs Benedict - Spinach and Mushroom-

Eggs Benedict - Macon-

Full Breakfast- 2 toast, 2 eggs, mushrooms, grilled tomato, sausage, 2 rashers macon. -

Greek style breakfast- 2 toasts, olives and scrambled eggs, halloumi -

Mushroom spinach and mozzarella omelette -

Macon mushroom and mozzarella omelette -

EXTRA OMELETTE FILLINGS ((Feta, Cheddar, spinach, mince, avocado, chilli, mushrooms)

## Healthy Breakfast

Fruit and Granola Bowl- Mixed fruits, Greek yoghurt, muesli, honey-

Fruit Salad- Mixed seasonal fruits, Greek yoghurt, mixed seeds.-

Health Oats- Oats, Mixed seeds and nuts, coconut, sliced banana.-

## Mini Breakfasts

Mini breakfast- 1 toast, 1 eggs, 2 rasher macon OR sausage OR baked beans.-

Mince on toast- 1 toast, 1 egg, savoury mince, rosa tomatos.-

Smashed Avo- 1 toast, 1 egg, smashed avo, rosa tomatos, lemon wedge -  
ADD SALMON

Halloumi smash- 1 toast, 1 egg, halloumi, smashed avo, rosa tomatos, lemon wedge. -

## Vegetarian Main Meals

Balsamic Vegetable Cous Cous Bowl - Mediterranean roast veg with balsamic vinegar and honey, served with cous cous, chickpeas, diced tomato and cucumber, with a Cucumber and mint dressing. -

Cauliflower steak - Grilled Cauliflower steak served with a Butterbean purée, served on a bed of savoury cous cous, peas and spring onions. (VEGAN)-

Butternut & Chickpea Curry – Butternut, Chickpeas and green beans cooked in a mild curry sauce with coconut milk, ambals, poppadum and rice. (VEGAN)-

## Flame Main Meals served with chips and side salad

Fillet Steak with Mushroom sauce - 200g Fillet, mushroom sauce. -  
Spinach and feta Stuffed Chicken breast- Chicken fillet, spinach, feta, lemon and herb sauce

Chicken Schnitzel- Crumbed Chicken fillet, mushroom sauce -  
Grilled lamb Chops- 250g Lamb chops, served with minted dressing  
Durban Style Lamb Curry – Lamb cubes cooked in a delicious curry sauce with rice, sambals and a poppadum. -

Butter Chicken Curry- Chicken cubes cooked in a mild creamy coconut curry sauce, Served with Rice Sambals and poppadum. -

## Tramagini – served with chips or side salad

Chopped Macon, Feta, avocado, Mozzarella – served with chips -  
Tomato, Basil pesto, Mozzarella cheese- served with chips -  
Mince and Mozzarella Cheese- served with chips -  
Pesto Chicken, tomato and Mozzarella, served with chips -

## → Wraps - served with chips or side salad

Grilled Chicken, Peppadew and avo wrap- lettuce, mixed peppers, carrots, peppadew, chicken, avocado, basil cream cheese mayo.-

R100

EXTRA OPTION - ADD HALLOUMI

R40

Halloumi and avo wrap- Lettuce, mixed peppers, carrots, peppadew, halloumi, avo, basil cream cheese mayo.-

R130

## → Burgers - served with chips or side salad

Beef Burger - seeded bun, lettuce, tomato, onions, cheese, burger basting, burger mayo, beef patty. -

R95

Grilled chicken burger- seeded bun, lettuce, tomato, onions, cheese, burger basting, burger mayo, Chicken fillet -

R90

Southern Fried Chicken Burger- seeded bun, lettuce, tomato, onions, cheese, burger basting, burger mayo, Crumbed Chicken fillet. -

R115

Soya Burger- Seeded bun, lettuce, tomato, onions, avocado, burger mayo. -

R90

## → Toasted Sandwiches - served with chips or side salad

Toasted Cheese -

R50

Cheese and tomato -

R55

Pastrami, Cheese and tomato -

R65

Chicken and mayo -

R65

## → Salads

Grilled chicken salad- Mixed lettuce, peppers, carrots, cucumber, tomato, peppadews, chicken, avocado, feta. -

R95

Halloumi salad- Mixed lettuce, peppers, carrots, cucumber, tomato, peppadews, Grilled Halloumi, avocado, feta, salad dressing. -

R125

Smoked Salmon- Mixed lettuce, peppers, carrots, cucumber, tomato, Smoked Salmon 80g, avocado, salad dressing. -

R150

## → Kids

Cheese toastie and chips-

R50

Halloumi, sweet chilli sauce and chips-

R55

Chicken strips, sweet chilli sauce and chips -

R50

