

Cold Drinks

- Cold Drinks
- Appetizer
- Bottled water
- Energade
- Energy Drink
- 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 - Bacon-
- Full Breakfast- 2 toast, 2 eggs, mushrooms, grilled tomato, sausage, 2 rashers bacon. -
- Greek style breakfast- 2 toasts, olives and scrambled eggs, halloumi -
- Mushroom spinach and mozzarella omelette -
- Bacon 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 bacon 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. -

Toasted Sandwiches - served with chips or side salad

- Toasted Cheese -
- Cheese and tomato -
- Ham, Cheese and tomato -
- Chicken and mayo -

Wraps - served with chips or side salad

- Grilled Chicken, Peppadew and avo wrap- lettuce, mixed peppers, carrots, peppadew, chicken, avocado, basil cream cheese mayo.-
- EXTRA OPTION – ADD HALLOUMI
- Halloumi and avo wrap- Lettuce, mixed peppers, carrots, peppadew, halloumi, avo, basil cream cheese mayo.-

Salads

- Grilled chicken salad- Mixed lettuce, peppers, carrots, cucumber, tomato, peppadews, chicken, avocado, feta. -
- Halloumi salad- Mixed lettuce, peppers, carrots, cucumber, tomato, peppadews, Grilled Halloumi, avocado, feta, salad dressing. -
- Smoked Salmon- Mixed lettuce, peppers, carrots, cucumber, tomato, Smoked Salmon 80g, avocado, salad dressing. -

R160
R110
R90

R90
R120
R90
R105

R25

R75
R60
R70

R60
R70
R70
R50
R130

R50
R55
R65
R65

R100
R40
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**

Tramagini - served with chips or side salad

- Chopped Bacon, Feta, avocado, Mozzarella - served with chips - **R130**
- Tomato, Basil pesto, Mozzarella cheese- served with chips - **R105**
- Mince and Mozzarella Cheese- served with chips - **R120**
- Pesto Chicken, tomato and Mozzarella, served with chips - **R125**

Flame Main Meals served with chips and side salad

- Fillet Steak with Mushroom sauce - 200g Fillet, mushroom sauce. - **R170**
- Spinach and feta Stuffed Chicken breast- Chicken fillet, spinach, feta, lemon and herb sauce **R140**
- Chicken Schnitzel- Crumbed Chicken fillet, mushroom sauce - **R130**
- Grilled lamb Chops- 250g Lamb chops, served with minted dressing **R180**
- Durban Style Lamb Curry - Lamb cubes cooked in a delicious curry sauce with rice, sambals and a poppadum. - **R165**
- Butter Chicken Curry- Chicken cubes cooked in a mild creamy coconut curry sauce, Served with Rice Sambals and poppadum. - **R125**

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. - **R125**
- Cauliflower steak - Grilled Cauliflower steak served with a Butterbean purée, served on a bed of savoury cous cous, peas and spring onions. (VEGAN)- **R140**
- Butternut & Chickpea Curry - Butternut, Chickpeas and green beans cooked in a mild curry sauce with coconut milk, ambals, poppadum and rice. (VEGAN)- **R140**

Kids

- Cheese toasty and chips- **R50**
- Halloumi, sweet chilli sauce and chips- **R55**
- Chicken strips, sweet chilli sauce and chips - **R50**

