

BREAKFASTS



Your well-being is important to us. That's why we offer you healthier choices, so that you can live a healthier lifestyle. All our breakfasts are made with free-range eggs.

Toast can be made with white, brown, low-GI or rye bread. Eggs can be fried, scrambled or poached. Bacon can be substituted for macon*.

THE DOCTOR'S CHOICE 3174kJ.....	R45.90	FULL HOUSE SCRAMBLED EGG SUPREME 2898kJ.....	R62.90
Two eggs, bacon, grilled tomato and toast, served with butter and jam		Scrambled egg layered with bacon, ham, peppers, mushrooms, onion and toast, served with butter and jam	
EARLY RISER 3771kJ.....	R60.90	BACON AND EGG BREAKFAST WRAP 3657kJ.....	R42.90
Two eggs, bacon, pork or beef banger, grilled tomato and toast, served with butter and jam		Warmed tortilla filled with bacon bits, gouda, scrambled egg and diced tomato	
ALL-ROUNDER BREAKFAST 4663kJ.....	R67.90	CLASSIC FRENCH TOAST 3337kJ.....	R52.90
Two eggs, bacon, pork or beef banger, hash brown, spicy tomato and onion relish and toast, served with butter and jam		Two slices of French toast topped with bacon bits and maple-flavoured syrup	
TOAST AND TOPPING.....	R29.90	Add cheese.....	+R14.90
Two slices of toast with your choice of either Marmite®, Anchovette® or jam		Add banana.....	+R 5.90
Add cheese.....	+R14.90	Add halloumi.....	+R19.90
POACHED EGGS BENEDICT 2289kJ.....	R55.90	WHOLE SOME HEALTH BREAKFAST 3009kJ.....	R49.90
English muffin halves topped with ham, two poached eggs and hollandaise sauce		Thick Greek yoghurt and honey, served with seasonal fruit salad and muesli	
SCRAMBLED SUPREME BREAKFAST 3333kJ.....	R55.90	OMELETTE 3304kJ.....	R65.90
Scrambled egg on a slice of toast, layered with mushrooms, cherry tomatoes and a beef sausage, drizzled with cheese sauce		A three-egg cheese omelette with your choice of two fillings listed below, served with toast, butter and jam	
CHICKEN LIVER BREAKFAST 5218kJ.....	R70.90	Peppers	Bacon
Chicken livers in a rich and creamy prego sauce served with an egg, sautéed mushrooms, baked beans and toast		Tomato	Halloumi
PREMIUM BREAKFAST MUFFIN.....	R24.90	Grilled onion	Cream cheese
		Mushrooms	Grilled chicken strips
		Ham	Chicken mayonnaise
		Feta	Tuna mayonnaise

* Beef product. Available at selected restaurants only.



ALL-ROUNDER BREAKFAST



CRUMBED CHICKEN, AVO AND CREAM CHEESE

SANDWICHES & TRAMEZZINIS

GOURMET OPEN SANDWICHES

All side portions of chips can be substituted for a side portion of sweet potato chips or a side portion of Greek salad.
Bacon can be substituted for macon*.

CHEESE, TOMATO, FETA AND BASIL PESTO 1011kJ.....R58.90 Health bread roll topped with lettuce, slices of cheese, tomato, feta and basil pesto, drizzled with honey mustard dressing V	CUCUMBER AND AVO 936kJ.....R61.90 Health bread roll with vegan mayo topped with lettuce, sliced cucumber, avo and cherry tomatoes V S
HAM, MOZZARELLA, TOMATO AND AVO 1913kJ.....R66.90 Health bread roll topped with lettuce, ham, mozzarella, tomato and avo, drizzled with honey mustard dressing S	CRUMBED CHICKEN, AVO AND CREAM CHEESE 2852kJ.....R74.90 Health bread roll topped with lettuce, crumbed chicken strips, avo, cream cheese and cherry tomatoes, drizzled with honey mustard dressing S
MUSHROOMS, BEANS AND AVO 1757kJ.....R74.90 Health bread roll topped with mushrooms, cannellini beans and avo, drizzled with balsamic glaze and sprinkled with sesame seeds V S	BACON, AVO AND FETA 3029kJ.....R72.90 Health bread roll topped with lettuce, bacon, feta, avo and cherry tomatoes, drizzled with honey mustard dressing S

TOASTED SANDWICHES

All sandwiches are made with plain or toasted white, brown, rye or low-GI bread and are served with a side portion of chips or a side portion of sweet potato chips or a side portion of Greek salad. All our sandwiches are made with free-range eggs and can be fried or scrambled. Bacon can be substituted for macon*.

CHEESE 1264kJ.....R44.90 V	CHICKEN MAYONNAISE 1803kJ.....R58.90
CHEESE AND TOMATO 1309kJ.....R47.90 V	BACON AND EGG 3061kJ.....R59.90
HAM AND CHEESE 1474kJ.....R52.90	BACON AND CHEESE 2481kJ.....R58.90
HAM, CHEESE AND TOMATO 1519kJ.....R56.90	BACON, AVO AND FETA 2286kJ.....R67.90 S

TRAMEZZINIS

All tramezzinis are served with a side portion of chips or sweet potato chips or a side portion of Greek salad.
All our tramezzinis are made with free-range eggs. Bacon can be substituted for macon*.

CHEESE 2873kJ.....R65.90 NEW V	CHICKEN MAYONNAISE 4024kJ.....R81.90 NEW
CHEESE AND TOMATO 2923kJ.....R67.90 NEW V	BACON AND EGG 4778kJ.....R89.90 NEW
HAM AND CHEESE 2850kJ.....R78.90 NEW	BACON AND CHEESE 4545kJ.....R88.90 NEW
HAM, CHEESE AND TOMATO 2870kJ.....R79.90 NEW	BACON, AVO AND FETA 5989kJ.....R92.90 NEW S

* Beef product. Available at selected restaurants only.

SALADS & WRAPS



Our salads are made with fresh and wholesome ingredients sourced from local suppliers across the country.

All salads are served with dressing on the side. Bacon can be substituted for macon*.

THE GREEK 377kJR58.90 Mixed lettuce, cucumber, carrot, tomato, feta, olives, onion, peppers and cherry tomatoes	V	CHICKEN, BACON AND AVO 3078kJR89.90 Mixed lettuce, chicken strips, avo, bacon and cherry tomatoes	S
MEDITERRANEAN COUSCOUS 1813kJR59.90 Couscous mixed with cherry tomatoes, red onion, olives, basil pesto and feta	V	SWEET CHILLI PASTA 3630kJR64.90 Tri-colour pasta mixed with avo, olives, broccoli, mixed peppers, red onion and sweet chilli vegan mayo	V S
CHICKEN MEDITERRANEAN COUSCOUS 2698kJR70.90 Couscous mixed with grilled chicken strips, cherry tomatoes, red onion, olives, basil pesto and feta		CHILLI CHICKEN AND AVO 4373kJR99.90 Tri-colour pasta mixed with chicken, red chilli, avo, feta, olives, broccoli, mixed peppers, red onion, prego sauce and mayonnaise	S

* Beef product. Available at selected restaurants only.

WRAPS

All wraps are served with a side portion of chips or a side portion of sweet potato chips or a side portion of Greek salad.

BASIL PESTO CHICKEN 3681kJR68.90 Filled with grilled chicken strips, grilled onion, tomato, basil pesto and lettuce with tangy mayonnaise	L	CRUMBED CHICKEN AND PINEAPPLE 4110kJR73.90 Filled with crumbed chicken strips, cheese, pineapple and lettuce with honey mustard sauce	L
SWEET CHILLI VEGETARIAN 2797kJR71.90 Filled with sautéed onions, mushrooms, green peppers, grated carrots, halloumi, cherry tomatoes and lettuce with sweet chilli sauce	V	MEXICAN WRAP 4718kJR112.90 Filled with marinated steak strips, cherry tomatoes, red onion, green peppers, sweet corn, avo and lettuce with sriracha mayonnaise	S



MEXICAN WRAP

BURGERS

All burgers are served with a side portion of chips or a side portion of sweet potato chips or a side portion of Greek salad. Bacon can be substituted for macon*.

CLASSIC BEEF 3428kJ R72.90

A 150g beef patty served on a base of lettuce, tomato, gherkin and grilled onion with BBQ and Thousand Island sauce, all on a fresh sesame seed bun

BEEFY CHEESE 4187kJ R77.90

A 150g beef patty served on a base of lettuce, tomato, gherkin and grilled onion with BBQ and cheese sauce, all on a fresh sesame seed bun

Add bacon +R20.90

CHICKEN PREGO ROLL 2903kJ R89.90

A 150g chicken fillet marinated in prego sauce with caramelised onions, lettuce and tomato, all on a Portuguese roll

Substitute chicken with steak +R10.00

GRILLED CHICKEN 3662kJ R71.90

A 150g chicken fillet served on a base of lettuce, tomato, gherkin and grilled onion with tangy mayonnaise and Thousand Island sauce, all on a fresh sesame seed bun

LOW-CARB BURGER 3331kJ R91.90

Portobello mushroom topped with a 150g beef patty, lettuce, tomato and sliced avo

MEATLESS BURGER 2568kJ R129.90

Beyond Meat® burger patty served on a base of lettuce, tomato, gherkin and grilled onion rings with sriracha vegan mayo and BBQ sauce, all on a fresh sesame seed bun

* Beef product. Available at selected restaurants only.



MEATLESS BURGER



LEMON CHICKEN BREAST AND SALAD

LIGHT MEALS & DESSERTS

SIGNATURE MEALS

All side portions of Greek salad can be substituted for a side portion of chips or side portion of sweet potato chips.

FOOT-LONG RUSSIAN AND CHIPS 1752kJ R48.90

Served with spicy tomato and onion relish

Add a roll +R5.90

BBQ CHICKEN WINGS 2602kJ R63.90

BBQ-glazed chicken wings served with a side portion of chips and a sweet chilli or BBQ dipping sauce

CHICKEN SCHNITZEL 2272kJ R70.90

Chicken schnitzel topped with a creamy cheese sauce, served with a side portion of Greek salad

SPICY CHICKEN LIVERS 3585kJ R56.90

Chicken livers with onion, garlic and a creamy prego sauce, served with a toasted roll

(Also available in a creamy BBQ sauce)

QUICHE AND SALAD R59.90

Quiche of the day served with a side portion of Greek salad

CRUMBED CHICKEN STRIPS AND SAUCE 4431kJ R73.90

Crumbed chicken strips served with a side portion of chips, cheese sauce and sweet chilli dipping sauce

BATTERED HAKE 1860kJ R66.90

A fillet of battered hake served with a side portion of Greek salad and tartare sauce

LEMON CHICKEN BREAST AND SALAD 2905kJ R78.90

Grilled lemon chicken breast served with cheese sauce and a side portion of Greek salad

SLOPPY JOE SPUD 1394kJ R60.90

Large potato filled with mince and melted cheese, served with a side portion of Greek salad

MUSHROOM AND ONION SPUD 1309kJ R60.90

Large potato filled with sautéed mushrooms, peppers, onions and melted cheese, served with a side portion of Greek salad

SNACK PLATTER 5844kJ R86.90

A plate of crumbed chicken strips, mini cheese grillers, halloumi, sweet potato chips, crispy onion rings and BBQ chicken wings, served with sweet chilli or BBQ dipping sauce

Add crumbed mushrooms +R21.90

Add meatballs +R21.90

Add cheese sauce +R17.90

CHICKEN AND MUSHROOM PASTA 4711kJ R60.90

Pasta with creamy chicken, mushrooms and garlic, topped with Parmesan cheese

MINCE BOLOGNESE 2454kJ R40.90

Spaghetti, beef mince and cheese sauce, topped with Parmesan cheese

PASTA ALFREDO 2220kJ R55.90

Pasta with ham, mushrooms and cheese sauce, topped with Parmesan cheese

DESSERTS

CHOC-FILLED MUFFIN R24.90

NEW

MUFFIN R42.90

A baked muffin served with butter and jam

ASSORTED DOUGHNUTS

Ask your waitron for available options

NEW

SCONE R41.90

A baked scone served with jam, cheese and whipped cream

CAKE OF THE DAY from R48.90

Ask your waitron for available options

from

R48.90

BEVERAGES

JUICES & COLD BEVERAGES

AQUA MONTE STILL MINERAL WATER R20.90	ICED TEA R24.90
AQUA MONTE SPARKLING MINERAL WATER R20.90	FRUIT JUICE R30.90
SOFT DRINKS (CAN) R23.90	APPLETISER® OR GRAPETISER® R28.90
NO SUGAR SOFT DRINKS (CAN) R22.90	CORDIALS R29.90 Lime, Passion Fruit, Kola Tonic with Schweppes® Lemonade or Soda Water
SOFT DRINKS (BOTTLE) R26.90	
NO SUGAR SOFT DRINKS (BOTTLE) R25.90	ROCK SHANDY 245kJ R29.90

MILKSHAKES & FREEZOS

CLASSIC MILKSHAKES 1592kJ R34.90 Strawberry, lime, vanilla, chocolate or bubblegum	COFFEE FREEZO 2542kJ R45.90
ESPRESSO MILKSHAKE 1605kJ R40.90	CARAMEL TOFFEE FREEZO 2220kJ R49.90
BAR-ONE® MILKSHAKE 1536kJ R37.90	BAR-ONE® FREEZO 2295kJ R49.90
SMARTIES® STRAWBERRY MILKSHAKE 3254kJ R49.90	OREO® FREEZO R46.90
	RASPBERRY FREEZO R37.90

FRUIT SHAKES & SMOOTHIES

FRUIT SHAKE 853kJ R34.90 A blend of ice cream and fruit juice	RASPBERRY SMOOTHIE 1211kJ R45.90
FRULLATO 1144kJ R41.90 A blend of ice cream and seasonal fresh fruit	PASSION FRUIT SMOOTHIE 500kJ R45.90
BERRY BLAZE SMOOTHIE 2225kJ R48.90 A blend of frozen mixed berries and yoghurt	CARAMEL COFFEE CRUNCH SMOOTHIE 2097kJ R49.90

HOT BEVERAGES

FIVE ROSES TEA 322kJ R19.90	MILO® 1150kJ R31.90
ROOIBOS TEA 322kJ R19.90	HOT CHOCOLATE 1156kJ R30.90
HERBAL TEA R19.90	WHITE HOT CHOCOLATE 1156kJ R30.90
EARL GREY TEA 322kJ R19.90	SPICY CHAI STEAMER 1250kJ R32.90
RED ESPRESSO® R24.90	RED CAPPUCCINO® 758kJ R30.90
RED LATTE® 1069kJ R32.90	MEGA RED CAPPUCCINO® 981kJ R39.90