

# summer 2011/2012

# menu

## breakfast pots

muesli, bulgarian yoghurt & honey

**R15**

muesli, strawberry yoghurt & berry compote

**R15**

## fresh fruit

fresh fruit salad

**R15**

fresh fruit salad with a strawberry topping

**R16**

trays of individual fresh fruit

**from R2**

## pastries & muffins

croissant

**R9**

almond croissant

**R15**

pain au chocolat

**R14**

chocolate & pistachio danish

**R14**

muffins

chocolate, bran, lemon & poppy seed, cappuccino and blueberry

**R11**

## snack packs

various nuts, dried fruits, popcorn & chips

**from R5**

## biscuit packs & cookies

large biscuit packs

**from R20**

giant crave cookies

**R6**

muesli rusks

**R6**

chocolate brownies

**R10**

## sandwiches

egg & watercress (v)

**R20.50**

smoked ham, hard-boiled egg & watercress

**R28.50**

mature cheddar, fresh basil & fruit chutney (v)

**R27.50**

chicken, fresh avo & bacon

**R29.50**

chicken club

**R29.50**

tuna florentine

**R29.50**

coronation chicken

**R28**

classic chicken mayo

**R28**

christmas chicken

**R28**

## wraps

thai chicken

**R29**

chicken, fresh avo, lemon & mixed leaves

**R29**

chicken satay

**R29**

hummus, butternut & coleslaw (v)

**R27.50**

## ciabatta

mature cheddar & tomato (v)

**R27**

crouque monsieur

**R29.50**

cajun chicken

**R28.50**

bacon, fresh avo & cheese

**R29.50**

chicken, bacon & fresh avo

**R29.50**

all items freshly made each day.  
served either eat-in or to-go

healthy fresh food fast

# summer 2011/2012

## baguettes

all day breakfast

**R32**

chicken satay

**R32**

smoked gypsy ham & cheddar

**R32**

## health rolls

prawn, dill & watercress

**R28**

hummus & cream cheese (v)

**R26**

egg mayo & watercress (v)

**R22**

## salads

chicken club

**R35**

superfoods (v)

**R28.50**

hummus, mint, peanuts & coleslaw (v)

**R33**

butternut pasta

**R33**

asian chicken noodle salad

**R33**

tuna florentine

**R35**

## mini salads

crave coleslaw

**R17**

moroccan cous cous

**R22**

## smoothies

melon, fresh ginger & mixed berries

**R18.50**

banana, natural yoghurt & oats

**R18.50**

mixed berries & yoghurt

**R18.50**

summer fruits & strawberry yoghurt

**R18.50**

iced coffee with ice cream

**R18.50**

## drinks

fresh 'from the farm' fruit juices

**from R10**

still & sparkling water (500ml)

**R8.50**

fruit flavoured waters

**R8**

bos iced tea

**R13**

glaceau vitamin water

**R18**

innescence sodas

guarana, lemonade, vanilla rooibos

**R13**

classic sodas

**R8.50**

'tisers

**R12**

## coffee & tea

espresso

single **R10.50** double **R12.50**

americano

single **R12.50** double **R14**

cappuccino

classic **R14** tall **R16**

flat white

single **R13** double **R15**

latte

**R16**

cadbury's hot chocolate

**R16**

rooibos

**R10**

early grey

**R10.50**

english breakfast

**R10**

green tea with mint

**R10.50**

camomile

**R10.50**

chai latte

**R20**

chai tea

**R18.50**

# menu



all items freshly made each day.  
served either eat-in or to-go