Breakfast

Egg Roll (V) 20
egg and creamy mayo served on white or whole wheat seeded bun
add bacon R10

Yoghurt Cup Small 250 ml (V) 25
vanilla yoghurt

Breakfast Wrap (V) 38
scrambled egg, creamy mayo and grilled tomato
add bacon R10

Muesli & Yoghurt Cup Small 250ml (V) 37
muesli layered with vanilla yoghurt and topped with honey.

Avo on Rye (V) 37
fresh avocado served on fresh rye bread topped with lemon juice
add egg R8
add bacon R10

French Toast (V) 40
french toast served with maple syrup

Classic Breakfast 40
crispy bacon, freshly grilled tomato, 2 eggs and a choice of white or whole wheat bread
add beef sausage R20
add cheese griller R20

Hash Brown Breakfast (V) 40
potato hash brown, freshly grilled tomato, 2 eggs and a choice of white or whole wheat bread

Wraps

Small Chicken Wrap 34
grilled cajun chicken strips served with creamy mayo

Butternut, Feta & Sesame Wrap (V) 43
roasted butternut & sesame seeds served with creamy mayo

Sticky Chicken & Pine Wrap 41
cajun chicken strips and pine served with bbq sauce

Crispy Bacon & Feta Wrap 45
crispy bacon with danish feta served with creamy mayo

Grilled Haloumi Wrap (V) 45
grilled haloumi fingers served with creamy cajun mayo

Cajun Chicken & Bacon Wrap 46
cajun chicken strips and crispy bacon served with creamy cajun mayo

Cajun Chicken Wrap 40
cajun chicken strips served with cajun mayo

Sweet Chilli Chicken Bite Wrap 45
chicken bites served with sweet chilli sauce

Mozzarella & Tomato Wrap (V) 44
grated mozzarella with freshly cut tomato served with creamy mayo



Folda

Cajun Chicken Folda 47
cajun chicken strips with freshly cut ice berg lettuce, tomato, grated mozzarella served with cajun mayo

Crispy Bacon & Feta Folda 49
crispy bacon & feta with freshly cut ice berg lettuce, tomato, grated mozzarella served with creamy mayo

Cajun Chicken & Bacon Folda 49
cajun chicken strips & crispy bacon with freshly cut ice berg lettuce, tomato, grated mozzarella served with cajun mayo

Chicken Prego & Onion Folda 47
cajun chicken strips & caramelized onion with freshly cut ice berg lettuce, tomato, grated mozzarella served with cajun mayo

Salads

Choose Your Base

Deconstructed Base
mixed lettuce, cucumber, carrot sticks, tomato, red cabbage & corn
OR
Mixed Base
mixed lettuce, cucumber, julienne carrot, tomato, red cabbage & corn

Cajun Chicken Bowl 39
cajun chicken strips served with creamy cajun mayo

Butternut, Feta & Sesame Seeds Bowl (V) 43
roasted butternut, feta & sesame seeds served with italian dressing

Crispy Bacon & Feta Bowl 45
crispy bacon and danish feta served with italian dressing

Sticky Chicken & Pine Bowl 43
cajun chicken strips and pine served with bbq dressing

Grilled Haloumi Bowl (V) 47
grilled haloumi fingers served with creamy cajun mayo

Cajun Chicken & Bacon Bowl 47
cajun chicken strips and crispy bacon served with Italian dressing



flava

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Our Menu Items Are Prepared in Kitchens That Use Soy, Gluten, Dairy, Eggs, Fish, Nuts. Please Ask Our Team For More Information & Guidance E&OE

Look for In Store Specials

Smoothies

	250ml	350ml
Green Monster Smoothie	30	35
Vitamin C Smoothie	30	35
Mixed Berry Smoothie	30	35
Mango Honey Smoothie	30	35
Berry Banana Smoothie	30	35
Mango Banana Smoothie	30	35
Mango Frappe	30	35
Mixed berry Frappe	30	35
Cappuccino Frappe	30	35

Hot Bev

	250ml	350ml
Espresso Single	18	20
Americano	20	22
Cappuccino	22	28
Red Cappuccino	26	32
Tea Five Roses / Rooibos	15	17
Green Tea	18	20
Hot Chocolate	20	23
Caffe Mocha	27	33
Chai Latte	27	33

Trams

Cheese (V) 44
grated mozzarella evenly spread

Chicken Mayo 44
finely chopped chicken served with creamy mayo and grated mozzarella

Cheese & Tomato (V) 44
grated mozzarella and freshly cut tomato slices

Chicken Prego & Onion 46
cajun chicken served with caramelized onion and grated mozzarella topped with prego sauce

Bolognese 49
bolognese napolitana served with grated mozzarella

Bacon & Feta 46
finely chopped crispy bacon served with feta and grated mozzarella

Sandwiches

Cheese (V) 23
grated mozzarella served on white or whole wheat bread

Cheese & Tomato (V) 26
grated mozzarella with freshly cut tomato served on white or whole wheat bread

Cheese & Hickory Ham 32
grated mozzarella and a slice hickory ham served on white of whole wheat bread

Cheese, Hickory Ham & Tomato 35
grated mozzarella, a slice hickory ham & freshly cut tomato served on white of whole wheat bread

Club Sandwich 44
cajun chicken breast, crispy bacon, egg, freshly cut iceberg lettuce, tomato & creamy cajun mayo served on 3 slices white or whole wheat bread

Chicken Mayo 23
finely chopped chicken and creamy mayo served on white or whole wheat bread

Bacon & Egg 27
crispy bacon & egg served on white or whole wheat bread

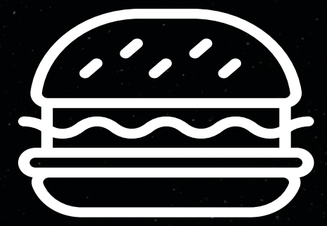
Bacon & Cheese 33
crispy bacon & grated mozzarella served on white or whole wheat bread

Bolognese Sandwich 40
grated mozzarella with bolognese napolitana served on white or whole wheat bread

BLT Sandwich 43
crispy bacon, freshly cut iceberg lettuce, freshly cut tomato & creamy cajun mayo served on 3 slices white or whole wheat bread

Add R4 for Rye Bread





Grills

Chicken Hot Dog 24
chicken vienna served on a fresh hot dog bun with a selection of sauces
(NO BUTTER UNLESS YOU ASK)

Small Chicken Burger 24
grilled chicken breast with freshly cut iceberg lettuce and creamy mayo served on a seeded bun

Chicken Burger 38
grilled chicken breast with freshly cut iceberg lettuce, tomato, grilled onion and creamy mayo served on a seeded bun

Vegetarian Burger (V) 42
veg patty with freshly cut iceberg lettuce, tomato, grilled onion and creamy mayo served on a seeded bun
add haloumi and avo R22

Beef Burger 42
100% pure beef patty with freshly cut iceberg lettuce, tomato, grilled onion and bbq basting served on a seeded bun

Small Chicken Strips 30
chicken strips served with a selection of sauces

Large Chicken Strips 40
chicken strips served with a selection of sauces

Small Veg Nuggets (6) (V) 46
veg nuggets served with a selection of sauces

Large Veg Nuggets (9) (V) 64
veg nuggets served with a selection of sauces

Small Fried Chips (V) 22
fried chips served with a selection of sauces

Large Fried Chips (V) 27
fried chips served with a selection of sauces

Potato Hash Brown (V) 25
hash brown served with a selection of sauces

Pasta

Napolitana Pasta (V) 40
saucy italian napolitana spaghetti pasta

Chicken Alfredo Pasta 45
cajun chicken strips served with creamy penne pasta

Mediterranean Veg Pasta (V) 48
sundried tomato, mushrooms, roasted pepper and baby marrow served with penne pasta

Bolognese Pasta 52
bolognese napolitana spaghetti pasta