#### BREAKFAST

S	served until 11:30am erved with white, brown, rye, low GI, ciabatta or sou	rdough
	THE QUICKIE 2 eggs, bacon & grilled tomato served with toast & preserves	59
	SCRAMBLED EGG & TOAST  3 scrambled eggs served on your choice of toast ADD Bacon for an extra R27	49
	THE FULL MONTY 2 eggs, bacon, beef/pork sausage, mushrooms, grilled tomato & baked beans served with toast & preserves	139
	THE HALLOUMI 2 eggs, grilled halloumi, sautéed mushrooms, grilled tomato & sliced avo served with toast & preserves	89
	AVOCADO TOAST  slice of toast topped with smashed avo & a poached egg	74
	JESS'S BENEDICT rosemary & garlic flavoured crispy potato cake topped with bacon, sautéed mushrooms, rosa tomatoes, a poached egg & Hollandaise sauce	94
	Panko crumbed & fried halloumi fingers topped with roasted cherry tomatoes, sautéed mushrooms & 1 poached egg topped with Hollandaise sauce	129
	OUR BENEDICT  toasted sourdough topped with sautéed mushrooms, rosa tomatoes, a poached egg & hollandaise sauce	92
	STEAK, EGG & CHIPS 200g rump steak, 2 fried eggs & fries	165
	THE GOODIE (Tresh fruit salad, homemade muesli & plain yoghurt	69
	THE SOUTIE slice of toast topped with savoury mince & a fried egg	79
	ALL-DAY BREAKFAST OMELETTE QUESADILLA filled with mozzarella & fresh chilli served with guacamole & tomato salsa Substitute for a gluten free wrap R15 extra	99
	SPANISH OPEN OMELETTE with baby spinach, potato, tomato, mushrooms, mozzarella & cheddar topped with rocket & parmesan	95
	CREATE YOUR OWN OMELETTE  3 egg omelette served with toast & preserves	60

## FILLINGS & EXTRAS

BACON	27	HALF AVO	29
BEEF SAUSAGE	30	MUSHROOM	35
BOLOGNAISE	29	ONION	11
EGG	9	TOMATO	14
HALLOUMI	35	CHEDDAR	22
HAM	29	MOZZARELLA	22
PORK SAUSAGE	29		

## FLAPJACKS

3 PLAIN FLUFFY FLAPJACKS	49
BACON & BANANA FLAPJACKS	79

## FRENCH TOAST

2 SLICES OF FLUFFY FRENCH TOAST # 49
BACON & BANANA FRENCH TOAST 79



A 10% Service Charge will be added to tables of 12 people or more.

\*Terms & Conditions Apply

## HOT BEVERAGES

Soy Milk • R10 Almond Milk • R10

ADD a Scoop of Collagen • R19	
CAPPUCCINO GRANDE	36
CORTADO	30
AMERICANO GRANDE	32
BOTTOMLESS BLEND OF THE DAY	39
COFFEE	
ESPRESSO REGULAR	24
ESPRESSO DOUBLE	28
CAFFÈ LATTE	39
CAFFÈ MOCHA	44
MILO	
HOT CHOCOLATE	53
	38
EARL GREY, FIVE ROSES, GREEN TEA,	0.5
ROOIBOS TEA	25
CHAI LATTE	
RED LATTE	44
NESTLE BAR ONE, PEPPERMINT,	44
MILKYBAR LATTE	45
MILKIDAK LATIL	43

## COLD BEVERAGES

SODAS 300ML coke, coke light, coke zero, fanta grape, fanta cream soda, sparletta, sprite, sprite zero, tab	29 orange,
MINERAL WATER 500ML still or sparkling	26
TISERS 330ML appletiser, red grapetiser, white grapetiser	33
SIR FRUIT JUICE enquire about available flavours	39
FRAPPES cappuccino, Brazilian hazelnut, caramel toffee	48
CLASSIC MILKSHAKE chocolate, coffee, bubblegum, lime, strawberry,	<b>44</b> , vanilla
DELUXE MILKSHAKE Bar One, caramel, cookies & cream	79

#### 100% NATURAL SMOOTHIES

blended with fresh apple juice ADD a Scoop of Collagen for an extra R19

BERRY PASSION  selection of seasonal berries	59
MANGO PARADISE amango, passion fruit, pineapple, lemon	55
CARIBBEAN KISS melon, strawberry, mango, lemon	53
STRAWBERRY SPLIT  strawberry, banana	50
KIWI COOLER  strawberry, mango, pineapple, kiwi	49
GREEN MACHINE ospinach, celery, broccoli, banana, pineapple, mango	65
PB YOGEY peanut butter, yoghurt & honey	69

#### NATURAL COLD PRESSED JUICES

300ml of freshly pressed fruit & vegetable juices

ABC 

apple, beetroot & carrot

DETOX EXPRESS 

apple, spinach, cucumber & lemon

ROGER RABBIT 

54

carrot, apple & ginger

#### TOASTED SANDWICHES

served on white, brown, rye, low GI, ciabatta or sourdough ADD FRIES TO YOUR TOASTED SANDWICH FOR R22

CHEESE & TOMATO	49
HAM & CHEESE	55
CHICKEN MAYONNAISE	60
ADD bacon bits for an extra R25	
BACON & EGG	62
MINCE & CHEESE	55

## TRAMEZZINI

ADD FRIES TO YOUR TRAMEZZINI FOR R22	
CHICKEN MAYO	85
ADD BACON BITS FOR AN EXTRA R25	
BACON, AVO & FETA	99
BACON & EGG	79
BEEF PREGO WITH ONION &	155
PEPPERS	
ROASTED PEPPERS, ZUCCHINI	85
RIBBONS & BASIL PESTO	

## OPEN SANDWICHES

served on a slice of white, brown, rye, low GI, ciabatta or sourdough

CHICKEN MAYO TO	PPED WITH	85
SLICED AVO		

GRILLED CHICKEN, ROSA TOMATOES, 74 GHERKINS & FETA TOPPED WITH DIJONNAISE

CHICKPEA MAYO TOPPED WITH AVO, 79
BABY SPINACH & RED ONION V

#### WRAPS

ADD FRIES TO YOUR WRAP FOR R22 Substitute for a gluten free wrap R15 extra

**OUR TWISTER** 

crumbed chicken strips with sweet chilli mayo, mozzarella & seasonal leaves	
CHICKEN MAYO & AVO chicken mayo, avo, lettuce, tomato, grated carrot & cucumber ADD Bacon for an extra R25	97
THE NAKED CHICK grilled chicken breast with Dijonnaise, lettuce, tomato, grated carrot & cucumber	85
HALLOUMI & ROAST VEG  sundried tomatoes, halloumi, roasted veg & pesto mayo	105

90

## CLEAN EATS

Our 'Clean Eats' dishes are cooked using only non-stick spray.

NO ADDED FAT OR OIL!

NO ADDED FAT OR OIL! NO JUNK ADDED!

ALL-DAY BREAKFAST OMELETTE	85
QUESADILLA @	
filled with tomato, spinach & low fat cottage cheese	

filled with tomato, spinach & low fat cottage chees Substitute for a gluten free wrap R15 extra

GRILLED HAKE	103
cooked with soya sauce, garlic & ginger served on a	

LEMON & BASIL CHICKEN BREASTS 90
served with cauli rice & a mixed salad

# GRILLED CHICKEN BREASTS topped with herb low fat cottage cheese served with a side salad

### SALAD

tomato & onion

GRILLED CHICKEN CAESAR SALAD 115 romaine lettuce, grilled chicken, croutons, parmesan & creamy caesar dressing 139 JESS'S SALAD grilled chicken, peppadews, olives, feta and avo with lettuce, tomato, grated carrot & cucumber served with a classic balsamic dressing CHOPPED GRILLED CHICKEN SALAD grilled chicken, lettuce, tomato, grated carrot, cucumber served with a honey mustard dressing ZUCCHINI, HALLOUMI, MINT & AVO 119 grilled zucchini, deep fried halloumi batons, fresh mint leaves, mixed lettuce, rocket, tomato & avo topped with a light yoghurt vinaigrette GRILLED HALLOUMI SALAD 105 Grilled halloumi, lettuce, tomato, grated carrot, cucumber and sourdough croutons served with a sweet chilli dressing SALMON NICOISE 169 pan fried salmon, olives, cherry tomatoes, baby potatoes and greens topped with a poached egg and served with a lemon & caper dressing JESSICA'S CLUB SALAD 145

chicken strips, mixed leaves, crispy bacon, avo & feta topped with a creamy homemade herb dressing

3 I A K I E K 3	
PERI-PERI CHICKEN LIVERS served in a garlic focaccia basket	85
DEEP FRIED SQUID HEADS served with a mini garlic & herb focaccia, lemon butter sauce	89
GRILLED CALAMARI served with olives & chorizo	105
CALAMARI JALAPEÑO POPPERS calamari tubes filled with cream cheese and jalapeño, panko crumbed & fried served with a lemon butter sauce, salad garnish & potato straws	105
GRILLED SMOKEY HALLOUMI  served with roasted garlic mayo	89
PANKO CRUMBED JALAPEÑO POPPERS	69

3 panko crumbed jalapeños filled with cream cheese

#### PASTA

Choice of penne, fettuccini, spaghetti Substitute for gluten free pasta R30 extra

> \*Allow 25-30 mins for preparation of gluten free pasta

BOLOGNAISE	135
ALFREDO	129
PRAWN made with Chef's delicious white wine, cream & parsley sauce	198
SPICY TOMATO spicy tomato, olive, fresh basil & olive oil	89
CREAMY CHICKEN creamy chicken, broccoli, baby spinach & basil pesto	148
PORK FILLET PASTA pork fillet, bacon and mushrooms with a dash of cream drizzled with chilli oil & topped with parmesan shavings	165

#### **MONDAY • SPECIALS**

SERVED FROM 11:30AM TILL 4PM

BOLOGNAISE PASTA	105
ALFREDO PASTA	85
PRAWN PASTA made with Chef's delicious white wine, cream & parsley sauce	149

### PIZZA

Substitute for a gluten free base R40 extra MARGARITA 88 tomato & mozzarella REGINA 115 ham, mushroom & mozzarella HAWAIIAN 109 ham, pineapple & mozzarella THE VEGGIE 125 mushrooms, sundried tomato, caramelised onion & mozzarella topped with fresh rocket & parmesan shavings 138 SLOPPY JOE bolognaise mince, fresh chilli, green pepper, onion & THE JESS 140 salami, spinach, peppadews, feta, olives, chilli & mozzarella CARNE 159 salami, bacon, ham, onion & mozzarella **BUTTER CHICKEN** 135 butter chicken curry drizzled with yoghurt & mozzarella topped with fresh coriander 155 chicken, bacon, feta, mushrooms & mozzarella topped

shredded BBQ pork rib, chorizo, peppadew, mozzarella

chorizo, caramalised onion, feta & mozzarella topped

creamed spinach, feta, olives, bacon & mozzarella

**MONDAY • SPECIALS** SERVED FROM 11:30AM TILL 4PM

bolognaise mince, fresh chilli, green pepper, onion &

chicken, bacon, feta, mushrooms & mozzarella topped

chorizo, chicken, onion, garlic & mozzarella

BBQ chicken topped with ranch dressing

139

125

145

135

79

99

110

with fresh avo

CASA MIA

with fresh rocket

SPINACHI

GODFATHER

**REGINA PIZZA** 

mozzarella

PERFECTO

with fresh avo

ham, mushroom & mozzarella

SLOPPY JOE PIZZA

**BUFFALO CHICKEN** 

PERI-PERI CHICKEN LIVERS served in a garlic focaccia basket	85
DEEP FRIED SQUID HEADS served with a mini garlic & herb focaccia, lemon butter sauce	89
GRILLED CALAMARI served with olives & chorizo	105
CALAMARI JALAPEÑO POPPERS calamari tubes filled with cream cheese and jalapeño, panko crumbed & fried served with a lemon butter sauce, salad garnish & potato straws	105
OBJUSED CHOKEY HALLOUM &	0.0

## GRILL & SEAFOOD

steaks served with a choice of chips/mash & veg/salad

300G FILLET STEAK	265
300G RUMP STEAK	225
300 SIRLOIN STEAK	235
600G BBQ RIBS BBQ pork ribs served with chips or veg or salad	265
CHICKEN SALTIMBOCCA pan fried chicken escalopes layered with crispy parma ham served with seasonal vegetables, creamy mash & topped with a burnt sage butter	145
CHICKEN SCHNITZEL panko crumbed chicken schnitzel served with a choice of a side & a sauce	129
OUR FAMOUS CHICKEN STRIPS & CHIPS panko crumbed chicken strips & chips served with choice of sauce	105
LEMON & HERB HALF CHICKEN served with a choice of chips or salad	139
PERI-PERI HALF CHICKEN served with a choice of chips or salad	139
PORK BELLY slow roasted pork belly with an Asian glaze, horseradish mash & greens	188
PORK FILLET Pork fillet wrapped in bacon, pan fried and served with seasonal vegetables, garlic potatoes & a creamy wholegrain mustard sauce	165
CLASSIC FISH & CHIPS served with homemade coleslaw & tartar sauce	125
GRILLED HAKE grilled hake served on a bed of sauteed zucchini ribbons cherry tomatoes & olives drizzled with a caper dressing	149
GRILLED SALMON grilled salmon fillet served with baby potatoes, sautéed long stem broccoli, green beans & baby spinach topped with a lemon butter sauce	245
8 ARGENTINIAN PRAWNS 8 Argentinian Prawns served in the shell, pan fried to perfection and served with a choice of rice/chips & veg/salad and Peri-Peri or lemon butter Sauce	295
HAKE & CALAMARI COMBO served grilled/fried with a choice of rice/chips & veg/salad and Peri-Peri or lemon butter Sauce	195

## CURRY

BUTTER CHICKEN CURRY served with fragrant rice & sambals	149
LAMB CURRY served with basmati rice & sambals	185
PRAWN CURRY served with basmati rice & sambals	189
VEG COCONUT CURRY  sweet potato, chickpea, spinach and coconut curry served with basmati rice & sambals	135

#### DESSERT

PLAIN WAFFLE served with ice cream/cream & syrup ADD Nutella & banana R30	69
CHOCOLATE BROWNIE warm chocolate brownie drizzled with chocolate sauce & served with vanilla ice cream	79
CRÈME BRÛLÉE	69
CAKE OF THE DAY	65
DEEP FRIED OREOS 3 deep fried oreos served with ice cream	85

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