

BBC Cafe

032 538 1154

BREAKFAST

Served till 11am

Avo On Toast	45.00
<i>Toasted health bread with fresh avocado (Seasonal)</i>	
Pesto Poacher	63.00
<i>Toasted Rye or Health bread with pesto smashed avo, 2 poached eggs & rosa tomatoes</i>	
Breakfast Roll / Wrap	75.00
<i>Toasted roll/wrap filled with scrambled egg, tomato, bacon & avo</i>	
Sunrise Breakfast	29.00
<i>2 x Eggs, 2 x rashers bacon, grilled tomato & toast</i>	
BBC Full House	52.00
<i>2 x Eggs, 2 rashers bacon, grilled tomato, pork sausage, baked beans and 2 slices toast</i>	
Homemade Granola Special	57.00
<i>Mixed raw nuts, cranberry & coconut crunchy granola served with plain or vanilla yoghurt</i>	
Oat Bowl	48.00
<i>Warm oats served with banana, nuts & honey</i>	
French Toast With Bacon & Banana	52.00
French Toast Plain	35.00

Ask About Our Freshly Baked Goods

LUNCH

All Main Meals Served With Your Choice Of Chips Or Salad
Sweet Potato Chips R15 Extra

WRAPS / SALADS

Chicken	75.00
<i>Grilled Chicken, Avo & Feta</i>	
Bacon	75.00
<i>Bacon, Avo & Feta</i>	
Lamb	90.00
<i>Slow roasted pulled lamb served with caramelized onion & tzatziki</i>	
Salmon	85.00
<i>Smoked Salmon, Avo & Cottage Cheese</i>	
Lentil	65.00
<i>Lentil mix served on a bed of greens with feta and avo</i>	

EXTRAS

Side Of Chips - 15 • Bacon - 15 • Avo - 15 • Veg - 18
Cheese - 8 • Beef - 35 • Chicken - 25 • Egg - 6

BURGERS / PREGO ROLLS

Giant Burgers For The Hungry. Bunless Options Available

Beef	85.00
Chicken	85.00
Steak	85.00
Add Mushroom Sauce	15.00

GRILLS

Chicken Shnitzel	79.00
<i>Served with cheese or mushroom sauce</i>	
Hake, Chips & Salad	85.00
Curry Of The Day	Please Enquire
Sweet Potato Nachos	65.00
<i>Crispy sweet potato fried in coconut oil served with fresh guacamole, dollops of cream cheese and Mexican salsa topped with melted cheese</i>	
<i>Add Chicken - R25 Add Mince - R35 Add Lamb - R45</i>	
Flatbread <i>Hand made crisp flatbreads gently brushed with a garlic oil and herb base topped with melted mozzarella</i>	
Slow Roasted lamb with onions and tzatziki	90.00
Chicken strips with caramelised onion & herbed mushroom	79.00
Vegetarian - Balsamic roasted cherry tomato, mushrooms, caramelised onions sprinkled with pesto	65.00

PASTA

Choice Of Penne Or Tagliatelle

Basil	55.00
<i>Basil pesto with roasted cherry tomatoes and herbed mushrooms</i>	
<i>Add Chicken - R25</i>	
Bacon Alfredo	70.00
<i>Creamy bacon and mushroom Alfredo</i>	

TOASTIES

Traditional Toasted Sandwich, Served With Chips Or Salad

Cheese	35.00
Cheese & Tomato	40.00
Chicken/Tuna Mayo	52.00
Bacon & Egg Or Cheese	57.00

KIDDIES MEALS

Served With Chips Or Raw Vegetable Cuts

Southern Fried Chicken Strips	45.00
Mac & Cheese	45.00
Calamari	50.00
Kiddies Beef Burger	55.00
Portion Chips	25.00

DRINKS MENU

COFFEE

Espresso Single	18.00
Espresso Double	22.00
Americano	20.00
Cappuccino	24.00
Red Cappuccino	24.00
Latte	26.00
Red Latte	26.00
Milo	26.00
Hot Chocolate	26.00
White Hot Chocolate	26.00
Iced Cafe Mocha	35.00
Speciality Iced Coffee With Ice Cream	45.00

TEA

Green Tea	16.00
Rooibos	16.00
Regular 5 Roses	16.00
Chai Tea	30.00

SMOOTHIES

Fresh Fruit Smoothie	45.00
Protein (1 Scoop)	45.00
Protein (2 Scoops)	60.00

MILKSHAKES

Bubblegum, Strawberry, Vanilla, Chocolate, Banana, Lime

<i>Small</i>	30.00
<i>Large</i>	40.00
Gourmet Oreo Milkshake	50.00

Enquire About Our Freshly Baked Goods On Display