

YUM DELICIOUS GOOD DIVINE SUCCULENT

<b>FRESH JUICES</b>	
ORANGE JUICE	14.95
CARROT JUICE	15.95
CARROT AND GINGER JUICE	18.95
CARROT AND ORANGE JUICE	19.95
CARROT AND APPLE JUICE	19.95
BANANA AND CARROT JUICE	19.95
ADD GINGER	3.00
<b>SMOOTHIES</b>	
BERRY BLITZ	21.95
Raspberries, Strawberries, Blueberries, Banana and Apple Juice	
PINEAPPLE BURST	21.95
Pineapple, Banana and Orange Juice	
MANGO MADNESS	21.95
Paw-Paw, Banana and Mango Juice	
PAW-PAW POWER	21.95
Paw-Paw, Mixed Berries and Mango Juice	
BREAKFAST BUZZ	23.95
Muesli, Banana, Honey and Yoghurt	
MORNING DATE	23.95
Dates, Banana and Yoghurt	
FREEZERCINO	26.95
<b>SUPER FOOD SMOOTHIES</b>	
GO-GO GOJI	28.95
Banana, Strawberries, Pomegranate Juice and Goji Berries	
AWESOME AÇAI	28.95
Banana, Blackberries, Pomegranate Juice and Açai Natural Pulp	
CACAO CLASSIC	28.95
Banana, Honey, Skim Milk and Organic Raw Cacao	
<b>POWER BLENDS</b>	
ENERGY ENHANCER	26.95
Berries, Banana and Apple Juice + Energy Pack	
IMMUNO LIFT	26.95
Banana, Honey and Orange Juice + Vitality Pack	
MEGA GREEN	26.95
Pineapple, Banana and Apple Juice + Power Pack	
BRAIN BUILDER	26.95
Paw-Paw, Berries, and Mango Juice + Brain Pack	
TRIATHLETE	26.95
Banana, Blackberries and Apple Juice + Protein Pack	
<b>POWER PACKS</b>	
ENERGY PACK	
Get going with Guarana, Ginkgo Biloba, Gotu Kola, Siberian Ginseng, Licorice and Ginger. Contains Caffeine.	
VITALITY PACK	
Boost your immune system with Echinacea, Peppermint, Elderflowers, Ginger, Zinc, Vitamin C and Linseed.	
POWER PACK	
The green protein power of Barleygrass, Wheatgrass, Spirulina and Kelp Powder to enrich and detox.	
BRAIN PACK	
The mindboosting properties of Ginkgo Biloba, Gotu Kola, Siberian Ginseng, with brain nutrients - L-tyrosine, Glutamine, Vitamins B6, C, Calcium and Magnesium.	
PROTEIN PACK	
Egg White, Soyprotein, plus enhancers - Creatine and HMB, Aminos - Arginine and Glutamine, and the energy protection of Chromium and CoQ10, with added Aminos, Vitamins, Minerals. (65% Protein, 20% Carbo, 5% Fat)	
<b>ALL POWER PACKS CAN BE ADDED TO SMOOTHIES R5.00</b>	
Power Packs are supplied by The Sunflower. Blended to exact specifications using a Sorghum Base (Gluten free) with added Vitamins, Minerals and Amino Acids.	
<b>WE REGRET NO CHEQUES ACCEPTED. GRATUITY NOT INCLUDED. RESTAURANT SEATING FOR MENU ITEMS ONLY - NO SELF-SERVICE.</b>	



47 BEACH ROAD  
MOUILLE POINT  
TEL 021 439 1538

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MARKET & DELI

WIN DELICIOUS GOOD DIVINE SUCCULENT

<b>BREAKFAST</b>			
ALL BRAN / WEETBIX / SPECIAL K	16.95		
FRESH FRUIT SALAD	21.95		
STEWED FRUIT	21.95		
FRESH FRUIT SALAD AND YOGHURT	26.95		
MUESLI AND YOGHURT	26.95		
MUESLI, FRUIT SALAD, HONEY AND YOGHURT	29.95		
SPECIAL K, FRUIT SALAD, HONEY AND YOGHURT	29.95		
MUESLI, FRESH BANANA, HONEY AND YOGHURT	29.95		
MUESLI, STEWED FRUIT, HONEY AND YOGHURT	29.95		
BIRCHER BREAKFAST	29.95		
A blend of Oats, Nuts, Dried Fruit and Yoghurt served with Grated Apple, Banana, Raisins. Toasted Almonds and Honey			
<b>BREAKFAST ADDITIONS</b>			
HONEY	3.50		
FLAVOURED YOGHURT	7.95		
SOY MILK	7.95		
AÇAI PULP	9.95		
GOJI BERRIES	9.95		
CACAO NIBS	9.95		
<b>BREAKFAST BOOSTERS (150ml)</b>			
AÇAI BOOSTER	19.95		
Açai Pulp, Mixed Berries and Lowfat Yoghurt			
GOJI BOOSTER	19.95		
Goji Powder, Paw Paw and Lowfat Yoghurt			
MEAN GREEN BOOSTER	19.95		
Wheatgrass, Spirulina, Banana and Lowfat Yoghurt			
<b>PASTRIES</b>			
SEE PASTRY COUNTER FOR DAILY SPECIALS			
PLAIN CROISSANT	10.95		
FLAVOURED CROISSANT	13.95		
Cheese, Choc, Almond or Cinnamon			
DANISHES	12.95		
MUFFINS - SMALL	10.95		
MUFFINS - LARGE	15.95		
WITH BUTTER	2.00		
WITH BUTTER AND JAM	5.95		
WITH BUTTER, JAM AND CHEESE	8.95		
CHOCOLATE CAKE	21.95		
CHEESECAKE	21.95		
CARROT CAKE	21.95		
<b>SANDWICHES</b>			
ALL SANDWICHES SERVED WITH LETTUCE, TOMATO, GHERKIN, BUTTER, MUSTARD AND MAYO			
	BAGUETTES, SANDWICHES, CROISSANTS, DANISHES, MUFFINS, PASTRIES, PASTRY COUNTER FOR DAILY SPECIALS	ROLLS	
CHEESE AND TOMATO	28.95	23.95	18.95
AVO AND SALAD	31.95	25.95	20.95
HUMMUS AND TOMATO	31.95	25.95	19.95
AUBERGINE AND PEPPADEWS	31.95	25.95	19.95
RICOTTA AND SUNDRIED TOMATO	34.95	28.95	22.95
HAM AND CHEESE	34.95	28.95	22.95
PASTRAMI AND CHEESE	34.95	28.95	22.95
SALAMI AND CHEESE	34.95	28.95	22.95
SMOKED BEEF	34.95	28.95	22.95
SMOKED TURKEY	34.95	28.95	22.95
SMOKED CHICKEN	34.95	28.95	22.95
RARE ROAST BEEF	34.95	28.95	22.95
BRIE AND TOMATO	34.95	28.95	22.95
CHICKEN MAYO	38.95	31.95	24.95
GRILLED VEG AND MOZZARELLA	38.95	31.95	24.95
TUNA MAYO	38.95	31.95	24.95
SMOKED SALMON	49.95	39.95	29.95
SALAMI NAPOLI	53.95	39.95	29.95
PARMA HAM	53.95	39.95	29.95
<b>SANDWICHES ADDITIONS</b>			
ONION	3.00	2.50	2.00
JALAPENO CHILLIS	4.50	3.50	2.50
PEPPADEWS, ROCKET, SUNDRIED TOMATO	5.50	4.50	4.00
BASIL PESTO, HUMMUS, PEPPERDEW DIP	6.50	5.50	5.00
CHEESE	8.50	7.50	6.00
AVO, GRILLED VEG, FETA	12.00	10.00	9.00
BRIE, EMENTHALER	15.00	12.00	10.00

<b>GOURMET SANDWICHES</b>			
GOURMET CHICKEN MAYO	49.95	39.95	
Chicken Mayo, Rocket, Watercress and Avo			
GOURMET TUNA MAYO	49.95	39.95	
Tuna Mayo, Rocket, Watercress, Sundried Tomato and Gherkins			
GOURMET SMOKED CHICKEN	49.95	39.95	
Smoked Chicken, Rocket, Avo, Peppadews and Mustard			
GOURMET ROAST BEEF	49.95	39.95	
Roast Beef, Rocket, Watercress, Gherkins and Horseradish			
GOURMET CAPRESE	49.95	39.95	
Fresh Mozzarella, Rocket, Tomato and Basil Pesto			
GOURMET BRIE	49.95	39.95	
Brie, Rocket, Peppadews and Tomato			
<b>BURGERS</b>			
ALL BURGERS ACCOMPANIED WITH COLESLAW, HOMEMADE DRESSING, BUTTER AND CRISPS			
	BAGUETTES, SANDWICHES, CROISSANTS	ROLLS	
PLAIN CHICKEN BURGER	46.95	34.95	28.95
Lightly Spiced Chicken Breast, Lettuce, Tomato and Gherkins			
CAJUN CHICKEN BURGER	48.95	36.95	29.95
Cajun Chicken Breast, Lettuce, Tomato and Gherkins			
CHICKEN SCHNITZEL BURGER	48.95	36.95	29.95
Chicken Schnitzel, Lettuce, Tomato and Gherkins			
<b>PITTAS</b>			
CHICKEN SCHWARMA	42.95		
Pita Pocket filled with Chicken Schwarma, Mixed Salad, Newport's Garlic Sauce and Garlic			
FALAFEL	39.95		
Pita Pocket filled with Falafel, Hummus, Tahina, Mixed Salad and Garlic			
<b>WRAPS</b>			
INDIAN WRAP	34.95		
Shredded Lettuce, Butter Chicken and Yoghurt			
ORIENTAL WRAP	34.95		
Shredded Lettuce, Teriyaki Chicken, Sprouts and Watercress			
LOUISIANA WRAP	38.95		
Shredded Lettuce, Cajun Chicken, Avo, Cucumber and Watercress			
MEDITERRANEAN WRAP	36.95		
Shredded Lettuce, Grilled Veg, Sundried Tomato and Hummus			
GREEK WRAP	38.95		
Rocket, Aubergine, Crumbed Halloumi, Sundried Tomato, Peppadews and Tzatziki			
HAWAIIAN WRAP	38.95		
Shredded Lettuce, Cucumber, Chicken Schnitzel, Pineapple and Sweet Chilli Mayo			
ARCTIC WRAP	49.95		
Shredded Lettuce, Rocket, Cucumber, Avo, Smoked Salmon, Watercress and Cream Cheese			
<b>SALADS</b>			
SMOKED CHICKEN SALAD	39.95		
Smoked Chicken, Lettuce, Tomato, Cucumber, Avo, Sundried Tomato and Peppers			
CAJUN CHICKEN SALAD	39.95		
Cajun Chicken, Lettuce, Tomato, Cucumber, Avo, Sundried Tomato and Peppers			
GREEK SALAD	39.95		
Lettuce, Tomato, Cucumber, Sundried Tomato, Peppadews, Onion, Feta, Olives and Peppers			
ROCKET, AVO AND RICOTTA	39.95		
Rocket, Ricotta, Fresh Tomato and Avo			
GRILLED VEG SALAD	39.95		
Grilled Veg, Lettuce, Tomato, Cucumber and Sundried Tomato			
TUNA SALAD	44.95		
Tuna, Anchovies, Egg, Onion, Lettuce, Tomato, Cucumber, Sundried Tomato and Peppadews			

<b>SALADS CONTINUED</b>	
AVO, PARMESAN AND PINENUT SALAD	47.95
Lettuce, Cucumber, Sundried Tomato, Avo, Parmesan Cheese and Pinenuts	
CHICKEN CEASAR SALAD	47.95
Grilled Chicken, Cos Lettuce, Croutons, Parmesan Cheese and Caesar Dressing	
SMOKED SALMON SALAD	53.95
Fresh Salmon, Lettuce, Tomato, Cucumber, Avo and Sundried Tomato	
<b>SALAD ADDITIONS</b>	
PINENUTS / AVO	9.95
CAJUN CHICKEN BREAST / SMOKED CHICKEN	16.95
FETA / BRIE / RICOTTA / IMPORTED PARMESAN / GRILLED VEG	18.95
SMOKED SALMON	34.95
<b>GOURMET SALADS</b>	
CAPRESE	49.95
Fresh Mozzarella Ball, Tomato and Basil	
RARE ROAST BEEF CARPACCIO	59.95
Homemade Sirloin served with Parmesan, Extra Virgin Olive Oil and Rocket	
ORIENTAL CHICKEN NOODLE SALAD	49.95
Sesame Marinated Chicken Strips tossed with Broccoli, Peppers, Carrots and Chinese Egg Noodles with a Spicy Sweet Chilli Lime Dressing	
<b>HOT MEALS</b>	
SERVED ON A BED OF EGG FRIED RICE OR CHINESE SOU NOODLES	
SWEET AND SOUR CHICKEN	49.95
Chicken and Vegetables in a Sweet and Sour Sauce	
THAI GREEN CURRY	49.95
Chicken and Broccoli in a Green Curry Sauce	
BUTTER CHICKEN	49.95
Chicken and Potatoes in a mild Tomato Curry Sauce	
TERIYAKI CHICKEN	49.95
Chicken and Vegetables in a Teriyaki Sauce	
<b>PASTA</b>	
MACARONI CHEESE	35.95
NAPOLITANA (Choice of Penne or Linguine)	44.95
Homemade Tomato Sauce with Herbs	
ARRABIATA (Choice of Penne or Linguine)	44.95
Homemade Tomato Sauce with Herbs and a hint of chilli	
BOLOGNAISE (Choice of Penne or Linguine)	49.95
Homemade Beef Bolognese Sauce	
PESTO (Choice of Penne or Linguine)	44.95
A blend of Fresh Basil, Garlic, Parmesan and Olive Oil	
<b>SOUPS (DAILY SELECTION)</b>	
CHICKEN NOODLE SOUP / BEEF AND BEAN SOUP	26.95
BUTTERNUT SOUP / LENTIL SOUP / PEA SOUP	23.95
<b>DRINKS</b>	
COFFEE	11.50
ESPRESSO	10.50
DOUBLE ESPRESSO	14.50
MACCHIATO	11.50
CAPPUCCINO	13.50
FLAT WHITE	13.50
CHOCOCINO	18.50
CAFÉ LATTE	16.50
CHAI LATTE	19.50
HOT CHOCOLATE	19.50
MILK / HOKICKS	12.50
TEA PER PERSON	11.50
ROOIBOS	11.50
SPECIALITY TEAS	13.50
Soy Milk additional R6.00	
<b>MINERALS</b>	
SODAS	12.50
MINERAL WATER SMALL	25.00
MINERAL WATER LARGE	25.00
EVIAN SMALL	24.50
EVIAN LARGE	42.50
APPLETISER OR GRAPETISER	13.50

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SUCCULENT GOOD DIVINE DELICIOUS YUM