# LIGHTER SIDE

## OMELETTE

96

96

85

101

PLANE JANE	
the perfect three egg omelette, with cheddar cheese, & a slice of toast	

**OINK-OINK** bacon, mushroom, cheese, & a slice of toast

**MY JULZ** bacon, avo, feta, mozz & a slice of toast

VEGGIE [ stir fried selected veggies with sliced tomato and rocket

**MONKEY BUSINESS** 71 96 con, banana, cheese, & a slice of toast

> **MEXICAN MADNESS** 99 mince, mixed pepper, mozz, caramalized onions, jalapeños, & a slice of toast

**LUCKY LUKE** 99 grilled chicken, feta, avo, mushroom, onion, & a slice of toast

# SALAD SITUATION

#### **SMOKED CHICKEN & FETA**

smoked chicken, avo, feta, seasonal tomatoes, cucumber, honey & mustard dressing, & savoury crackers

**CAPELLINI** 99

grilled chicken pieces, pepper ham, feta, roasted corn, sliced tomato, red onion, & salad greens

**THAI SALAD** 96

Thai chicken, Tomato, cucumber, feta,red onion on a bed of lettuce finished with black sesame seeds

DECONSTRUCTED GREEK []]

#### **TOWER OF SALMON**

constructed delights of salmon, avo, cottage cheese, tomato, cucumber, & fennel, with parmesan shavings

117

99

96

129

99

**GRAZERS** 113

beef strips, peppadews, roasted corn, feta, sliced tomato, cucumber, sesame seeds & salad greens

**FAMILY BUSINESS** 99

Crispy Bacon, peacan nuts, blue cheese, Preserved Figs on a bed of tossed lettuce,tomato and cucumber

## SOUP OF THE DAY

SERVED WITH YOUR SELECTION OF OUR POPULAR BREADS SQ

#### WRAPS & TRAMEZZINIS

all wraps & tramezzinis served with rustic cut chips or side salad

#### **MOROCCAN CHICKEN**

grilled basil pesto chicken with cream cheese & salsa (cucumber, corn, red onion, & sliced tomato)

#### **CHICKEN & CRISPY BACON**

roasted chicken mayo with crispy bacon, avo, & feta

#### **RUMP** 124

beef strips with mixed peppers, peppadews & sweet chilli sauce

## VEGGIE 💔 🔼



stir fried selected veggies with balsamic glaze and rocket

## **GOURMET SUPREME CHICKEN**

BBQ chicken, boiled egg, bacon, avo and Capellini dressing

#### **CFK CHICKEN**

fried chicken strips with rocket, red onion, avo, tomato and zesty lemon mayo

#### **NO. 1 WOOD**

a triple decker tramezzini stacked with chicken mayo, two eggs, bacon, tomato, & mozz, served with rustic cut chips or a salad

# VEGGIES OF THE DAY SQ

## BURGERS

150g homemade patties served with rustic cut chips or side salad and Capellini onion rings.

### PEPPER CRUSTED

pepper crusted beef & bacon burger with cheese

## **BUTTERMILK-FRIED CHICKEN**

buttermilk-fried chicken breast with homemade slaw, & avo

## **SMOKEY JOE & CHEESE BURGER** 99

succulent beef patty with prime cut bacon, egg, & cheese

#### 110% BEEF BURGER 134

two pure beef patties, topped with sliced tomato, bacon, cheese, caramelised onion, & lettuce





#### FIG & FETA BURGER

beef patty with two rashers of bacon, figs, feta & caramelised

#### LADY LEE CHICKEN BURGER

succulent chicken breast, melted camembert, & topped with berry

#### CHASE A BURGER 💟

150g beef patty

## CAPELLINI CHICKEN BURGER [3] 83

120g chicken fillet

## VEGGIE BURGER 🕔 🌅

homemade veggie pattie with all the trimmings

# SIGNATURE SARMIES

CHOOSE BB (BARE BACK SARMIE ONLY) OR SU |SADDLE UP CHOICE OF RUSTIC CUT CHIPS OR SIDE SALAD)

	88	SU		8	SU
BLT	78	90.	STEAK & ONION	5	115
good old school favou stacks of bacon, lettuc grain mustard, and to	e whole		stout glazed steak with crispy onions, slaw, & a creamy mustard sauce		
MY FAVOURITE	95	119	YOU WANT THIS	ıs	115
sinces of cheese griller, crispy amon rings driz Capellini dressing, tan lettuce & rustic cut chi	zled with		chicken mayo, bacon, avo, lettuce & tomato		
HILLIAND OF THE COLUMN	449.		CAPELLINI GOURMET 8		101
VEGGIE SARMIE	80.		crispy bacon, avo. & chicken,		
roasted seasonal vege with humus and slaw			with honey & mustard dressing		

# SQUARE PIZZAS

## **MARGARITA**

69

107

110

111

110

159

mozzarella cheese and sliced tomato with oregano

## WE ALL GO 🕔

133

mozz, cheddar, camembert cheese, blue cheese, feta, cranberry sauce

#### THE HOOCH

mozz, thai chicken, avo, & bacon

#### **ISLAND HOPPER**

mozz, sweet chilli chicken. pineapple banana

#### **RUSSIAN ROULETTE**

mozz, cheese russian, feta, & caramelised onions

#### MY MA EN PA

mozz, onion, peppadew, garlic, avo, & beef sausage

#### **SALMON SURPRISE**

mozz, avo, spring onion, salmon, & cold cream cheese added after

#### **CHICKEN BACON THING** 110

mozz, bacon, grilled chicken, caramalized onion, feta drizzled with Capellini deressing

#### **TRIPLE SEVEN**

mozz, roast chicken, feta, pepper ham, & lemon zest

#### **BUTTERNUT & BASIL**

mozz roast butternut, feta, olives, basil, rocket, & roasted mixed seeds

109

109

122

107

110

108

105

94

#### FIG & BALSAMIC

VEGETABLE MARKET 🖤

mozz, fig, balsamic reduction, blue cheese, pepper ham, & rocket

# mozz, mushrooms, mixed peppers,

feta, olives, mange tout, fresh tomato, & parmesan

#### THE BANDITO 107 mozz, ham, mushroom, jalapeños,

caramelised onion, & parmesan **GABBALABS** 

#### mozz, smoked chicken, mixed peppers, feta, & avo

**OLD SCHOOL** 

# mozz,bacon, avo & feta

CHICKEN & MAYO

chicken, mayo, bell peppers and mozz

## HAWAIIAN []

mozzarella, tomato, ham and pineapple with oregano

# LITTLE ITALY your choice of penne or linguini, served with parmesan cheese

	half	full		half	ful
ALFREDO	76	98	BOLOGNAISE	76	98
swedish gold class ham, sauteed mushrooms, served in a creamy bechame! & spring onion sauce	1		savoury mince smothered in autheratic napolitana sauce	in:	
CHICKEN	76	98	CHICKEN LIVER PASTA	76:	98
mannated chicken cubes with pan fried seasonal boll peppers, in a tomato & sherry sauce topped with cheddar cheese		flash-Tried chicken livers in a light port & tomato based sau topped with parmesan shavin & chilli			
MAC N CHEESE W [[]	76	98			
traditional macaroni and cheese smothered in cheesy white saud	ë				

WALMED PADE

SUNRIDGE VILLAGE

GRAHAMSTOWN



SAUCES FOR ONLY R20 EACH

MUSHROOM SAUCE, PEPPER SAUCE, CHEESE SAUCE, MONKEY GLAND SAUCE

# OLD FAVOURITES

124

95

87

87

## STEAK, EGG, & CHIPS

200g Rump Steak served with crispy onion rings, rustic cut chips or Side Salad

#### **CHICKEN STRIPS**

Fried Chicken Strips served with Rustic Cut chips or Side Salad and sauce of your choice

#### CHICKEN LIVERS



pan fried with onions, bell peppers, mushrooms, port, napolitana sauce and chili with artisan bread.

#### **SAVOURY PANCAKES**

ROAST CHICKEN AND MUSHROOM
TOPPED WITH CHEDDAR, SERVED
WITH RUSTIC CUT CHIPS OR SALAD

SAVOURY MINCE AND CHEESE FILLED PANCAKE SERVED WITH RUSTIC CUT CHIPS OR SALAD

STIR FRY VEGGIES TOPPED WITH CHEDDAR W 85 PANCAKE SERVED WITH RUSTIC CUT CHIPS OR SALAD

# **TOASTED SARMIES**

E -	4 N	M E T
63	91	72
68	91	73
64	88	69
74	101	89
74	96	82
51	73	56
	68 64 74 74	68 91 64 88 74 101 74 96

GOURMET SARMIE: Your choice of Artisan Bread toasted Sandwich with **GLUTEN FREE** Artisan Bread Available

#### COURTS DELIGHT

SALMON, AVO, AND FETA MINCE, ONION,

AND MOZZ



139

101

106

81

138

large chicken schnitzel served with sauce of choice, rustic chips or side salad and crispy onion rings

# NIBBLES

#### CROISSANT

#### MUFFINS

## HOME MADE CAKES

#### SCONE

**HEALTH RUSKS** 

# KIDS MENU

Offered to all children up to the age of 13

## BREKKIE TIME

#### TOY SOLDIER

#### THE FRENCHIE

#### THE BIG BOY

## KIDDIES OMELETTE

(ham, bacon, cheese griller or beef sausage) and a slice of toast

### CHIPPY CHEESE BITES

### LUNCH

#### CHICKEN RUN

## LITTLE TUGBOAT

#### LITTLER ITALY

bolograise in tomato sauce with cheese and a pasta of your choice

#### CON POLLO-TJIE

#### CAPELLINI KIDS BURGER

90g beef or chicken patty with lettuce.

### SOMETHING CHEEZY

2 cheese sandwich with chips

#### SPONGEBOBSQUAREPIZZA

plain margherita pizza with the choice ham mushroom, feta, pineapple

### PLATE OF CHIPS

# EXTRAS

tornato, baked beans, egg. garlic. 14 cucumber, onion, banana

pineapple, olives, jalapenos, caramelised onions, apring onion, mixed peppers cranberry sauce, peppadews

avo, mushfoom, cheddar, feta, morz, colesiaw, parmesari shavings, basil pesto, rocket, chilli

chicken mayo, smoked chicken, rustic cut chics

GRANOLA MOLA homernade granola served with yoghurt & honey

🤍 Vegetarian 🔛



# BREAKFAST

Choose from white, whole wheat or artisan breads. GLUTEN FREE option available. Ask waitron for options.

74

93

88

90

59

120

120

|--|

beef patty, an egg, caramelised onions, mayo, & cheese on an open toasted bun, with rustic cut chips

#### HASH BROWN STACKS

B

ORIGINAL: A hash brown topped with cheddar cheese, crispy bacon, mushrooms, tomato, egg, and hollandaise sauce, served with rustic

MEATY: Two hash browns topped with smokey bacon, egg, avo, and hollandaise sauce, served with rustic cut chips

TWICE AS NICE: Two hash browns topped with smokey bacon, two eggs, avo, hollandaise sauce, served with rustic cut chips

#### LET'S GET LIVERED

pan fried with onions, bell peppers, mushrooms, port, napolitana sauce, chilli with artisan bread and two eggs

#### **EARLY WORM**

two eggs, two rashers of bacon, mushrooms, & a slice of toast

#### FRENCH TOAST

two slices of toast, two rashers of bacon grilled banana & maple syrup

## **BREAKFAST PIZZA**

mozz, sliced tomato, caramelised onion, cheese griller, bacon bits, two eggs, & mushrooms

#### THE FULL HOUSE

two eggs, two rashers of bacon, sauteed mushrooms, sliced tomato, onion marmelade, beef sausage/cheese griller, baked beans, served with a slice of toast

#### **BABALAAS BREAKFAST WRAP**

two scrambled eggs, two rashers of bacon, mushrooms in a jumbo wrap, served with napolitana sauce, & rustic cut chips

## **BREAKFAST CROISSANT**

with two scrambled eggs

ADD BACON 69

#### **HEALTHY MORNINGS**

one slice of health bread, cheese, avo, boiled egg, & sweet chilli sauce

CHOOSE ONE OF THE FOLLOWING:	1 slice	2 slice
MORNING GLORY (BANANA)	39	74
MORNING AFTER (BACON)	46	81
GOOD MORNING (SALMON)	59	102

#### **MINI BREAKFAST**

62 one egg, two rashers of bacon, sliced tomato, a slice of toast & rustic cut

63

70

79

88

69

55

69 79

#### **FIRST HORIZON**

chips

two perfectly scrambled eggs served on ciabatta bread topped with fresh chives

BACON FIRST HORIZON: two perfectly scrambled eggs served on ciabatta bread topped with fresh chives and bacon

#### CHEESE GRILLER FIRST HORIZON: two scrambled eggs served on artisan bread topped with fresh chives and a cheese griller

TALK IS CHEESE 75 one slice of health bread, topped with savoury mince & one egg, served with a cheese grillers

### THE FRENCH MONKEY

two slices of banana bread dipped in our egg mix (French toast-style) served with bacon, berries & maple syrup

#### SNOOP DOG DE LUX

three scrambled eggs on tramezzini toast, served with two rashers of bacon, basil pesto and rustic cut chips

## JOCELYN'S JOY

56 86

one slice of health bread topped with mashed avo, avo chuncks, slices of tomato, boiled egg, lemon zest & sesame seeds

# VILLAGE BREAKFAST 2 x eggs, 2 x reshes bacon, sliced tomato, rustic cut chips and toast

#### SCRAMBLED EGG DELUX 76

three scrambled eggs topped with mozz on tramezzini toast, served with two rashers of bacon, & napolitana sauce

### FLAPJACK STACKS

PLAIN WITH BUTTER, HOT MAPLE SYRUP & CREAM TWIRL

MIXED BERRY WITH HOT MAPLE SYRUP, CHOC SAUCE & CREAM TWIRL

# BACON & BANANA, HOT MAPLE SYRUP

#### OATS BOWL ... slow cooked porridge bowl

HEALTHY EXTRAS N

plain yoghurt or seasonal fruit