

Handmade with the finest fresh ingredients

All our food & drinks (except alcohol) are available to take away or eat in



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BREAKFAST

Served till noon

Fruit salad with homemade muesli, natural yoghurt, seeds & honey	R26 ⁵⁰
Pawpaw salad with natural yoghurt, honey & chopped almonds	R19 ⁵⁰
Jungle oats with fresh banana & cinnamon sugar (or honey)	R26 ⁵⁰
Croque monsieur , French toast with gypsy ham, organic farm cheese & Dijon mustard	R34 ⁵⁰
Croque madame , French toast with gypsy ham, organic farm cheese, Dijon mustard & a fried egg	R37 ⁵⁰
Dutch "Uitsmijter" , open sandwich with gypsy ham & two fried eggs	R29 ⁵⁰
Eggs Benedict with Hollandaise sauce	R39 ⁵⁰
	ladies R29 ⁵⁰
Scrambled eggs with feta, tomato, spinach, olives & oregano	R34 ⁵⁰
Scrambled eggs with fresh tomato & avocado	R32 ⁵⁰
Omelette with organic farm cheese, bacon & fresh salsa	R37 ⁵⁰
Toast or Croissant (+R3. ⁰⁰) with	Melissa's jam R17 ⁵⁰
	Anchovy spread R17 ⁵⁰
	Marmite R15 ⁰⁰
	Avocado R19 ⁵⁰
Croissant with bacon, fresh tomato & a fried egg	R29 ⁵⁰

SANDWICHES

Served on *health bread, 70% buttermilk-rye, sesame kaizer roll or Turkish bread.*

(v) Avocado, lettuce, organic farm cheese & tomato	R24 ⁵⁰
Bacon, lettuce, avocado & tomato	R32 ⁵⁰
Egg mayo, rocket & bacon	R27 ⁵⁰
BLT (bacon, lettuce & tomato)	R29 ⁵⁰
Tuna mayonnaise with rocket, tomato, dill pickle & red onion	R24 ⁵⁰
Chicken mayonnaise with coriander & young spinach leaves	R26 ⁵⁰
Crush Club with lettuce, chicken, tomato, emmentaler, avocado & mayonnaise	R32 ⁵⁰
Roast beef with lettuce, tomato, Dijon mustard, gherkins & red onion	R29 ⁵⁰
(v) Roast Butternut with lettuce, roasted cherry tomato, avocado, feta & pine nuts sprinkled with balsamic vinegar dressing	R26 ⁵⁰
Hot Pastrami with tomato, emmentaler & Dijon mustard	R29 ⁵⁰
Chermoula chicken with rocket, tomato, natural chive yoghurt & avocado	R27 ⁵⁰
Gypsy ham with lettuce, tomato, organic farm cheese, mustard & mayonnaise	R26 ⁵⁰

TOASTED SANDWICHES

Served on *white or brown bread.*

(v) Organic farm cheese	R14 ⁰⁰
(v) Organic farm cheese & tomato	R16 ⁰⁰
Organic farm cheese, tomato & gypsy ham	R18 ⁰⁰
Tuna mayonnaise	R19 ⁰⁰
Chicken mayonnaise	R17 ⁰⁰
Chicken mayonnaise & avocado	R19 ⁰⁰

WINTER
2010

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SOUP

Served with health bread

Changes daily - please see menu board

(v) **Basic** R29⁵⁰
Bold R34⁵⁰

SALADS

Chicken salad with young spinach, mushrooms, watercress, avocado, cherry tomato, pumpkin seeds, sprouts & a honey mustard dressing R42⁵⁰

(v) **Falafel salad** with lettuce, hummus, gherkins, cucumber, cherry tomato & tzatziki R39⁵⁰

Tuna salad with lettuce, rocket, cucumber, sugar snaps, cherry tomato, sweet corn, roasted sunflower seeds with a Sicilian dressing R39⁵⁰

(v) **Roast butternut salad** with lettuce, roasted cherry tomato, pine nuts, avocado, feta & a balsamic vinegar dressing R34⁵⁰

(v) **Side Garden salad** with lettuce, cherry tomato, cucumber, feta & avocado R19⁵⁰

WRAPS

Served in a fresh flour tortilla with shredded vegetables

Chermoula chicken wrap with lettuce, avocado, cucumber, natural chive yoghurt & fresh salsa R39⁵⁰

(v) **Falafel wrap** with lettuce, hummus, tzatziki, gherkins & fresh salsa R36⁵⁰

Bobotie wrap (classic Cape Malay dish made with lean beef mince) with yellow rice, fresh banana, Mrs Ball's chutney & fresh salsa R39⁵⁰

(v) **Mexican wrap** with lettuce, Mexican beans, organic farm cheese, fresh salsa, natural yoghurt & avocado R37⁵⁰

Greek wrap with lettuce, lean beef mince, fresh salsa & tzatziki R36⁵⁰

BURGERS

Served with lettuce

Homemade beef burger with tomato, gherkins, red onion rings, mayonnaise & tomato sauce R34⁵⁰ R39⁵⁰
no fries with fries

Cheese burger with gherkins, mayonnaise & tomato sauce R37⁵⁰ R42⁵⁰

Avocado burger with tomato, mayonnaise & red onion rings R37⁵⁰ R42⁵⁰

Bacon burger with tomato, mayonnaise, tomato sauce & red onion rings R39⁵⁰ R42⁵⁰

Chicken burger with tomato, mayonnaise & tomato sauce R34⁵⁰ R39⁵⁰

Fries R10⁰⁰

PASTRIES & CAKES

Skinny bran muffin - high-fibre blend of bran, raisins & nutty-wheat flour R9⁵⁰

Health muffin - cinnamon-scented blend of bran, carrot, apple & pecan nuts R13⁵⁰

Health muffin with preserves R21⁵⁰

Chocolate brownie - decadent combination of Belgian chocolate & hazelnuts R16⁵⁰

Carrot cake - moist blend of carrot, pineapple & pecan nuts topped with a light cream cheese icing R20⁰⁰

JUICES

small large

Made fresh on site

Carrot juice R18⁰⁰ R24⁰⁰
- add apple, orange, ginger, celery, beetroot, cucumber & / or mint

Spicy tomato juice with red chilli, red pepper, dried thyme, soy sauce, Worcestershire sauce, lemon juice, cayenne pepper & celery R20⁰⁰ R26⁰⁰

Homemade

Lemonade with lemon juice, castor sugar, mint & soda R18⁰⁰ -

Pure juice

Pineapple / Orange R14⁰⁰ R18⁰⁰

Mango / Apple R16⁰⁰ R20⁰⁰

Wildberry R19⁰⁰ R23⁰⁰

SMOOTHIES

small large

Berry smoothie R19⁵⁰ R25⁵⁰
- strawberries, blackberries, banana & orange juice

Pawpaw smoothie R18⁵⁰ R24⁵⁰
- pawpaw, natural yoghurt, orange juice & honey

Banana cinnamon smoothie R18⁵⁰ R24⁵⁰
- banana, cinnamon, soymilk, wheat germ

Fruit smoothie R18⁵⁰ R24⁵⁰
- milk, natural yoghurt, honey & your choice of fruit (strawberries & blackberries or banana's)

COOL DRINKS

Coke / Coke Light R9⁵⁰

Appletiser / Grapetiser R12⁵⁰

Ginger ale / Soda R9⁵⁰

Mineral water - sparkling or still R9⁵⁰

Lipton ice tea R12⁵⁰

HOT SIPS

Caffé Americano (espresso+hot water) R12⁰⁰

Cappuccino (flat white) R14⁰⁰

Espresso R12⁰⁰

Double espresso R15⁰⁰

Latte R15⁰⁰

Mocha (espresso+chocolate+steamed milk) R19⁵⁰

Hot chocolate R18⁰⁰

Milo / Horlicks R15⁰⁰

Ceylon / Rooibos tea R12⁰⁰

Earl Grey / English Breakfast tea R13⁰⁰

Giluc (fresh mint+ginger+lemon+honey+cinnamon) R15⁰⁰

Chai (milky Indian marsala tea) R15⁰⁰

Camomile / Peppermint / Green tea R13⁰⁰

soy milk & rice milk available

BOOZE

drink in only

Beer, wine & spirits available - see menu board

Crush Black River Park t: 021 447 7915 f: 021 447 7917

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All items subject to availability • Gratuity not included
We deliver before noon or after 2pm • R5 delivery charge to North Park