

HOT OATS – R49

Topped with roasted almonds, seeds and honey

BLUEBERRY GRANOLA CUP – R59

Blueberry compote, plain yoghurt and our home made granola crumble

HEALTH CHOICE – R79

A slice of our home made seeded health bread topped with chunky cottage cheese, avo, tomato and rocket, drizzled with basil pesto and balsamic reduction

MAPLE BACON FRENCH TOAST – R82

French toast made with croissant, served with maple glazed bacon and smooth cream cheese

SMASHING AVO ON TOAST – R75

Served with a poached egg and topped with our chilli cheese crumble (add bacon +R21)

BREAKFAST BUN – R64

Lightly toasted burger bun topped with bacon, cheddar, tomato relish and a fried egg

SALMON ON RYE – R107

One slice of toasted rye bread topped with chunky cottage cheese, smoked salmon, tomato, gherkins and red onion (add avo +R24)

LEBA – R79

Eggs scrambled with tomato on a slice of toast, topped with feta cheese and olives (add bacon +R21)

KATCHA – R94

Lightly toasted pita wedges, topped with smooth cottage cheese, avo, bacon, spring onion and a poached egg

IBERICA HASH – R95

Potato hash patty, topped with bacon, mushrooms, gorgonzola, poached egg, and peppadew relish

CYPRIT BREAKFAST WRAP – R82

Scrambled eggs, grilled halloumi, spinach and tomato inside a soft tortilla wrap (add bacon +R21)

SUNRISE BURGER – R120

100% beef patty, bacon, egg, caramelised onion and cheddar. Served with chips

LIFESTYLE – R58

2 eggs, bacon, grilled tomato and a slice of toast (add Pork/Beef sausage +R21)

NUTRITIOUS SALMON – R129

Scrambled egg with smoked salmon, avo and chunky cottage cheese, served with a slice of toast

CREAMY MUSHROOM SCRAMBLE – R96

Scrambled eggs served with creamy mushrooms and bacon on crispy croissant toast

BACON OMELETTE – R74

3 egg omelette filled with bacon, cheddar and caramelised onion. Served with a slice of toast

SPINACH & FETA OMELETTE – R64

3 egg omelette filled with spinach, feta and tomato. Served with a slice of toast

EGGS BENEDICT

Two poached eggs on toasted English muffin with homemade Hollandaise sauce and your choice of:
HAM – R84

- SPINACH** – R76
- SALMON** – R149

TRY ME **PARMA BEN-ADDICT** – R130

Sweet potato hash patty topped with rocket, grilled tomato, Parma ham 2 ways, 2 poached eggs and homemade Hollandaise

SHAKSHUKA – R79

2 poached eggs in tomato sauce with peppers, aubergine and feta. Served with warm baked bread

BEEFY BREAKFAST BOWL – R97

2 poached eggs, 100% beef mince and fried halloumi pops. Served with a slice of toast

VEGGIE BREAKFAST BOWL – R82

2 poached eggs, creamed spinach, roasted butternut and mushroom. Served with a slice of toast

Check out the range of ready meals to enjoy at home

B.E.S.T
of Zaras Cafe

LIGHT BITES

✓ **HALLOUMI NIBBLES** – R72

Fried and served with a side salad and sweet chilli mayo

✓ **QUICHE OF THE DAY** – R78

Two mini quiches served with a fresh side salad and avo

✓ **PITA AND DIP** – R34

Homemade pita bread served with your choice of hummus or tzatziki

✓ **CHEESY VEG BITES** – R46

Served with napolitana sauce

PANKO CHICKEN STRIPS – R53

Served with sweet chili mayo (add chips +26)

✓ **HOMEMADE FALAFELS** – R39

Served with hummus

LUNCH

MOJO SALAD – R105

Balsamic grilled chicken, roasted butternut and feta (add avo +R24)

SALMON SALAD – R159

Smoked salmon with avo, cottage cheese and toasted seeds

✓ **HALLOUMI SALAD** – R123

Grilled halloumi and avo, Dijon mayo dressing

✓ **FALAFEL MEZE** – R119

Our home made falafel balls served with smashed avo, chopped tabouli style salad, feta, olives, fresh pita and hummus

CHICKEN MEZE – R125

Two flavourful deboned chicken thighs grilled to perfection and served with chunky tomato & red onion, tzatziki, fresh pita bread and chips

PERI PERI CHICKEN LIVERS – R92

Grilled chicken livers in a bowl of spicy peri peri sauce served with toasted ciabatta and chips

PORTUGUESE BEEF FILLET – R175

Tender 200g fillet steak grilled with peri peri basting and topped with a fried egg. Served with chips

BIFTEKI & HALLOUMI STACK – R109

Greek style pure beef patty on hummus, topped with grilled veg, halloumi cheese and crispy onion rings (add chips +R26)

SPICY CURRY LAMB – R159 CHICKEN – R98

Served with sambals, chutney and aromatic rice

BLT PANINI – R75

Classic bacon, lettuce & tomato with Dijon mayo

PERI-CHICK PANINI – R86

Grilled chicken pieces, feta, peppadews and peri mayo

SMASHED MEATBALL PANINI – R90

Italian beef meatballs with napolitana and mozzarella

PREGO ROLL BEEF FILLET – R160 CHICKEN – R105

Soft Portuguese roll with sauteed onions & creamy peri peri sauce. Served with chips.

PORK SOUVLAKI – R109

Tender grilled pork pieces folded into a fresh pita with tzatziki, tomato, red onion and parsley. Served with chips

Don't like pork?
Try it with chicken

WINE & GARLIC CHICKEN WRAP – R105

With feta, jalapenos, caramelised onion and mayo. Served with chips (add avo +R24)

✓ **FALAFEL & HALLOUMI WRAP** – R87

With grilled aubergine, zucchini, tomato and hummus

BBQ CHEESEBURGER – R103

100% beef patty, BBQ sauce, caramelised onion and cheddar. Served with chips

CRUNCHY CHICKEN BURGER – R86

Panko crusted chicken strips, with tomato relish and mayo. Served with chips.

PASTA (PENNE / SPAGHETTI / FETTUCCINI)

✓ Napolitana – R75

Bolognese – R94

✓ Creamy Pesto – R77 (+ add chicken R29)

✓ Vivo (creamy spinach butternut & gorgonzola) – R104