

# take away menu

## Breakfast

\*served until 12:30 daily

- \*served with homemade or regular white or brown toast
- \*add low gi or homemade rye toast R5
- \*choice of scrambled, fried or poached eggs

### MINI CITY SPECIAL

2 eggs, 1rasher bacon, 1 slice grilled tomato, 1 slice of toast

### EARLY PERK

2 eggs, 2 rashers of bacon, grilled tomato, 1 slice of toast

### ON THE RUN

2 eggs, 2 rashers bacon, grilled tomato, mushrooms, 1slice of toast

### CITY PERK BREAKFAST

2 eggs, 2 rashers bacon, pork/beef sausage, mushroom, grilled tomato, grilled onions & baked beans, chips, 1 slice of toast

### BANTING BREAKFAST

2 eggs, bacon, mushroom, grilled tomato

*add avocado*

### THE VEGETARIAN \* (v)

2 eggs, grilled mushrooms, tomato, grilled halloumi, hash brown, sliced avocado, hummus, slice of toast

FRESH FRUIT SALAD	regular	large
FRESH FRUIT SALAD, MUESLI, YOGHURT	35	45
	45	52

## Toasted Sandwiches

homemade or regular white or brown bread (low gi/rye add R5)

BACON, EGG & CHEESE	48
BACON & CHEESE	45
BACON & EGG	45
CHICKEN MAYONNAISE	48
TUNA MAYONNAISE	48
MOZZARELLA, BASIL PESTO & TOMATO (v)	43
SAVOURY MINCE & MOZZARELLA	48
HAM, CHEESE & TOMATO	45
CHEESE & TOMATO (v)	38
CHEESE (v)	35
BEEF STRIPS - cheddar, onions, sweet chilli	50
CHICKEN STRIPS - mozzarella, onions, sweet chilli	50
DAGWOOD - home made bread only	65
BREAKFAST DAGWOOD - regular bread only	58
<i>add chips to any of the above</i>	12

## Fresh Sandwiches

homemade or regular white or brown bread (low gi/rye add R5)

CHEESE & TOMATO	35
HAM, CHEESE & TOMATO	38
CHICKEN MAYONNAISE	44
TUNA MAYONNAISE	44
BACON & EGG, LETTUCE, TOMATO	42
LOW GI - chicken mayonnaise, baby spinach, avo, black pepper	55
LOW GI - pastrami, lettuce, tomato & dijon mustard	49
LOW GI - salami, lettuce, tomato & cream cheese	49

## Gourmet Ciabattas

### URBAN SMOKED CHICKEN

smoked chicken, bacon, mozzarella cheese and basil pesto

### BEEF CIABATTA

beef strips, caramelised onions, cheddar, lettuce, tomato & sweet chilli relish

### CHICKEN CIABATTA

chicken strips, caramelised onions, mozzarella, lettuce, tomato & sweet chilli relish

### CHICKENAISE

chicken mayonnaise, back bacon, cheddar cheese, avo, lettuce & tomato

**vegan**

various vegan options available  
please enquire with your server

## Wraps

SMOKED CHICKEN & BACON	50
SWEET CHILLI BEEF & CHEDDAR	50
GRILLED CHICKEN, TZATZIKI & HUMMUS	50
CAJUN CHICKEN	50
HALLOUMI, AVO & BASIL PESTO (v)	50
RED KIDNEY BEAN, hummus, pepper dew, baby spinach (v)	50
CHICK PEA, tzatziki, avo, sesame seeds, mixed peppers (v)	50
<i>add chicken or bacon to any vegetarian wraps</i>	15
<i>add chips to any of the above</i>	12

## Tramezzinis

CHICKEN / TUNA MAYONNAISE	67
SPINACH, FETA, OLIVES (v)	64
BEEF STRIPS, FRIED ONION	67
SMOKED CHICKEN, BACON, BASIL PESTO	67
SAVOURY MINCE, CHILLI	67
HALLOUMI, AVO, BASIL PESTO (v)	67
THE WORKS beef, chicken, garlic, onion, chilli	67
<i>add chips to any above</i>	12

## Hot Meals To Go From 12pm

see our daily specials board

CHICKEN LEG 1/4, chips or greek salad	55
DEEP FRIED CRISPY CHICKEN, chips or greek salad	60
GRILLED HAKE, chips or greek salad	62
CHICKEN WINGS, chips or greek salad	60
LASAGNE, (beef, chicken, veg) greek salad	60
THAI CHILLI BEEF NOODLE STIR FRY	60
THAI CHILLI CHICKEN NOODLE STIR FRY	60
HALF CHICKEN, chips	75
STEAK & PAP, tomato & onion gravy	55
QUARTER CHICKEN & PAP, tomato & onion gravy	55
QUARTER CHICKEN SPECIAL, 1 x veg, 1 x salad	60
QUARTER CHICKEN SPECIAL, 2 x veg, rice, tomato & onion gravy	65

## Soup (Winter Only)

	large	grande
HOME MADE SOUP OF THE DAY	35	40
HOME MADE SOUP OF THE DAY & ROLL	40	45

## Salads

CRUNCHY ORIENTAL CHICKEN SALAD	55
sliced green & red cabbage, carrot spring onion, roasted noodles, topped with sliced chicken breast, drizzled with sesame seeds and zesty oriental dressing	
WARM BUTTERBEAN BASIL PESTO CHICKEN	60
butterbeans pan seared in a basil garlic pesto, chicken breasts, romana tomatoes, feta cheese, julliene carrots, micro herbs	
(vegetarian & vegan option available enquire with your server)	
CHICKEN PASTA SALAD	55
smoked chicken, basil pesto, cherry tomatoes mixed in fusilli pasta	
GRILLED CHICKEN OR BEEF SALAD	50
grilled bbq chicken or bbq beef strips, mixed leaf lettuce, cucumber, tomato, onion & parmesan cheese	
HALLOUMI, AVO, BASIL PESTO SALAD (v)	55
medley of mixed lettuce leaves, tomato, cucumber, grilled halloumi wedges, sliced avo & basil pesto	



city perk café 011-838-9755  
alexi@cityperkcafe.co.za

# take away menu

## Burgers

<b>XL beef or chicken burger 150g</b>	<b>50</b>
<b>XL beef or chicken &amp; cheese burger 150g</b>	<b>55</b>
<b>XL beef or chicken bacon &amp; cheese burger 150g</b>	<b>60</b>
<b>hotdog</b> - german sausage	<b>35</b>
<b>add home cut chips</b>	<b>12</b>

## Banting

<b>QUARTER CHICKEN MEAL</b>	<b>58</b>
quarter chicken with any 2 sides - avo, boiled eggs, tomato & cucumber, cream cheese, bean salad	
<b>CHICKEN BREAST MEAL</b>	<b>65</b>
2 x chicken breasts with any 2 sides - avo, boiled eggs, tomato & cucumber, cream cheese, bean salad	
<b>NAKED BURGER</b> (vegan available)	<b>80</b>
180g home made beef patties, grilled mushrooms, sliced tomato, cream cheese with salad	
<b>CREAMY BEEF STROGANOFF</b>	<b>65</b>
creamy beef & mushroom stroganoff and grilled veg of the day	

## Pizza

	24cm	30cm
<b>CLASSIC MARGHERITA (v)</b>	<b>60</b>	<b>75</b>
italian tomato, origanum & mozzarella		
<b>MEAT FEAST</b>	<b>85</b>	<b>120</b>
tasty mince, bbq beef strips, bbq chicken strips, mixed peppers, garlic, onions, fresh chopped chilli topped with a bbq mayo		
<b>MEXICANA</b>	<b>75</b>	<b>95</b>
mince, chilli, onion, green pepper, garlic & bbq mayo		
<b>CAJUN CHICKEN</b>	<b>75</b>	<b>95</b>
cajun spiced chicken strips, red onion, peppadews, topped with a sweet chilli relish		
<b>LAMBO (v)</b>	<b>75</b>	<b>99</b>
feta, olives, spinach, sundried tomatoes, peppadews, basil pesto, garlic & avo		
<b>FULL ENGLISH</b>	<b>85</b>	<b>120</b>
back bacon, fried eggs, mushrooms, sliced beef sausage, splashed with our spicy tomato salsa		

## Hot Beverages

\*all coffee's available in decaf at **no** extra charge

	large	grande
<b>COFFEE'S</b>		
filter coffee	<b>20</b>	<b>22</b>
americano	<b>24</b>	<b>27</b>
<b>cappuccino special (small only)</b>	<b>24</b>	
cappuccino froth	<b>30</b>	<b>34</b>
cappuccino cream	<b>32</b>	<b>36</b>
cappuccino red (rooibos)	<b>32</b>	<b>34</b>
flat white - (small only)	<b>26</b>	
espresso	single <b>20</b>	double <b>22</b>
machiato (espresso topped with foam)	single <b>21</b>	double <b>23</b>
cortado (espresso with a splash of milk)	single <b>21</b>	double <b>23</b>
bulletproof coffee (espresso, salted butter, MCT Oil)	<b>45</b>	
latte		<b>34</b>
flavoured latte		<b>40</b>
mochachino (hot chocolate with a shot of espresso)	<b>31</b>	<b>36</b>
<b>extra coffee shot</b>		<b>5</b>
<b>TEA'S</b>	large	grande
tea (five roses or rooibos)	<b>20</b>	<b>22</b>
twinnings herbal tea's (ask for selection)	<b>22</b>	<b>25</b>
fresh lemon balm tea (subject to availability)	<b>25</b>	<b>30</b>
chai tea	<b>31</b>	<b>36</b>
dirty chai (chai tea with a shot of espresso)	<b>36</b>	<b>40</b>
golden latte (turmeric, cinnamon, honey)	<b>31</b>	<b>36</b>
matcha latte (green tea powder)	<b>31</b>	<b>36</b>
crimson latte (beetroot, honey)	<b>31</b>	<b>36</b>
<b>HOT DRINKS</b>	large	grande
horlicks, milo, hot choc, white hot choc, coco mocha nut, barone hot chocolate, chocolate toasted marshmallow	<b>31</b>	<b>36</b>
<b>add speciality milks -</b>		<b>6</b>
cream, soya, almond, rice, fat free milk		
<b>add speciality syrups -</b>		<b>6</b>
vanilla, caramel, hazelnut, ginger, popcorn		

## Cold Beverages

sodas - 300ml selection of	<b>13</b>
sodas - 440ml selection of	<b>15</b>
sodas - 200ml selection of	<b>12</b>
vitamin water - selection of	<b>25</b>
appetizer, red grapetizer	<b>23</b>
fuze ice tea - peach, lemon	<b>20</b>
bos sugar free ice tea - peach	<b>21</b>
valpre mineral water - 500ml still or sparkling	<b>18</b>
red bull - 250ml	<b>30</b>
dragon	<b>18</b>
powerade, play	<b>24</b>
lucozade	<b>27</b>
<b>MILKSHAKES</b>	<b>37</b>
vanilla, chocolate, caramel, popcorn, bubblegum, lime, banana, strawberry, hazelnut, coffee, coco mocha nut, chai tea, chocolate, white chocolate, frulata	
<b>SMOOTHIES</b>	<b>37</b>
mango, strawberry, granadilla, lemonade, strawberry & banana, mixed berry, mint & lime, coco mocha nut, fruit cocktail, vanilla, popcorn, hazelnut, ginger	
<b>PROTEIN SMOOTHY</b>	<b>47</b>
peanut butter, banana, chia seeds, honey, cinnamon, milk, ice	
<b>add soya milk, almond milk, rice milk, fat free milk</b>	<b>6</b>
<b>add whey protein</b>	<b>10</b>
<b>JUICES (sir juice)</b>	<b>23</b>
mango, cocktail, strawberry, orange, cranberry apple, the berries	
<b>SUPERFOOD JUICES (sir juice) (five a day fruit &amp; veg)</b>	<b>33</b>
<b>spinach</b> - apple, cucumber, kale, mint	
<b>carrot</b> - apple, orange, granadilla, ginger	
<b>beetroot</b> - apple, raspberry, orange, carrot, ginger	
<b>FREEZOS</b>	<b>38</b>
coffee, chai tea, white choc, coco mocha nut, beetroot, matcha tea, turmeric, chocolate	
<b>GOURMET MILKSHAKES</b>	<b>45</b>
tex, oreo cookies, bar-one, ferrero rocher, horlicks peppermint crisp, wholenut chocolate, milo, nosh, kit-kat, white chocolate, 5 star, lunch bar	



### Platters / Functions

please see our website for platters & restaurant menu, we also supply training meals



**city perk café**

**011-838-9755**

alex@cityperkcafe.co.za

www.cityperkcafe.co.za

