

take away menu

BURGERS

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| CHICKEN / BEEF BURGER "HOME MADE 150G" | 46 |
| CHICKEN / BEEF BURGER & CHIPS | 59 |
| ADD A SLICE OF CHEESE | 6 |
| ADD FRIED EGG OR BACON "1 RASHER" | 6 |

BANTING

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| CHICKEN LEG QUARTER MEAL | 48 |
| WITH A CHOICE OF ANY 2 : AVO, BOILED SLICED EGGS, TOMATO & CUCUMBER, CREAM CHEESE ,MIXED BEANS | |
| CHICKEN BREAST MEAL (2 X BREASTS) | 56 |
| WITH A CHOICE OF ANY 2 : AVO, BOILED SLICED EGGS, TOMATO & CUCUMBER, CREAM CHEESE ,MIXED BEANS | |
| NAKED BURGER | 76 |
| HOME MADE 180G BEEF PATTY, GRILLED MUSHROOMS, SLICED TOMATO, CREAM CHEESE WITH SALAD | |
| LEMON CHILLI CHICKEN | 56 |
| GRILLED CHICKEN BREASTS, TOSSED IN CHERRY TOMATOES, ONION, GARLIC, CHILLI AND LEMON JUICE | |

PIZZA

| | | |
|---|------|------|
| | 24cm | 30cm |
| CLASSIC MARGHERITA (V) | 50 | 69 |
| ITALIAN TOMATO, ORIGANUM & MOZZARELLA | | |
| MEAT FEAST | 80 | 115 |
| MINCE, BEEF STRIPS, CHORIZO SAUSAGE, PEPPERS, GARLIC, ONIONS, CHILLI | | |
| HAWAIIAN | 60 | 85 |
| HAM & PINEAPPLE | | |
| REGINA | 60 | 85 |
| HAM AND MUSHROOMS | | |
| THE SEASONS | 69 | 94 |
| OLIVES, MUSHROOMS, HAM, SALAMI, AVO | | |
| MEXICANA | 69 | 94 |
| MINCE, CHILLI, ONION, GREEN PEPPER, GARLIC & BBQ MAYO | | |
| SWEET CHICKEN | 65 | 90 |
| STRIPS OF CHICKEN BREAST WITH SWEET CHILLI SAUCE | | |
| CAJUN CHICKEN | 65 | 90 |
| CAJUN CHICKEN STRIPS, ONION & PEPPADEWS | | |
| CHILLI BEEF | 65 | 90 |
| BEEF STRIPS, GARLIC, ONION & PEPPERS, SWEET CHILLI SAUCE | | |
| LAMBO (V) | 69 | 94 |
| FETA, OLIVES, SPINACH, SUNDRIED TOMATOES PEPPADEWS, BASIL PESTO, GARLIC & AVO | | |

SAMOOSAS

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| CHEESE, CHICKEN, BEEF (EACH) | 5 |
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FRESHLY BAKED

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| MUFFINS LARGE - SELECTION OF | 24 |
| MUFFINS MINI - SELECTION OF | 13 |
| CAKE SLICES - SELECTION OF | 40 |
| CHOCOLATE BROWNIES | 30 |
| CROISSANT PLAIN | 23 |
| CHOCOLATE OR CHEESE CROISSANT | 28 |
| CAKE & COFFEE SPECIAL | 45 |
| SHORTBREAD SQUARE | 10 |
| QUICHES SELECTION | 30 |
| GOURMET COOKIES | 12 |
| CUP CAKES SELECTION - OREO, RED VELVET, ETC | 23 |
| SCONES PLAIN (4 x) | 20 |
| SCONES BUTTER, CHEESE, JAM (4 x) | 27 |

HOT DRINKS

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| ALL COFFEES AVAILABLE IN DECAF | LARGE | GRANDE |
| FILTER COFFEE | 19 | 21 |
| AMERICANO | 23 | 26 |
| CAPPUCCINO SPECIAL (SMALL ONLY) | 21 | |
| CAPPUCCINO - FROTH | 29 | 33 |
| CAPPUCCINO - CREAM | 31 | 35 |
| CAPPUCCINO RED | 31 | 33 |
| ESPRESSO | SINGLE 19 | DOUBLE 21 |
| MACHIATO - ESPRESSO TOPPED WITH FOAM | 19 | |
| CORTADO - ESPRESSO WITH A SPLASH OF MILK | 19 | |
| LATTE | | 33 |
| SUPER FOOD LATTES - BEETROOT, MATCHA, TURMERIC | 31 | 35 |
| MOCHACHINO | 30 | 35 |
| HORLICKS, MILO, HOT CHOCOLATE | 30 | 35 |
| TEA FIVE ROSES OR ROOIBOS | 19 | 21 |
| TWININGS HERBAL TEA ASK FOR SELECTION | 21 | 24 |
| CHAI TEA | 30 | 35 |
| DIRTY CHAI (CHAI TEA WITH A SHOT OF ESPRESSO) | 35 | 40 |
| WHITE HOT CHOCOLATE | 30 | 35 |
| COCO MOCHA NUT | 30 | 35 |
| CREAM, SOYA MILK, ALMOND MILK | | 6 |
| ADD FLAVOURED SYRUP | | 6 |
| VANILLA, CARAMEL, HAZELNUT, GINGER BREAD & POPCORN | | |
| EXTRA COFFEE SHOT | | 5 |

COLD DRINKS

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| SOFT DRINKS - 330ML | 12 |
| SOFT DRINKS - 440ML | 14 |
| GRAPETIZER | 20 |
| APPLETIZER | 20 |
| PLAY ENERGY DRINK, POWERADE | 22 |
| DRAGON ENERGY DRINK | 17 |
| REDBULL ENERGY DRINK | 30 |
| FUSE ICE TEA (PEACH OR LEMON) | 18 |
| BOS SUGAR FREE ICE TEA (PEACH) | 20 |
| SIR JUICE FRUIT JUICE 330ML | 21 |
| SIR JUICE FRUIT & VEGETABLE JUICE CARROT,BEETROOT,KALE | 29 |
| VALPRE MINERAL WATER STILL/SPARKLING | 17 |
| VITAMIN WATER | 23 |

SMOOTHIES

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| MANGO, STRAWBERRY, STRAWBERRY & BANANA, GRANADILLA, LEMONADE, MIXED BERRY, MINT & LIME | 35 |
| PROTEIN SMOOTHIE | 45 |
| PEANUT BUTTER, BANANA, CHIA SEADS, HONEY, CINNAMON | |

MILKSHAKES

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|--|----|
| VANILLA, CHOCOLATE, STRAWBERRY, FRULATA | 35 |
| BUBBLEGUM, LIME, BANANA, CARAMEL, HAZELNUT & POPCORN, COFFEE MILKSHAKE | |

FREEZOS

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|--|----|
| FREEZO'S COFFEE, CHAI, WHITE CHOCOLATE, COCO MOCHA NUT | 38 |
| SUPER FOOD FREEZO'S BEETROOT, MATCHA, TURMERIC | 40 |

GOURMET SHAKES

| | |
|-----------------------------|----|
| TEX DELIGHT | 45 |
| OREO ALL DAY LONG | 45 |
| BAR-ONE BADNESS | 45 |
| FERRERO ROCHER FOREVER | 45 |
| PEPPERMINT CRISP PERSUASION | 45 |
| HORLICKS HEAVEN | 45 |
| MILO MEGALICIOUS | 45 |

take away menu

BREAKFAST

SERVED WITH WHITE OR BROWN TOAST,
(LOW GI/RYE ADD R 4)
SCRAMBLED, FRIED OR POACHED EGGS

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| MINI CITY SPECIAL | | 35 |
| 2 EGGS, 1 RASHER BACON, 1 SLICE GRILLED TOMATO 1 SLICE OF TOAST | | |
| EARLY PERK | | 43 |
| 2 EGGS, 2 RASHERS OF BACON, GRILLED TOMATO AND 1 SLICE OF TOAST | | |
| ON THE RUN | | 55 |
| 2 EGGS, 2 RASHERS BACON, GRILLED TOMATO AND MUSHROOMS. SERVED WITH 1 SLICE OF TOAST | | |
| CITY PERK BREAKFAST | | 68 |
| 2 EGGS, 2 RASHERS BACON, PORK/BEEF SAUSAGE, MUSHROOM, GRILLED TOMATO AND CHIPS. SERVED WITH 1 SLICE OF TOAST | | |
| BANTING BREAKFAST | | 50 |
| 2 EGGS, BACON, MUSHROOM, GRILLED TOMATO | | |
| ADD BEANS OR 2 HASH BROWNS TO ANY ABOVE | | 10 |
| BREAKFAST DAGWOOD | | 55 |
| | REGULAR | LARGE |
| FRESH FRUIT SALAD | 32 | 42 |
| FRESH FRUIT SALAD, MUESLI, YOGHURT | 42 | 48 |

TOASTED SANDWICHES

PREPARED ON WHITE OR BROWN BREAD
(LOW GI/RYE ADD R 4)

| | |
|---|-----------|
| BACON, EGG & CHEESE | 45 |
| BACON & CHEESE | 42 |
| BACON & EGG | 42 |
| CHICKEN / TUNA MAYONNAISE | 45 |
| MOZZARELLA, BASIL PESTO & TOMATO (V) | 40 |
| SAVOURY MINCE & MOZZARELLA | 45 |
| HAM, CHEESE & TOMATO | 42 |
| CHEESE & TOMATO (V) | 41 |
| CHEESE (V) | 39 |
| BEEF STRIPS -CHEDDAR, ONIONS, SWEET CHILLI | 48 |
| CHICKEN STRIPS -MOZZARELLA, ONIONS, SWEET CHILLI | 48 |
| DAGWOOD -HOME MADE BREAD | 58 |

FRESH SANDWICHES

PREPARED ON WHITE OR BROWN BREAD
(LOW GI/RYE ADD R 4)

| | |
|---|-----------|
| CHICKEN MAYONNAISE OR TUNA MAYONNAISE | 42 |
| BACON & EGG, LETTUCE, TOMATO | 40 |
| HAM, CHEESE & TOMATO | 40 |
| LOW GI - CHICKEN MAYONNAISE, BABY SPINACH, AVO, BLACK PEPPER | 49 |
| LOW GI - PASTRAMI, LETTUCE, TOMATO & DIJON MUSTARD | 45 |
| LOW GI - SALAMI, LETTUCE, TOMATO & CREAM CHEESE | 45 |

GOURMET CIABATTAS

PREPARED ON A TOASTED CIABATTA BREAD

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|--|-----------|
| URBAN SMOKED CHICKEN | 55 |
| SMOKED CHICKEN, BACON, MOZZARELLA CHEESE AND BASIL PESTO | |
| BEEF CIABATTA | 55 |
| BEEF STRIPS, CARAMALISED ONIONS, CHEDDAR, LETTUCE, TOMATO & SWEET CHILLI RELISH | |
| CHICKEN CIABATTA | 55 |
| CHICKEN STRIPS, CARAMALISED ONIONS, MOZZARELLA, LETTUCE, TOMATO & SWEET CHILLI RELISH | |

PLATTERS / FUNCTIONS

PLEASE SEE OUR WEBSITE FOR PLATTERS &
RESTAURANT MENU, WE ALSO SUPPLY TRAINING
MEALS

WRAPS

| | |
|--|-----------|
| SMOKED CHICKEN & BACON | 46 |
| SWEET CHILLI BEEF & CHEDDAR | 46 |
| GRILLED CHICKEN, TZATZIKI & HUMMUS | 46 |
| CAJUN CHICKEN | 46 |
| HALLOUMI, AVO & BASIL PESTO (V) | 46 |
| RED KIDNEY BEAN, HUMMUS, PEPPER DEW, BABY SPINACH (V) | 46 |
| CHICK PEA, TZATZIKI, AVO, SESAME SEEDS, MIXED PEPPERS (V) | 46 |
| ADD CHICKEN OR BACON TO ANY VEGETARIAN WRAPS | 10 |
| ADD CHIPS TO ANY OF THE ABOVE | 10 |

TRAMEZZINIS

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|---|-----------|
| TOASTED PITA BREAD WITH MOZZARELLA | |
| CHICKEN / TUNA MAYONNAISE | 63 |
| SPINACH, FETA & OLIVES (V) | 60 |
| BEEF STRIPS & FRIED ONION | 63 |
| SMOKED CHICKEN & BACON | 63 |
| SAVOURY MINCE & CHILLI | 63 |
| HALLOUMI, AVO & BASIL PESTO (V) | 63 |
| THE WORKS BEEF, CHICKEN, GARLIC, ONION, CHILLI | 63 |
| ADD CHIPS TO ANY ABOVE | 10 |

HOT MEALS TO GO FROM 11 AM

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|---|----------------------------|
| CHICKEN LEG 1/4, CHIPS OR SALAD | 48 |
| CRISPY CHICKEN / CHIPS OR SALAD | 55 |
| GRILLED HAKE / CHIPS OR SALAD | 55 |
| CHICKEN WINGS / CHIPS OR SALAD | 55 |
| LASAGNE & GREEK SALAD | 55 |
| THAI CHILLI BEEF OR CHICKEN NOODLE STIR FRY | 55 |
| HALF CHICKEN & CHIPS | 66 |
| "A" GRADE STEAK, PAP, TOMATO & ONION GRAVY | 48 |
| CHICKEN LEG 1/4, PAP, TOMATO & ONION GRAVY | 48 |
| FISH OR 1/4 CHICKEN ONLY "NO SIDES" | 27 |
| SEE OUR DAILY SPECIALS BOARD | |
| | LARGE GRANDE |
| HOME MADE SOUP OF THE DAY (IN WINTER) | 32 37 |
| HOME MADE SOUP OF THE DAY & ROLL | 37 42 |

SALADS

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| TUSCAN BEEF OR CHICKEN, BULGHAR WHEAT SALAD | 55 |
| MEDITERRANEAN CHICKEN OR BEEF COUSCOUS SALAD | 55 |
| CRUNCHY ORIENTAL CHICKEN SALAD | 48 |
| SLICED GREEN & RED CABBAGE, CARROT, SPRING ONION, ROASTED NOODLES, TOPPED WITH CHICKEN BREAST, DRIZZLED WITH SESAME SEEDS, AND ZESTY ORIENTAL DRESSING | |
| BASIL PESTO BUTTER BEAN SALAD (VEGETARIAN REPLACE CHICKEN WITH AVO) | 55 |
| GRILLED BUTTER BEANS, GRILLED CHICKEN, IN A BASIL PESTO VINAIGRETTE TOPPED WITH CHERRY TOMATOES & FETA | |
| CHICKEN PASTA SALAD | 48 |
| SMOKED CHICKEN, BASIL PESTO, CHERRY TOMATOES MIXED IN FUSILLI PASTA | |
| GRILLED CHICKEN OR BEEF SALAD | 46 |
| GRILLED CHICKEN OR BEEF STRIPS SERVED ON A BED OF LETTUCE, CUCUMBER, TOMATO, ONION & PARMESAN CHEESE | |
| HALLOUMI, AVO, BASIL PESTO SALAD (V) | 48 |
| MEDLEY OF MIXED LETTUCE LEAVES, TOMATO, CUCUMBER, GRILLED HALLOUMI WEDGES, SLICED AVO & BASIL PESTO | |

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