

# city perk café

GREAT FOOD, FRESHLY PREPARED

## TAKEOUT & DELIVERY MENU

### BREAKFAST

\* Served until 12h30

\* Served with housemade or regular white or brown toast

\* Add R6 for housemade rye, low GI or banting toast

\* Your choice of scrambled, fried or poached eggs

#### MINI CITY SPECIAL

1 Egg, 1 rasher of bacon, grilled tomato, slice of toast

#### EARLY PERK

2 Eggs, 2 rashers of bacon, grilled tomato, slice of toast

#### ON THE RUN

2 Eggs, 2 rashers of bacon, grilled mushrooms, grilled tomato, slice of toast

#### CITY PERK

2 Eggs, 2 rashers of bacon, pork or beef sausage, baked beans, mushrooms, grilled tomato, grilled onions, housecut chips, slice of toast

#### BANTING

2 Eggs, bacon, mushrooms, grilled tomato, avocado, slice of banting toast

#### THE VEGETARIAN (V)

2 Eggs, grilled mushrooms, tomato, grilled halloumi, hash brown, avocado, slice of toast

#### CREATE YOUR OWN OMELETTE (Select any 3 fillings) \*(15 min prep time)

Bacon, cheddar cheese, grilled peppers, grilled onions, grilled tomato, avocado, grilled mushrooms, chopped fresh chilli, sundried tomato, spicy tomato & onion salsa, cream cheese, mozzarella, chorizo; slice of toast

#### UPTOWN OMELETTE \*(15 min prep time)

Mild creamy peri-peri chicken livers, grilled peppers, grilled onions, slice of toast

#### FRESH FRUIT SALAD

#### FRESH FRUIT SALAD, MUESLI, YOGHURT

### TOASTED SANDWICHES

\* Housemade or regular white or brown toast

\* Add R6 for housemade rye, low GI or banting toast

#### BACON, EGG & CHEESE

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#### CHICKEN MAYONNAISE OR TUNA MAYONNAISE

#### MOZZARELLA, BASIL PESTO & TOMATO (V)

#### SAVOURY MINCE & MOZZARELLA

#### HAM, CHEESE & TOMATO

#### CHEESE & TOMATO (V)

#### CHEESE (V)

#### BEEF STRIPS, CHEDDAR, ONIONS, SWEET CHILLI

#### CHICKEN STRIPS, MOZZARELLA, ONIONS, SWEET CHILLI

#### DAGWOOD (Housemade bread)

#### BREAKFAST DAGWOOD (Regular bread)

#### TOASTED BEEF & CHEESE BURGER

Add housecut chips, greek salad or coleslaw to any of the above

### FRESH SANDWICHES

\* Housemade or regular white or brown bread

\* Add R6 for housemade rye, low GI or banting bread

#### CHEESE & TOMATO

#### HAM, CHEESE & TOMATO

#### CHICKEN MAYONNAISE OR TUNA MAYONNAISE

#### BACON & EGG, LETTUCE, TOMATO

#### CHICKEN MAYONNAISE, BABY SPINACH, AVO, BLACK PEPPER

(Low GI bread)

### GOURMET CIABATTAS

#### SMOKED CHICKEN

Smoked chicken, bacon, mozzarella, basil pesto

#### BEEF

Beef strips, caramelised onions, cheddar, lettuce, tomato, sweet chilli relish

#### CHICKEN

Chicken strips, caramelised onions, mozzarella, lettuce, tomato, sweet chilli relish

#### CHICKEN MAYO

Chicken mayonnaise, back bacon, cheddar cheese, avo, lettuce, tomato

### WRAPS

#### SMOKED CHICKEN & BACON

#### SWEET CHILLI BEEF & CHEDDAR

#### GRILLED CHICKEN, TZATZIKI & HUMMUS

#### CAJUN CHICKEN

#### HALLOUMI, AVO & BASIL PESTO (V)

#### RED KIDNEY BEAN, HUMMUS, PEPPER DEW, BABY SPINACH (V)

#### CHICK PEA, TZATZIKI, AVO, SESAME SEEDS, MIXED PEPPERS (V)

Add housecut chips, greek salad or coleslaw to any of the above

### TRAMEZZINI

#### EGGS, BACON, TOMATO

#### SALAMI, OLIVES, TOMATO NEW

#### CHICKEN MAYONNAISE OR TUNA MAYONNAISE

#### SPINACH, FETA, OLIVES (V)

#### BBQ BEEF STRIPS, FRIED ONION

#### SMOKED CHICKEN, BACON, BASIL PESTO

#### SAVOURY MINCE, CHILLI

#### HALLOUMI, AVO, BASIL PESTO (V)

#### CAJUN CHICKEN, GRILLED ONION, SWEET CHILLI RELISH

#### THE WORKS - BEEF STRIPS, CHICKEN STRIPS, GARLIC, ONION, CHILLI

Add housecut chips, greek salad or coleslaw to any above

### MEALS

#### QUARTER CHICKEN, HOUSECUT CHIPS OR GREEK SALAD

#### STEAK, HOUSECUT CHIPS, TOMATO & ONION GRAVY

#### QUARTER CHICKEN, RICE, TOMATO & ONION GRAVY

(Seasoned, bbq or lemon & herb)

#### CRUMBED CHICKEN STRIPS, HOUSECUT CHIPS OR GREEK SALAD

#### CRUMBED HAKE STRIPS, HOUSECUT CHIPS OR GREEK SALAD

#### GRILLED HAKE, HOUSECUT CHIPS OR GREEK SALAD

#### GRILLED HAKE, RICE, GRILLED VEG, GRAVY

#### CHICKEN WINGS, HOUSECUT CHIPS OR GREEK SALAD

#### CREAMY BUTTER CHICKEN CURRY, RICE

#### THAI CHICKEN OR BEEF NOODLE STIR FRY

#### QUARTER CHICKEN & PAP, TOMATO & ONION GRAVY

#### STEAK & PAP, TOMATO & ONION GRAVY

#### BBQ RIBS & 2 WINGS, HOUSECUT CHIPS OR GREEK SALAD

#### PLATTER FOR ONE - PERI-PERI CHICKEN LIVERS, WINGS, BBQ RIBS, HOUSECUT CHIPS

#### BEEF OR CHICKEN PREGO & HOUSECUT CHIPS

#### 6 SAMOOSAS & HOUSECUT CHIPS

#### PIE & HOUSECUT CHIPS

Add housemade prego sauce, salad dressing or sweet chilli sauce (all 20ml) 4

### SALADS

#### CRUNCHY ORIENTAL CHICKEN

Grilled cajun spiced chicken breast, sliced green & red cabbage, carrot, spring onion, roasted noodles, sesame & zesty oriental dressing

#### WARM BUTTERBEAN & BASIL PESTO CHICKEN

Butterbeans pan seared in a basil garlic pesto, sliced chicken breast, avocado, romana tomatoes, feta cheese, julliene carrots & micro greens

#### CHICKEN PASTA

Smoked chicken, basil pesto, cherry tomatoes, fusilli pasta

#### GRILLED CHICKEN OR BEEF

Grilled bbq chicken or bbq beef strips, mixed lettuce leaves, cucumber, tomato, onion, parmesan cheese

#### HALLOUMI, AVOCADO & BASIL PESTO (V)

Grilled halloumi cheese, medley of mixed lettuce leaves, tomato, cucumber, sliced avo & basil pesto

#### CAJUN CHICKEN & CHICKPEA

Diced cajun chicken breast, grilled chickpeas, cherry tomato, cucumber, red onion, corn, feta cheese, olives, micro greens, housemade vinaigrette

WE DELIVER

## BURGERS

\* 150g Housemade pure beef patty, grilled with bbq basting or 150g chicken breast, grilled with bbq basting

THE ORIGINAL WITH LETTUCE, TOMATO, ONION	66
CHEESE, LETTUCE, TOMATO, ONION	72
BACON & CHEESE, LETTUCE, TOMATO, ONION	77
BACON, EGG & CHEESE, LETTUCE, TOMATO, ONION	83
Add housecut chips to your burger	20

## BANTING MEALS

CHICKEN QUARTER	77
Marinated flamegrilled chicken leg quarter (seasoned, bbq or lemon & herb) & any two sides: avo, boiled eggs, tomato & cucumber, cream cheese, bean salad	

CHICKEN BREAST	83
2 Chicken breasts & any two sides: avo, boiled eggs, tomato & cucumber, cream cheese, bean salad	

NAKED BURGER	105
150g Housemade pure beef patty, grilled mushrooms, sliced tomato, cream cheese, greek salad	

NAKED VEGAN BURGER	105
150g Vegan patty, grilled mushrooms, sliced tomato, cream cheese, greek salad	

STROGANOFF	83
Creamy beef & mushroom stroganoff, grilled vegetables	

## HOT BEVERAGES

\* All coffees available in decaf at no extra charge

COFFEES	R	L	G
FILTER COFFEE	18	25	28
AMERICANO		28	32
CAPPUCCINO FROTH	30	35	39
CAPPUCCINO CREAM		39	44
CAPPUCCINO RED (Rooibos)		36	38
FLAT WHITE (Regular only)	30		
ESPRESSO		sngl 24	dbl 26
MACCHIATO (Espresso topped with foam)		sngl 25	dbl 27
CORTADO (Espresso with a splash of milk)		sngl 25	dbl 27
BULLETPROOF COFFEE (Espresso, salted butter, MCT Oil)		50	
LATTE	30	35	40
FLAVOURED LATTE		43	47
MOCHACHINO (Hot chocolate with a shot of espresso)	40	44	49
OVER ICE COFFEE CLASSIC		32	
OVER ICE COFFEE (Vanilla, caramel, hazelnut)		38	
EXTRA COFFEE SHOT			10

TEAS	R	L	G
TEA (Five Roses or Rooibos)	17	25	28
TWININGS HERBAL TEAS (Ask for selection)		27	30

HOT DRINKS	R	L	G
Horlicks, Milo, hot choc, white hot choc, coco mocha nut	32	36	42

CHAI & SPECIALITY LATTES	R	L	G
CHAI TEA	32	36	42
DIRTY CHAI (Chai tea with a shot of espresso)	40	44	49
GOLDEN LATTE (Turmeric, cinnamon, honey)		36	42
MATCHA LATTE (Green tea powder)		36	42
CRIMSON LATTE (Beetroot & honey)		36	42
HOT WATER & LEMON			9
HOT WATER, HONEY & LEMON			11

Add speciality milks - Cream, soya milk, almond milk, fat free milk, oat milk 8

Add speciality syrups - Vanilla, caramel, hazelnut, ginger, salted caramel 8

Add fresh mint or fresh ginger 10

## COLD BEVERAGES

COLD DRINKS	200ml	300ml	440ml
SOFT DRINKS - Selection	15	17	19
CAPPY JUICES			18
APPLETISER, RED GRAPETISER			26
ICED TEA - Peach, lemon			23
VALPRÉ MINERAL WATER - 500ml Still or sparkling			21
RED BULL - 250ml			32
DRAGON - 500ml			17
POWERADE - 500ml			30
POWER PLAY - 440ml			30
MONSTER - 500ml			30
BONAQUA PUMP STILL WATER - 750ml			18
AQUELLE FLAVOURED WATER - 500ml			18

## SMOOTHIES

100% NATURAL HOUSEMADE FRESH FRUIT SMOOTHIES	50
No preservatives, no colourants, no additives	
ANTIOXIDANT - Strawberry, mango, pineapple, kiwi	
ENERGY - Strawberry, banana, chia seeds	
DETOX - Spinach, celery, broccoli, banana, pineapple, mango	
WELLNESS - Raspberry, blueberry, banana	
PROTEIN - Peanut butter, banana, cocoa, whey protein, milk, yoghurt, honey	55
Add soya milk, almond milk, fat free milk, oat milk	9
Add whey protein	12
CORDIAL SMOOTHIES	45
Mango, strawberry, granadilla, lemonade, strawberry & banana, mixed berry, mint & lime, coco mocha nut, fruit cocktail, ginger	

## JUICES

Mango, cocktail, strawberry, orange, cranberry	30
HEALTH SHOTS	28

## FREEZOS

Coffee, chai tea, coco mocha nut, matcha tea, chocolate, white choc	48
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VIETNAMESE COFFEE (CÀ PHÊ SUA DA)	45
Vietnamese coffee, condensed milk, ice	

## MILKSHAKES

Vanilla, chocolate, caramel, salted caramel, bubblegum, lime, banana, strawberry, coffee, frulata	45
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## GOURMET MILKSHAKES

Tex, BarOne, Ferrero Rocher, Horlicks, Milo, Kit-Kat, 5 Star, Lunch Bar, Peppermint Crisp, white chocolate, mint chocolate, wholenut chocolate	55
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### PLATTERS & CATERING FOR FUNCTIONS & MEETINGS

Please review our Platters Menu or Restaurant Menu, or discuss your requirements with your Server.

### VEGAN & VEGETARIAN

We would love to prepare something special for you. Please ask your Server.

NOTE: Prices are subject to change.

WE DELIVER

OPEN: MON to FRI 06h30 - 15h00

70 Fox Street, Marshalltown ~ Entrance on Main Street

CONTACT: JULIAN ~ 011 838 9755 / 081 843 4083 or email julian@cityperkcafe.co.za



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