

Hot Drinks

Cafe Latte - R12
Cappuccino - R12
Americano - R12
Espresso - R8
Filter Coffee - R8
Tea- R8

Ice Drinks

Iced Coffee - R15
Iced Latte - R15
Fruit Smoothy - R18

Soft Drinks

ABI Softs - R10
Tizers - R13
Ice Tea - R13
Vitamin Water - R16

Breakfast Buffet

R70 per person for a fine selection of hot & cold delicious, freshly prepared items

Breakfast

Croissant with preserves and cheese
- R25.00

Homemade muffins
- R18.00

Health Start Glass

A milkshake glass filled with layered muesli, sliced fruit and yoghurt, topped with a dash of honey and fresh mint
- R24.00

The Stack

A homemade herb rosti, stacked with grilled tomato, a sauté brown mushroom and poached egg, topped with glazed red onion, accompanied by a rocket herb salad
- R35.00

The foods that promote longevity, virtue, strength, health, happiness, and joy; are **smooth**, substantial, and **agreeable** to the stomach

- Bhagavad Gita

Sandwiches

Topped Toasted Ciabatta or toasted bagels

Buttered and toasted, rubbed with garlic (optional), topped with rocket, sliced cocktail tomatoes, discs of mozzarella cheese and your choice of:

Rare grilled Beef with Sesame
- R35.00

Cajun pan-fried chicken
- R35.00

Grilled Vegetables
- R30.00

...all topped with watercress and drizzled with olive oil and balsamic blend.

Salads

Lentil, aubergine and feta
- R35.00

Butternut, chickpea & rocket
- R35.00

Grapefruit, avocado & watercress
- R35.00

There is **no** sincerer love
than the **love** of food

- George Bernard Shaw

Lunch Buffet

R85 per person quick business lunch
with beautiful salads and always a
low GI option

The *belly* rules the **mind** - Spanish Proverb

Monday-Friday: 7am-5pm and Saturday: 9am-11am
Tel: (011) 789-7992 ✨ www.hacklebrooke.co.za