# Breakfasts (Served all day)

## Bread Choice: Rye, Seedloaf, low GI White, Brown or Whole Wheat:

###  Check with waitron re Ciabatta, Croissants, etc

-Anchovette and Tomato R25

-Savoury Mince on Toast, Tomato, Rocket R55

-Mushrooms in a Creamy Garlic Sauce R48

Scrambled Egg on Toast, Tomato, Rocket R30

* Add Salmon R55

**Oats**, Creamy Oats with Cinnamon, Honey R35

## Healthy Wake-Up

Fresh Fruit Salad & Greek Yoghurt, drizzled with Honey & Almonds R39

Add Muesli or Granola with toasted seeds / nuts R10

## Mr Pearce Vegetarian

Pan-fried Baby Tomatoes, Mushroom, Green Pepper, Onion, PeppadewTM

& Sweet Chilli Sauce, served on Toast topped with Fried Egg & Rocket R55

 -Add Bacon R68

## Runner’s Breakfast

2 Eggs 2 Rashers Bacon, Grilled Tomato, Toast, Jam and Marmalade R35

Add Caramelised Banana R36

 Baked Beans R35

## English Breakfast

Juice, small, 2 Eggs, 3 Rashers Bacon, Beef OR Pork Breakfast Sausage, Grilled Tomato and Mushrooms, Toast, Marmalade, Jam, Coffee or Tea R 68

## Eggs Benedict

- One-Egg, Poached, Hollandaise Sauce on a Home-made Hash Brown with Ham or Bacon, Grilled Tomato, Rocket, Toast R 55

- One-Egg Poached as above, but with Salmon R 62

Add another Egg extra R 5

## Traditional Omelette

3-Egg Omelette, served with Toast and two fillings of your choice R 48

Select from: Mushrooms, Cheese, Onion, Bacon, Ham or Chicken

Add: Mushrooms or Cheese or Onion or Avocado (seasonal) extra R 8

Bacon or Ham or Chicken or Chorizzo Sausage extra R 15

Breakfast Croissant or Wrap;

Bacon, Scrambled Egg, Rocket & Balsamic Baby Tomatoes, Avo R 55

Canadian French Toast

2 Slices White Bread dipped in Egg and Milk, served with

Crispy Bacon, Grilled Banana and Maple Syrup on the side. R 50

* Substitute bread for a Croissant R 58

# Lunch

# Toasted Sandwiches (served with Chips or Salad)

**100% Rye, Potato, Seedloaf, White, Brown or Whole Wheat Bread (low GI)**

-Cheddar Mozzarella mix and Tomato R 38 only R30

-Gypsy Ham and Cheese (request mustard!) R 46 only R35

-Crispy Bacon and Fried Egg R 45 only R32

-Creamy Chicken Mayo and PeppadewTM R 48 only R40

# Trammezini OR Croissant (with Chips or Salad)

**Toasted Italian Flat Bread or Croissant with melted Mozzarella &Cheddar**

**Cheese; Topped with one of the following:**

-Crispy Bacon, Avocado and traditional style Feta R 58

-Creamy Chunky Chicken, Mayonnaise and PeppadewTM R 55

-Bacon, Scrambled Egg, Roasted Tomato and Rocket R 55

-Roasted Vegetables, Salad Greens, Tomato and Feta R 55

# Wraps

## Cajun Chicken Wrap

Chicken Fillets in Sweet Chilli Mustard Sauce with Tomato, Shredded Lettuce or Rocket, PeppadewTM and Avocado (in season) R 49

Beef Wrap

Seared Beef Strips, Barbecue Sauce, Spring Onions, Beans, Shredded Carrots,

Tomato and Lettuce R 62

## Vegetarian Wrap

Pan-fried Tomato, Onion, Mushroom, Green Peppers, PeppadewTM in a Sweet Chilli Sauce with Salad Greens R 50

Roasted Vegetables: Butternut, Tomato, Mushroom, Peppers, PeppadewTM with Sesame Seeds, Feta Cheese and Salad Greens R 56

# Burgers (served with either Chips or Salad)

**Grilled Beef Burger** **with either Chips or Salad**

Juicy Beef Burger served on a bed of Greens and topped with Tomato, Onion Marmalade and Barbecue Sauce R 60

Add Cheddar Cheese Or Bacon extra R 15.00

## Chicken Burger with either Chips or Salad

Fillet of Chicken Breast Pan-fried with Honey Mustard on a bed of Greens, and topped with Tomato R 58

Add Cheddar Cheese Or Bacon extra R 15.00

 **Potato or Sweet Potato CHIPS**

Large R20

Medium R15

# Lunch (cont)

# Soup of the Day, Bread or Toast R35

# - Add Cheese Toastie R50

# Chicken Pie, Roasted Veges OR Salad R60

## Quiche of the Day, Veges OR Salad R55

# Curry and Rice, Salad, Sambals R60

## Steak, Egg, Chips (sq) R85

### **Quiche Selection (nut crust as well as buttery flour crust!) (sq) R65**

**Cottage Pie and Salad or Roast Veges R55**

## Bobotie, Yellow Rice, Salad R60

### **Panfried Fish on bed of Mashed Potato with Salad or Veg R65**

# Etc...

# Salads

## Caesar Salad

Chicken Fillet Strips or Crispy Bacon served on a bed of Mixed Greens, Cucumber, Baby Tomatoes and Spring Onions with Croutons and topped with Shaved Parmesan Cheese R 54

## Sesame Soy Chicken Salad

Grilled Chicken Strips, basted with Sesame Seed and Soya Sauce, on a bed of Mixed Greens, Cucumber, Baby Tomatoes, Avocado (in season), Spring Onion and Feta Chunks R 56

## Salmon & Avocado Salad

Sliced Smoked Salmon, Salad Greens, Feta, Sprouts, (if available) Avocado (in season), Cucumber, Spring Onion and Baby Tomatoes R 65

## Tuna & Avocado Salad

Shredded Tuna on a bed of Salad Greens, Cucumber, Apple, Olives, Feta, Avocado (in season), Spring Onion, Baby Tomatoes R 48

**Banting - SOMETHING SWEET**

Baked Apple, Dried Fruit and Greek Yoghurt R32

Fruit Smoothies (Yoghurt OR Coconut Milk, Avo, Almonds R35

Flourless Crumpets, Berries, Honey or Maple Syrup and Butter R35

French Souffle’ Omelette, Berries and Greek Yoghurt R35

**Something Sweet**

**Scones**

* Plain with Butter & Jam R20 Add cheese R25
* Cream Scones R25
* Orange Zest, & Date R22 Add Cheese R26

**Croissants**

* Plain with Butter & Jam R16 Add cheese R25
* Chocolate R22
* Fig Preserve, Cheese R27
* Glace Icing and Almonds R22

**Cakes**

* The Famous Baked Cheesecake R30
* Carrot Cake R30
* Muffins, selection of the day R20

Please check on availability of other cakes such as Lemon Merringue, Bar One Choc Cake, Muffins, etc

**Pancakes**

* Cinnamon Sugar, Lemon R28
* Stewed Cinnamon Apple, Cream R38
* Caramel, Fried Banana,Ice Cream R38
* Nutella, Cream or Ice cream R36

**Crumpets (sq)**

* 3-pile stack, syrup or honey R30
* With Syrup, Berry Compote and Icecream R40

**Waffles:**

* Syrup, Cream or Ice cream R30
* Berry Compote, Cream or Icecream R38

**Vanilla Ice Cream**

* With Fresh Fruit Salad R35
* Top with Chocolate, Berry OR Caramel sauce R25

**Panforte**

A slice of sticky, chewy and nutty “dried fruit-ness”. R30

**Banting Friendly Desserts**

* Baked Stuffed Apple, Caramel sauce,Yoghurt R35
* Chocolate Mousse Pots R35

**Sweet Cheats:**

* Meringue Nest; filled with Lemon Curd Cream R30

**Need something for book club, office treats,Birthday cake,…? Please order from Lynn**

# Hot Beverages

## Coffees

## Americano R18

### Decaf R18

### Plunger Coffee R16

### **Cappuccino** (Single) weaker! R22

### Cappuccino (Double) stronger! R25 Cream Cappo made with cream R28

### Baby Chino (frothy milk with Nesquick for kiddies) R6

###  **Latte** (Single) R22

###  Latte (Double) R25

### **Spiced Chai Latte,** served with a sprinkling of Cinnamon & Honey R25

### **Flat White** Espreso shot with hot milk R23

### **Café Mocha** (Mochaccino)

equal blend of espresso & hot chocolate with frothed milk R25

### **Espresso**

Single (short black) R15

Double R18

Milk on the side R18

### **Macchiato** espresso stained with frothed milk R18

## Teas

### Ceylon or Rooibos, R15

### Flavoured Teas, Fruity Hot Pot R16

### Herbal Teas, Flavoured Rooibos, Green Tea, Vanilla Chai Tea R16

### **Rooibos Cappuccino** (Red Espresso) drizzle of Honey & Cinnamon R23

## Hot Chocolate

-Hot Chocolate with froth topping R 23

-Hot White – white Frothy Chocolate R 25

-Italian Dark Chocolate (smooth and creamy) R 26

**Hot Toffee Frothy** R25

# Cold Beverages

## Iced Coffees / Frappes

- Made with Ice Slush and Coffee R20

- Ice Cream and Roasted Coffee R28

- Iced Toffee Coffee (with Vanilla ice cream) R30

## Milkshakes

Chocolate, Vanilla, Strawberry, Banana, Lime, Toffee or Bubblegum

-Short glass R 25

-Tall glass R 30

**Fresh Fruit Smoothies**

**Opt with low fat Greek Yoghurt or Coconut Milk** andseasonal, fresh Fruit(Mango, Orange, Pine, Apple, Banana, Berries, Coconut, Orange)

-Short glass R25

-Tall glass R28

Breakfast Smoothie (Yoghurt, Fresh Fruit and Muesli) R32

**Fruilaties (Ice Cream and fresh fruit blend)**

-Short glass R25

-Tall glass R30

## Fruit or Vegetable Juices

Orange, Apple, Strawberry, Mixed Berry, Mango, Grapefruit, etc

Short glass R16

Tall glass R20

Fresh Reboot Juice: (Apple Juice, Crushed Ice and Red Tea shot) R25

Fresh Detox Vege Juice (Beets, Greens, Ginger, Carrot, Pineapple) R25

## Soft Drinks

Coke, Coke Lite, Sprite, Cream Soda, Fanta, Ginger Beer, Sprite, etc R15

Appletizer or Grapetizer R16

Iced Tea (Various flavours) R16

## Water

Still or Sparkling R12

 R25

Italian Dark Chocolate (smooth and creamy) R26

Enjoy your meal!

# For the Kiddies

**Kiddies Light meals  /  Snacks**:

Small plate of Chips                                               R 15.00

Scrambled Egg on Toast, Tomato                           R 22.00

Chicken Kebabs with Chips                                      R 30.00

Boiled Egg Soldiers, Toast Fingers and

Vegetable Sticks                                                         R 23.00

French Toast with Tomato Sauce or Syrup             R20.00

Fresh Fruit salad, Ball of Ice Cream                     R22.00

**Kiddies Beverages**:

**Fresh Fruit Juice**,

-          extra small                                      R6

-          small                                          R12

(Select from: Orange, Mango, Berry, Pine, Grapefruit, Apple, etc)

**Milk Shakes**

-           small                                              R18

(Select from: Vanilla, Strawberry, Chocolate, Bubblegum, etc)

**Fruit Smoothie with Bran R22**

(nourishing meal in a glass for those kiddies who don’t want to eat)

**Frulati** ( Fruit and Ice Cream Shake)

-          small                                           R18

**Milk Frothy: Baby Chino’s**

-          Extra Small                                    R4.00

-          Small                                              R7.00

# Ask Us About Our Other Services Offered:

# Catering, Gifts, Deli, etc

### Private Functions (Birthdays, Bridal or Baby Showers etc.)

### Business Breakfast, Team Building, Presentations etc.

### Birthday Buffets

### Cocktail Parties

### Garden & Tea Parties

### Sunset Drinks & Snack Parties

Book Club

Farewell Tea with Craft Activity for Friends

**Take-Away Meals**: (place order in advance please)

-     Cottage Pie

- Butternut or Vegetable Soup

-     Lasagna

- Chicken a la King

-     Chicken Pie

-     Bobotie

- Roasted vegetables

- Selection of Vegetarian Dishes

-     Coq au Vin

- Chick Pea and Butternut with Cous Cous or Rice

**-     ETC**

… alternately, book a table for a group of friends to gather, not forgetting to make ANY request, in advance.

**Check our day’s selection for what’s on offer or check with your waitron.**

**Or phone in your own choice a day or two before a celebration and we’ll serve it to you and friends! (We do our own baking in order to ensure quality of ingredients used and also provide variety.)**

 **A little bit about our food**

**We strive to source the freshest, least processed food available.**

**My motto – “If it can rot, we cook it!” As far as possible, we support the organic ally cause, with as little fiddling with genetic material, reduced pesticide exposure and “earth-friendly“ motives.**

**Food is freshly made to order, thus you may need to wait a while.**

**Please let your waitron know if you are in a hurry and we’ll speed it up!**

***Substitute Bacon for Smoked Chicken Rasher***

***Rye Bread and Low GI Bread Options Available***

**Lovely no wheat bread that can be toasted!**

***Salad Accompaniments: Swop your Chips for Salad!***

***Soya, Coconut and Rice Milk Available***

**Menus Available for Specific Dietary Needs**.

 **Enquire about these.**

Gluten-free

Lactose intolerant

Weight reduction / kJ restricted diet

Diabetic

Heart-Smart

Vegetarian or Vegan

Venue for FUNCTIONS

### We do the food and set-up; Cakes, Flowers, Décor, Gifts optional

### Refer to options

### Enquiries: Lynn

### Tel: 021 712 0936 / 084 390 3883

### Email: café-d-arts@telkomsa.net

### [www.lynnwoodevents.co.za](http://www.lynnwoodevents.co.za/)

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