

ANTONIA'S KITCHEN

« GRAB & GO CAFÉ »

ALL DAY BREAKFAST

- **Smashed avocado on toast** with honey cherry tomatoes, feta cheese, baby rocket, pomegranate on seeded bread or sourdough 825/-
Add: bacon 330/- | poached egg 110/- | honeyed halloumi 330/-
- **Eggs your way** - two free range eggs, bacon, tomatoes on seeded bread or sourdough 935/-
- **Buttermilk pancakes** - fluffy pancakes with caramelized bananas or seasonal fruit, maple syrup or honey, Greek yoghurt 715/-
Add: ice cream 400/-
- **Bacon sandwich** - 650/-
Add fried egg 110/-
- **Ham and cheese croissant** & salad 605/-

SIGNATURE SANDWICHES & WRAPS

Wraps/ baguettes/ toasties/ seeded bread/ sourdough (gluten free available) served with chips or salad

- **Falafel wrap** (vegan)
falafel grilled vegetables, tzatziki pomegranate 1420 /-
Add: halloumi 330/-
- **Ham & cheese mustard baguette / toasty** 1410 /-
ham, mature cheddar, mustard
- **Greek chicken & avocado** w/ pink pickled cabbage & secret sauce 1485/-
- **Chicken pesto jalapenos** 1530/-
- **Slow cooked pull pork** - coleslaw, chutney & crunchy salad 1530/-
- **Smokey pulled beef** - w/ sundried tomatoes, mustard mayo & crunchy salad 1540/-
- **Honey glazed halloumi** - w/ slaw, pomegranate, cucumber & tzatziki 1410/-

Dressings: Zingy dressing/Tahini & ginger dressing/Honey Mustard vinaigrette/Asian dressing

BUDDHA BOWLS

(Salad bowls)

- **Protein power bowl** - grilled chicken, avocado, herby quinoa, garden peas, farm fresh boiled egg, Asian slaw, pickled cabbage. (gf) 1350 /-
 - **Earth bowl** (vegan) - falafel, quinoa, roasted butternut, beetroot hummus, peas, cucumber, avocado 1320 /-
- Add on:** halloumi 330/- chicken 385/-
- **Glow bowl** - homemade falafel, baby rocket, quinoa, carrot, avocado, red cabbage, herby spiced chickpeas, roasted tomato, cucumber ribbons & pomegranates. 1310/-
 - **Nourish bowl** - crispy kales, couscous, wild mushrooms, French beans, lentils, avocado, roasted red peppers, honey halloumi. 1310/-
 - **Teriyaki steak bowl** pan seared teriyaki steak, coconut rice, avocado, charred broccoli, pickled cabbage 1650 /-

HOT DISHES

- **The food fairy creamy chicken curry** 1540/-
 - **Best beef burger:** WHB beef & bacon double pattie, cheese, pickles, tomato relish, in a soft bun with chips 1870/-
 - **Asian chicken burger with fries** 1700/-
Add: cheese 330/-
 - **Beef stir fry** with noodles or rice 1500/-
 - **Freshly baked pitta pockets** with a choice of filling: 1540/-
(Get two or mix & match)
- | | |
|---------------------------|----------------------|
| ❖ Greek chicken & avocado | ❖ Smokey pulled beef |
| ❖ Chicken pesto jalapenos | ❖ Slow pulled pork |
| ❖ Honey glazed halloumi | ❖ Falafel |
- **Grilled fish & avocado tacos** - soft corn tortillas filled with grilled red snapper, topped with a fresh zesty slaw, mango salsa with a drizzle of creamy avocado lime sauce and pickled pink cabbage 1375/-
 - **Tandoori cauli chickpea tacos** - soft corn tortillas filled with roasted cauliflower and crispy chickpeas, marinated in fragrant tandoori spices. Topped with a refreshing cucumber yoghurt sauce, and a sprinkle of cilantro. (Vg, Gf) 1155/-

Dressings: Zingy dressing/Tahini & ginger dressing/Honey Mustard vinaigrette/Asian dressing

«LIGHT BITES»

- Grab & go chicken pie & salad 760/-
- Grab & go beef pie & salad 760/-
- Grab & go roast veg & cheese tart & salad (v/ gluten free) 760/-
- Grab & go spinach feta quiche & salad (v) 760/-
- Feta samosas 3 pieces & salad 605/-
- Asian sticky chicken wings (6) 715/-
- Southern fried chicken wings (6) 935/-
- Roast tomato soup with grilled cheese 935/-
- Thai chicken soup 935/-

«KIDS»

- Chicken nuggets and chips 850 /-
- Kids burger 1540/-
- Pizza margarita 1000/-

Add: mushrooms 330/- | Ham 350/-

RAINBOW JUICES – FRESHLY MADE NO ADDED SUGAR

- Burning man shot - carrot, orange, ginger, turmeric 220 /- | 440/-
- Summer fling juice - pineapple, mint, lemon, ginger 495 /-
- Fresh passion - 440 /-
- Punchy pink - watermelon, ginger, lemon 440/-
- Green Juice - cucumber, celery, green apple, lemon 495/-

«SMOOTHIES»

- Glow getter: fresh berries, oat milk, protein powder 605 /-
- Coco protein: coco, banana, coconut milk, protein powder 605/-

«WATER» (500ml / 750ml)

- Still - 255/- | 310 /-
- Sparkling -255/- | 310 /

SPRING VALLEY COFFEE

« COFFEE »

Espresso 230/- | 265/-
Macchiato 255/- | 290/-
Americano 275/-
Flat white 365/-
Cappuccino 285/- | 365/-
Latte 310/- | 365/-
Mocha 340/- | 395/-
Zanzibar latte 440/-
Matcha latte 440/-

«TEA»

Tea (all) 365/-
Hot chocolate 340/- | 395/-
Babycino 275/-

Add: 165/-

Syrup: caramel/hazelnut/vanilla

Plant based milk: almond/oat/soya

«BEERS»

Whitecap 440/-
Tusker 420/-
Tusker lite 495/-

«WINES»

Bruce Jack Sauvignon Blanc 715/- | 3,740/-
Bruce Jack Cabernet Sauvignon Blanc 660/- | 3,520/-
Rose - Gris Blanc..... 825/- | 4,070/-
Fantinel Extra Dry Prosecco..... 880/- | 4,400/-

SWEET TREATS

❖ Muffins Mixed berry/lemon & white chocolate	435/ -
❖ Croissant	495/ -
❖ Pain au chocolat	530/ -
❖ Cinnamon roll	385/ -
❖ Salted honey nourish bar	420/ -
❖ Molten chocolate brownie	430/ -
❖ Choc chip cookies	410/ -
❖ Caramel tartlets (2pcs)	330/ -
❖ Granny fudge (2pcs)	385/ -
❖ Nourish truffles	330/ -
❖ Brownie truffles	330/ -
❖ Energy balls: peanuts, oat, dates & raisins	330/-
❖ Carrot cake	410/ -
❖ Lemon drizzle cake	410/ -

