

A LA CARTE Office Of





	Standard	- 15%
Seasonal Fruit and Yoghurt (vegetarian) Bowl of seasonal fruit salad, muesli, yoghurt and berries	R50	R42.50
Egg on Toast (vegetarian) One egg cooked to order (fried, scrambled or poached) served on one slice of toast (white, brow	R27 wn or rye)	R22.95
Smashed Avo and Toast (vegetarian) Toasted ciabatta, herbed cream cheese, sliced tomato and smashed avocado	R60	R51.00
Flapjacks Served with crispy bacon, banana and maple syrup	R70	R59.50
French Toast (new) Two slices of French toast served with syrup and 4 rashers of bacon	R70	R59.50
Mini Breakfast One egg, with grilled back bacon, pork sausage, grilled tomato and a slice of toast	R65	R55.25
Eggs Benny Toasted English muffin, poached eggs, crispy bacon and Hollandaise sauce	R95	R80.75
English Breakfast 2 eggs, grilled bacon, pork sausage, grilled tomato, sautéed mushrooms, hash brown and a sli	R100 ce of toast	R85.00
Omelette Our omelettes are made with 3 eggs and your choice of 3 fillings: ham, bacon, cheese, tomato, spinach, onion, herbs and chilli. All omelettes are served with a side order of toast and butter	R80 mushroom, pepp	R68.00 ers,
Breakfast Bun A grilled English muffin topped with a fried egg, bacon and cheese	R58	R49.30
Vegan Breakfast (vegan) Sliced and smashed avocado with pan fried tofu, toasted pecan nuts, assorted seeds and tomat bread	R78 to chutney on toa	R66.30 sted rye
Carb Conscious Frittata Sautéed bacon, mushrooms and tomato cooked with eggs, feta and cheddar	R85	R72.25
Chicken Livers on Toast Sautéed chicken livers in a mild peri-peri sauce with a fried egg and roasted cocktail tomatoes	R63 served on toast	R53.55
Salmon Rosti Potato and zucchini rosti, smoked salmon, poached eggs with a zesty tomato and herb gremola	R125 ata	R106.25
Breakfast Bowl Poached eggs, hash brown, chorizo and bean ragout topped with crumbed feta served with toa	R88 ested ciabatta	R74.80
Breakfast Waffle A freshly baked classic waffle served with maple syrup, banana and crispy bacon	R67	R56.95
Breakfast Wrap Scrambled egg, bacon and cheddar with seasonal greens wrapped in a floured tortilla Banting Option	R65	R55.25
Pumpkin or cauliflower wrap Surcharge	R35	R29.75
Breakfast Add-ons: Butter portion (each) Jam portion (each) Toast (1 slice) Egg (boiled, fried, scrambled or poached), tomato (half) Hashbrown (each), baked beans Bacon (1 rasher) Sliced avocado Mince, beef boerewors, pork sausage, mushrooms Bacon (3 rashers) Smoked salmon	R 2 R 3 R 5 R 9 R 9.50 R10.50 R32 R29 R30 R60	R 1.70 R 2.55 R 4.25 R 7.65 R 8.50 R 8.93 R27.20 R24.65 R25.50 R51.00

SERVED DAILY FROM 07:00 - 11:00

	Standard	- 15%
Kiddies French Toast One slice of French toast served with syrup and 2 rashers of bacon	R35	R29.75
Kiddies Flapjacks (vegetarian) Kiddies flapjacks served with vanilla ice cream and syrup	R35	R29.75



SERVED DAILY FROM 11:00

Standard

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- 15%

- 15%

Standard - 15%

Traditional Waffle (vegetarian) R63 R53.55

A freshly baked waffle topped with ice cream, whipped cream and drenched in syrup

Death by Chocolate (vegetarian) R72 R61.20

Waffle batter laced with chocolate chips served with chocolate ice cream, chocolate sauce and chocolate shavings

Waffle Tower (vegetarian) (new) R75 R63.75

3 scoops of vanilla ice cream between freshly made waffles, topped with brownie bits, butter biscuit crumble, caramel popcorn, marshmallows and caramel sauce

Hat Beverages

Filter Coffee	R24	R20.40
Americano	R28	R23.80
Cappuccino	R33	R28.05
Red Cappuccino	R33	R28.05
Café Mocha	R39	R33.15
Decaf Cappuccino	R33	R28.05
Espresso	R22	R18.70
Double Espresso	R28	R23.80
Café Latte	R33	R28.05
Hot Chocolate	R35	R29.75
Milo	R28	R23.80
Macchiato	R26	R22.10
Tea (Five Roses & Rooibos)	R22	R18.70
Chai Tea Latte	R35	R29.75
Flavoured Teas	R28	R23.80
Grande of any of the above additional	Surcharge R15	R12.75
Alternative almond or soy milk	Surcharge R 9	R 7.65

Milkshakes

Large - 350ml R38 R32.30 Kids - 200ml R24 R20.40

Flavours: Vanilla, Chocolate, Lime and Strawberry

Starters

SERVED DAILY FROM 11:00

R90

STARTERS & SALADS

Standard - 15%

R76.50

Peri-Peri Chicken Livers R78 R66.30

Chicken livers in chilli, onion, garlic, tomato, peri-peri sauce with semi-dried tomatoes, parma ham and toasted ciabatta

Salt and Pepper Calamari Served with chips or salad and a brinjal chutney

Grilled Chicken Salad R130 R110.50

Grilled chicken breast with seasonal greens, avocado, spring onion, crispy bacon and parmesan shavings.

Dressed with creamy dijonnaise

Smoked Salmon and Quinoa Salad R143 R121.55

Sliced smoked salmon with seasonal greens, quinoa, grapefruit, fresh coriander, roasted macadamia nuts and quinoa popcorn served with red wine vinaigrette

Summer Salad (vegetarian) (new) R110 R93.50

Greek salad with avocado, olives, feta cheese, green bell peppers and red onion served with oregano flavoured dressing

Tuna Salad (new) R135 R114.75

Tuna salad with black and green olives, cherry tomatoes, cucumber, baby potatoes, green beans, boiled egg and a mustard dressing

M)raps

Standard - 15%

A wheat tortilla with assorted seasonal greens served with chips or a side salad

Chicken Wrap R114 R96.90

Grilled chicken strips, cucumber, cherry tomatoes, feta cheese and sliced avocado with an olive oil and herb vinaignette

Beef Burrito Wrap R136 R115.60

Stir-fried Mexican spiced beef strips, corn salsa, sliced onions, black beans, guacamole and fresh coriander

Wrap Banting Option Surcharge R35 R29.75

Pumpkin or cauliflower wrap

Sandwiches

crispy capers and a herbed cream cheese

Standard - 15%

Served on your choice of white, brown or rye bread with a side salad or chips

Cheddar cheese and tomato (vegetarian) **R63** R53.55 Ham and cheese **R73** R62.05 Ham, cheese and tomato **R77** R62.50 Chicken mayonnaise **R73** R62.03 **R79** R67.15 Bacon, egg and cheese Classic Club Sandwich R120 R102.00

Chicken mayonnaise, fried egg, bacon, cheddar cheese, and tomato

Chicken Tramezzini R110 R93.50

Roast shredded chicken, feta, avocado and sweet chilli in a toasted tramezzini

Smoked Salmon on Rye
Open-faced rye sandwich with seasonal greens topped with sliced smoked salmon, cucumber ribbons, shaved red onion,

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Burgew —	Standard	- 15%
All our patties are served on a toasted sesame seed bun and served with a choice of a s	side salad or chips	
Cheese Beef Burger Topped with cheddar cheese, pickles, tomato and lettuce	R120	R102.00
Cajun Chicken Burger Topped with a mango and capsicum salsa, sweet chilli, crumbled feta and lettuce	R116	R100.30
Schnitzel Burger Crumbed chicken breast topped with three cheese sauce and guacamole	R118	R100.30
CCJ Burger Beef patty topped with grilled onions, bacon, tomato, cheddar cheese, pickles, lettuce ar	R150 nd a fried egg	R127.50
Wagyu Burger A char-grilled 200g wagyu patty, sandwiched between bacon jam and Emmenthaler che chimichurri, served on a brioche bun	R170 ese, topped with pinea	R144.50 apple
Sriracha Chicken Burger BBQ basted chicken breast with toasted sesame seeds, sautéed onions, sriracha mayon	R140 naise and avodaco	R119.00
Burger Banting Option Banting option available on all burgers, replace the bun with a butternut latke	charge R27	R22.95

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ı	120g Sticky pork ribs with Asian coleslaw	R50	R42.50
	120g Mini cheese grillers with sweet chilli sauce	R33	R28.05
	3 Lamb koftas with hummus dip	R65	R55.25
	3 Bobotie spring rolls with fruit chutney	R44	R37.40
	3 Sticky BBQ wings	R39	R33.15
	1 Beef or chicken slider	R34	R28.90
	3 Vegetable spring rolls (vegetarian)	R35	R29.75
	3 Falafels served with raita (vegetarian)	R35	R29.75
	3 Cheese and onion samosas	R51	R43.35
	100g Grilled halloumi with baba ganoush (vegetarian)	R45	R38.25
	100g Mixed marinated olives (vegetarian)	R26	R22.10
	3 Thai fish cakes with peanut sauce (new)	R70	R59.50
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Standard	- 15%

Standard

- 15%

R306.00

Sausage Platter (new)	KOOU
A variety of sausages served with chips and dip, suitable for 4 adults	
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Ribs and Wings Platter (new)	R360	R306.00
Sticky BBQ pork ribs and chicken wings served with chips and dip, suitable for 4 adults		



Loaded Fries (new)

Standard - 15% **R65** R55.22 Perfectly fried rustic style chips topped with cheese sauce, bacon bits and jalapenos *Upgrade your normal fries* **R35** R29.75

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Standard - 15%

Pan-Fried Line Fish R206 R175.10

Served with grilled baby potatoes, green beans, black olives, red onion and lemon butter sauce

Grilled Norwegian Salmon R270 R229.50

Served on a bed of stir-fried Asian vegetables, with wasabi-infused mashed potato and drizzled with our homemade teriyaki sauce

Fish and Chips R133 R113.05

Beer-battered hake, deep-fried or grilled with tartare sauce, chips or a side salad

300g Chalmar Beef Rib Eye R212 R180.20

Char-grilled to your liking, served with baby carrots and potato dauphinoise with a rich red wine demi-glace

250gr Chalmar Beef Fillet (new) R245 R208.25

Char-grilled to your liking, seared rosemary flavored beef fillet served with crushed potatoes, baby carrots and steak Diane sauce

250gr Chalmar Beef Denver Steak (new) R140 R119.00

Char-grilled to your liking served with confit cherry tomatoes, chimichurri and chips

450g Chalmar Lamb Chops R305 R259.20

Char-grilled to your liking served with chips or a side salad and topped with herb butter, rocket and semi-dried tomato

Mixed Grill R193 R164.05

150g Lamb chop, 100g boerewors, chicken thigh, served with chunky tomato and onion gravy served with a choice of pap, chips, mashed potatoes or a side salad

Chalmar Beef Sirloin Steak, Egg and Chips R146 R124.10

Char-grilled to your liking 200g sirloin steak topped with a fried egg and served with your choice of chips or a side salad

Chalmar Beef T-Bone 500g R270 R229.00

Char-grilled to your liking served with chips or a side salad and corn salsa

Salmon Poke Bowl R150 R127.50

Marinated spicy salmon with sushi rice, edamame beans, cucumber, avocado, carrots, toasted sesame seeds and green onion

Chicken Poke Bowl (new) R132 R112.20

Teriyaki marinated chicken with sushi rice, edamame beans, cucumber, avocado, carrots, toasted sesame seeds and green onion

Halloumi Poke Bowl (vegetarian) (new) R142

Fried halloumi cheese with sushi rice, Teriyaki sauce, edamame beans, cucumber, avocado, carrots, toasted sesame seeds and green onion

Chicken Pasta R127 R107.95

Chicken strips with roasted butternut, bacon, chorizo in a blue cheese sauce topped with parmesan shavings

Murgh Makhani (mild) R143 R121.55

Traditional Punjab style butter chicken curry with basmati rice, lentils, sambals, roti and a poppadom

Lamb Rogan Josh (hot) R215 R182.75

Traditional Kashmiri style lamb curry with basmati rice, lentils, sambals, roti and a poppadom

South Indian Fish Curry (mild) (new) R145 R123.25

Traditional South Indian style fish curry cooked with tamarind fruit in a rich tomato gravy with basmati rice, sambals, roti, and a poppadom

Ox Liver and Onion R101 R85.85

Pan-fried ox liver with grilled bacon, caramelised onions, creamy mashed potatoes and red wine jus

Kindly be advised that orders for well done will require longer preparation time
Pay with your Pre-funded Account and benefit from a 15% discount on food and beverages
* Dishes may contain nuts/nut derivatives. Avocado is seasonal.

R120.70

Mains

Standard - 15%

Pap and Wors R85 R72.25

200g grilled boerewors, chunky tomato and onion gravy served with pap, chips or mashed potatoes

Pork Ribs

Sticky BBQ pork ribs served with chips

 Small Portion - 250g
 R117
 R99.45

 Medium Portion - 500g
 R202
 R171.70

 Large Portion - 1kg
 R360
 R306.00

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Standard - 15%

Falafel Burger (vegan) R99 R84.15

Falafel patty topped with fresh red onion, wild rocket, tomato, hummus, guacamole and onion rings

Falafel Wrap (vegan) R96 R81.60

Falafel fritters, hummus, tomato and coriander salsa, lettuce, chickpeas, grated carrot, cucumber and avocado

Thai Curry (vegan) R125 R106.25

Cauliflower, potato, pea, and lentils in a Thai coconut curry cream with basmati rice, sambals and a poppadom

Vegan Pasta (vegan) R120 R102.00

Vegan penne pasta in a classic Neapolitan sauce with basil and rocket

Pizza (vegan) 23cm - 15% 30cm -15% R127 R107.95§ R154 R130.90

Tomato base, vegan mozzarella, courgette, roasted peppers and olives

Sides & Sauces

OPTIONAL SIDES

Optional Sides for All Menu Items (vegetarian)	Standard	- 15%
Side salad	R27	R22.95
Side chips	R27	R22.95
Plate of onion rings	R22	R18.70
Plate of chips and dip	R50	R42.50
Fried egg	R 9	R 7.65
Sliced avocado	R32	R27.20
Feta cheese	R33	R28.05
Seasonal vegetables	R38	R32.30
Pap	R18	R15.30

SIDE SAUCES

Creamy mushroom, Red wine jus, Garlic butter, Traditional cheddar, Chimichurri R32 R27.20 or Pepper sauce

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Pizza

	23cm	- 15%	30cm	-15%
CCJ Vegetarian (vegetarian) Pickled aubergine, baby marrow, artichoke, mushrooms and chilli fla	R90 akes	R76.50	R110	R93.50
Margherita (vegetarian) Tomato base and mozzarella	R77	R65.45	R98	R83.30
Hawaiian Tomato base, mozzarella, ham and pineapple	R90	R76.50	R120	R102.00
CCJ Pizza Tomato base, mozzarella, salami, ham, feta, black olives, chilli, garlio	R113 and roo	R96.05 ket	R150	R127.50
Regina Tomato base, mozzarella, ham and mushrooms	R97	R82.45	R125	R106.25
Rocklands Tomato base, mozzarella, bacon, brie, spiced berry jam and avocado	R120	R102.00	R150	R127.50
Murgh Makhani Calzone Tomato base, mozzarella and traditional Punjab butter chicken curry	,		R165	R140.25
Cajun Chicken Tomato and sweet chilli base, mozzarella, grilled Cajun chicken, grill	R105 ed onion	R89.25 s, avocado, green	R138 and red	R117.30 peppers
Pepperoni Tomato base, mozzarella, pepperoni and oregano	R105	R89.25	R136	R115.60
FAB (new) Tomato base, feta cheese, avocado and bacon	R110	R93.50	R135	R114.75
Chicken Mayo and Bacon (new) Tomato base, mozzarella, chicken mayonnaise, fresh thyme and baco	R110 on	R93.50	R145	R123.25
Spare Rib Tomato base, mozzarella, pulled pork spareribs, sliced jalapeno, smo	R116 oky BBQ	R98.60 sauce	R146	R123.25
Banting Base Cauliflower or pumpkin base		surchargo	e R35	R29.75

FOCACCIA

Banting Base surcharge R35			arge R35	R29.75
Garlic, herb and mozzarella	R65	R55.25	R76	R64.60
Garlic and herb	R45	R38.25	R55	R46.75
Herb	R40	R34.00	R50	R42.50
All focaccia are vegetarian friendly.	23cm	- 15%	30cm	-15%

Banting Base Cauliflower or pumpkin base

EXTRA TOPPINGS

Standard	- 15%
R10	R 8.50
R20	R17.00
R25	R21.25
R30	R25.50
R32	R27.20
R35	R29.75
R45	R38.25
	R10 R20 R25 R30 R32 R35

R298

R342

R392

R253.30

R290.70

R333.20

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All Salmon

All Salmon

Sunset Platter (19pc)

Tempura prawns (4pc)

	Standard	- 15%		Standard	- 15%
Salmon Rose (3pc)	R90	R76.50	V 1 V	DZE	D/2 75
Salmon Sashimi (3pc) Tempura Prawns (4pc)	R95 R100	R80.75 R85.00	I	R75 R75	R63.75 R63.75
Tempura Frawns (4pc)	KIOO	K05.00	Prawn & avocado	R60	R51.00
Rainbow Rolls (4pc)			Vegetarian (vegetarian)	R40	R34.00
Salmon & avocado	R90	R76.50			
Prawn & avocado	R70	R59.70	Maki (6pc)		
Dragon roll (vegetarian)	R45	R38.25		R75	R63.75
			Prawn	R60	R51.00
Fashion Sandwiches (4pc)	DOO	D/0 F0	Smoked salmon & cream cheese		R59.50
Salmon & avocado Prawn & avocado	R82	R69.70	Vegetarian (vegetarian)	R35	R29.75
	R70	R59.50	Handrell (1nc)		
Vegetarian (vegetarian)	R45	R38.25	Handroll (1pc) Salmon & avocado	R72	R61.20
Nigiri (3pc)			Prawn & avocado	R60	R51.00
Salmon	R85	R72.25		R40	R34.00
Prawn	R60	R51.00	regetarian (regetarian)	1140	110-1100
Sushi Slider Choice of tempura prawn or s	nicy salmon natty	wakame av	rocado and crisny fried rice	R96	R81.60
Sushi Bowl	picy Sattion patty	, wakaille, av	ocado and crispy med rice	R105	R89.25
Deep-fried salmon, chilli, sprii	ng onion, crispy ri	ce and celery	/ leaf		
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	S	OUSHI P	LATTERS	Standard	- 15%
Vegetarian Platter (15pc) (veg Dragon roll (4pc), Handroll (1p	getarian) oc), Vegetable ma	ki (6pc) and '	Vegetable fashion sandwich (4pc)	R157	R133.45
Platter for One (5pc) Salmon roses (3pc) and Temp	ura prawn (2pc)			R133	R113.05
Prawn Platter (8pc) Prawn nigiri (3pc), Prawn handr	roll (1pc) and Prawr	n rainbow roll	(4pc)	R180	R153.00
Salmon Platter (14pc) Salmon fashion sandwich (4pc	c), Salmon and av	ocado, Califo	rnia roll (4pc) and Salmon maki (6	R220 pc)	R187.00
Club Platter (12pc)		alouiale (4)	Danum hand sall (4 - 2 4 Ni · · ·	R275	R233.75
Salmon California roll (4pc), P	rawn tashion san	awich (4pc),	Prawn hand roll (1pc) and Nigiri sa	armon (3pc)	D2E3 3U

Deluxe Platter (19pc)

R404
R343.40
Salmon roses (3pc), Salmon Sashimi (3pc), Salmon rainbow roll (4pc), Salmon maki (6pc) and Salmon nigiri (3pc)

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Salmon rainbow roll (4pc), Prawn hand roll (1pc), Deep-fried salmon California roll (4pc), Avocado maki (6pc) and



Chips can be substituted with side vegetables or a side salad	Standard	- 15%
Fish Goujons Crumbed hake goujons with chips	R60	R51.00
Homemade Chicken Strips Crumbed chicken breast strips with chips	R60	R51.00
Spaghetti and Meatballs Savoury beef meatballs served in tomato sauce on spaghetti topped with grated cheddar cheese	R60	R51.00
Mac and Cheese (vegetarian) Traditional macaroni and cheese topped with gratinated cheddar cheese	R60	R51.00
Hawaiian Pizza Ham, pineapple and mozzarella cheese	R60	R51.00
Beef Burger 120g beef patty with tomato, lettuce and cheese and served with chips	R60	R51.00
Sticky Pork Ribs and Chips 120g pork ribs served with chips	R60	R51.00
Ice Cream and Chocolate Sauce 2 scoops of ice cream with chocolate sauce. Your choice of vanilla, chocolate or strawberry	R27	R22.95

Sweet

		Standard	- 15%
Key Lime Pie (vegetarian) (ne Traditional Key Lime Pie serve	hed with mini meringues and candied li	R70 me zest	R59.50
Baked Vanilla Cheesecake (ve Vanilla bean infused baked che	uit base drizzled with a fresh berry cou	R65 lis	R55.25
Crème Brûlée with Berry Con Amarula infused Brûlée with b	ised sugar	R65	R55.25
Chocolate Brownie (vegetaria Warm chocolate fudge browni	and ice cream	R65	R55.25
Ice Cream and Chocolate Sau 3 scoops of ice-cream topped v	our choice of vanilla, chocolate or strav	R54 wberry	R45.90
Roska's Ice-Cream 125ml Tul Choice of Salted Caramel, Tin	Vanilla Sky	R50	R42.50



Large - 350ml
Kids - 200ml
Flavours: Vanilla, Chocolate, Lime and Strawberry