



# DELI

		<b>-15%</b>
Yoghurt Cup 150ml	R20	R17.00
Homemade Muffin	R28	R23.80
Chocolate-Chip Cookie	R16	R13.60
Whole Fruit (ea)	R12	R10.20
Fruit Salad Tub	R36	R30.60
Green Salad Tub	R45	R38.25
Chicken Salad Tub	R58	R49.30
Simba Chips	R12	R10.20
Doritos	R12	R10.20
Energy Bar	R22	R18.70
Energade Sports Jellies	R25	R21.25
Chocolates	R20	R17.00

# SMOOTHIES

		<b>-15%</b>
<b>CCJ BLUE</b>	<b>R70</b>	<b>R59.50</b>
Banana, blueberries, yoghurt, vanilla whey, butterfly pea powder and chia seeds blended with milk		
<b>TROPIC GLO</b>	<b>R65</b>	<b>R55.25</b>
Pineapple, mango, passion fruit and orange juice blended with water		
<b>GREEN MAMBA</b>	<b>R65</b>	<b>R55.25</b>
Spinach, celery, cucumber, kiwi, mint, ginger, lemon and honey blended with water		
<b>HALIE BERRY</b>	<b>R65</b>	<b>R55.25</b>
Mixed berries, yoghurt, nuts and honey blended with water		
<b>STRAWBERRY BURST</b>	<b>R65</b>	<b>R55.25</b>
Strawberry, apple juice, banana and yoghurt blended with water		
<b>PEANUT BUTTER DELIGHT</b>	<b>R70</b>	<b>R59.50</b>
Peanut butter, banana, dark chocolate, choc symphony and yoghurt blended with water		

# PIZZAS

		<b>30cm -15%</b>
<b>Margherita</b>	<b>R98</b>	<b>R83.30</b>
Tomato base and mozzarella		
<b>CCJ Pizza</b>	<b>R150</b>	<b>R127.50</b>
Tomato base, mozzarella, salami, ham, feta, black olives, chilli, garlic and rocket		
<b>Rocklands</b>	<b>R150</b>	<b>R127.50</b>
Tomato base, mozzarella, bacon, brie, spiced berry jam and avocado		
<b>Cajun Chicken</b>	<b>R138</b>	<b>R117.30</b>
Tomato and sweet chilli base, mozzarella, grilled Cajun chicken, grilled onions, avocado, green and red peppers		
<b>Pepperoni</b>	<b>R136</b>	<b>R115.60</b>
Tomato base, mozzarella, pepperoni and oregano		
<b>CCJ Vegetarian</b>	<b>R110</b>	<b>R93.50</b>
Pickled aubergine, baby marrow, artichoke, mushrooms and chilli flakes		
<b>FAB</b>	<b>R135</b>	<b>R114.75</b>
Tomato base, feta cheese, avocado and bacon		
<b>Chicken Mayo and Bacon</b>	<b>R145</b>	<b>R123.25</b>
Tomato base, mozzarella, chicken mayonnaise, fresh thyme and bacon		
<b>Banting Base Surcharge</b>	<b>R35</b>	<b>R29.75</b>
Cauliflower or pumpkin		
<b>EXTRA TOPPINGS:</b>		
Tomato, Pineapple or Grilled Onions	<b>R10</b>	<b>R 8.50</b>
Mushrooms, Ham or Rocket	<b>R20</b>	<b>R17.00</b>
Mozzarella, Feta, Cheddar or Olives	<b>R25</b>	<b>R21.25</b>
Chicken, Bacon, or Blue Cheese	<b>R30</b>	<b>R25.50</b>
Avocado	<b>R32</b>	<b>R27.20</b>
Salami or Pepperoni	<b>R35</b>	<b>R29.75</b>
Replace regular mozzarella for vegan mozzarella	<b>R45</b>	<b>R38.25</b>

# SARMIES

<b>SERVED PLAIN OR TOASTED ON WHITE OR BROWN BREAD:</b>		
<b>Egg mayonnaise</b>	<b>R36</b>	<b>R30.60</b>
<b>Chicken mayonnaise</b>	<b>R50</b>	<b>R42.50</b>
<b>Ham, cheese, tomato</b>	<b>R43</b>	<b>R36.55</b>
<b>Cheese &amp; tomato</b>	<b>R36</b>	<b>R30.60</b>
<b>Tuna</b>	<b>R48</b>	<b>R40.00</b>

# BAGUETTES

<b>Chicken Baguette</b>	<b>R72</b>	<b>R61.20</b>
<b>Beef Baguette</b>	<b>R85</b>	<b>R72.25</b>



# ON TAP

	340ml - 15%	500ml - 15%
Castle Lite	R32 R27.20	R47 R39.95
Windhoek Draught	R37 R31.45	R50 R42.50
Stella Artois Draught	R37 R31.45	R52 R44.20
Heineken Draught	R37 R31.45	R50 R42.50

# BEERS & CIDERS

	BOTTLE - 15%
Castle Lager/Lite	R35 R29.75
Heineken, 00 and Silver	R38 R32.30
Amstel Lager	R35 R29.75
Windhoek Lager/Light	R35 R29.75
Hansa Pilsener	R35 R29.75
Black Label	R35 R29.75
Hunters Dry	R38 R32.30
Savanna Light/Dry/Non Alcoholic	R40 R34.00
Brooks Hard Seltzer	R40 R34.00
Flying Fish	R35 R29.75

# SPIRITS

	TOT - 15%
Klipdrift	R18 R15.30
Richelieu	R18 R15.30
Klipdrift Premium	R21 R17.85
Famous Grouse	R23 R19.55
Bells	R23 R19.55
Jack Daniels	R29 R24.65
Jamesons	R41 R34.85
Johnnie Walker Black Label	R42 R35.70
Captain Morgan	R21 R17.85
Spiced Gold	R21 R17.85
Smirnoff Vodka	R18 R15.30
Absolute Vodka	R32 R27.20
Gordon's Dry Gin	R18 R15.30
Bombay Sapphire Gin	R30 R27.20
Tanqueray Gin	R26 R22.10

# WINE

	-15%
Stellenrust Sauv Blanc Glass	R54 R45.90
Stellenrust Sauv Blanc Bottle	R202 R171.70
KC Cab/Merlot Blend Glass	R58 R49.30
KC Cab/Merlot Blend Bottle	R214 R181.90
Boschendal Blanc de Noir Glass	R50 R42.50
Boschendal Blanc de Noir Bottle	R190 R161.50
Graham Beck Brut MCC Bottle	R376 R319.60

# COLD DRINK

CCJ Still or Sparkling	R17	R13.60
200ml Mixers	R23	R19.55
Fitch & Leedes	R24	R20.40
Coke (Regular/Light/Zero),	R26	R22.10
Sprite (Regular/Zero)		
Stoney, Creme Soda or Fanta		
Energade and Powerade	R32	R27.20
Boss Ice Tea	R36	R30.60
Appletiser	R34	R28.90
Grapetiser	R38	R32.30
Redbull	R48	R40.80
My02 Recovery Drink	R35	R29.75

# HOT DRINKS

Americano	R28	R23.80
Cappuccino	R33	R28.05
Red Cappuccino	R33	R28.05
Café Mocha	R39	R33.15
Espresso	R22	R18.70
Double Espresso	R28	R23.80
Café Latte	R33	R28.05
Hot Chocolate	R35	R29.75
Tea	R22	R18.70
Chai Tea Latte	R35	R29.75



# TRY OUR NEW SMOOTHIES!

See reverse page for more info