TERM 4 MENU

MENUS ARE SUBJECT TO CHANGE DUE TO AVAILABILITY OF PRODUCTS AND LOAD SHEDDING

We prepare a limited quantity of each item daily so pre-orders are encouraged

Place your order via WhatsApp one day in advance or at Under The Oaks from 07h30

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MENU ITEM	INGREDIENTS	PRICE	
EARLY START	**DAILY**		
BOILED EGG			R5.00
BREAKFAST QUICHE	EGG AND BACON BITS IN A PASTRY NEST		R24.00
MUESLI & YOGURT – 280ML	CHOICE OF PLAIN OR FRUIT YOGURT		R20.00
YOGURT – 280ML	CHOICE OF PLAIN OR FRUIT YOGURT		R12.00
BERRY SMOOTHIE – 280ML	MIXED BERRIES, BERRY YOGURT		R20.00
BREAKFAST WRAP	SCRAMBLED EGG, BACON & WHITE CHEDDAR		R30.00
SANDWICHES & QUICHES	**DAILY**		
CHEESE	TOASTED OR UN-TOASTED ON WHITE OR BROWN BREAD		R15.00
CHEESE & TOMATO			R17.00
EGG MAYO			R16.00
HAM & CHEESE			R22.00
BASIL PESTO, TOMATO & CHEESE			R22.00
HAM CHEESE & TOMATO			R22.00
CHICKEN MAYO			R25.00
CHICKEN MAYO & CHEESE			R26.00
BACON, EGG (SLICE BOILED)& CHEESE			R26.00
BEEF MINCE & CHEESE			R26.00
CHICKEN MAYO, CHEESE, TOMATO			R28.00
QUICHE	PASTRY, EGG, SPINACH, FETA		R24.00
SPINACH & FETA QUICHE	PASTRY, EGG, HAM, MUSHROOM		R24.00
HAM & MUSHROOM QUICHE			
DAILY SPECIALS			
MONDAY TO WEDNESDAY TRAMEZZINI DAY	CHICKEN MAYO, CHEESE	**FULL**	**HALF**
CHICKEN MAYO TRAMEZZINI	SAVOURY MINCE, CHEESE	R30.00	R18.00
SAVOURY MINCE TRAMEZZINI	BASIL PESTO, TOMATO, CHEESE	R30.00	R18.00
BASIL PESTO TRAMEZZINI		R30.00	R18.00
TUESDAY TO THURSDAY WRAP DAY			
CHICKEN WRAP (WARM)	CHICKEN, CHEESE		R30.00
SPICY CHICKPEA & SALSA WRAP(COLD)	CHICKPEAS, PAPRIKA,SALSA, PLAIN YOGURT, AVO GUACAMOLE		R30.00
THURSDAY PIE AND FRESH ROLL DAY			
CHICKEN PIE	HOME MADE PIES WITH CHICKEN FILLING		R24.00
STEAK PIE	HOME MADE PIES WITH STEAK FILLING		R24.00
FRIDAY BURGER DAY			
CHICKEN BURGER	CRUMBED CHICKEN BURGER WITH OR WITHOUT GARNISH		R30.00
BEEF BURGER	BEEF BURGER WITH OR WITHOUT GARNISH		R30.00
	ADD CHEESE SLICE		R5.00
FAVOURITES	**CHECK DAYS ON WHICH THESE ARE SERVED**		
CHICKEN STRIPS **MON, TUES**	4 CHUNKY STRIPS PER PORTION		R23.00
CHICKEN POPS **WED, THUR, FRI**	8 NUGGETS PER PORTION		R20.00
FISH FINGERS **WED, THUR, FRI**	4 FISH FINGERS PER PORTION		R12.00
HOT CHIPS **DAILY**			R15.00
HOT DOGS **WED, THUR, FRI**			R12.00
CHICKEN MAYO ROLL **DAILY**	FRESH ROLL,CHICKEN MAYO, LETTUCE		R26.00
TUNA MAYO ROLL **DAILY**	FRESH ROLL, TUNA MAYO, LETTUCE		R26.00
EGG MAYO ROLL **DAILY**	FRESH ROLL, EGG MAYO, LETTUCE		R20.00
HOT MEALS	**SELECTION CHANGES DAILY. NOT ALL AVAILABLE EVERYDAY. ENQUIRE ABOUT DAILY SELECTION**		
MONDAY			
SPAGHETTI BOLOGNAISE	BEEF MINCE COOKED IN A BOLOGNAISE SAUCE SERVED WITH SPAGHETTI		R35.00
SPINACH & BASIL PESTO SPAGHETTI	SPAGHETTI TOSSED WITH BABY SPINACH AND BASIL PESTO		R35.00
TUESDAY			
SNACK BOX	SELECTION OF SAUSAGES AND CHICKEN NUGGETS, SERVED WITH CHIPS		R35.00
WEDNESDAY			
BEEF LASAGNE	BEEF MINCE LAYERED WITH WHITE SAUCE BETWEEN LASAGNE SHEETS		R35.00
MAC & CHEESE (NO BACON)	MACARONI BAKED WITH A CREAMY CHEESE SAUCE		R35.00
THURSDAY			
CHICKEN LASAGNE	CHICKEN LAYERED WITH WHITE SAUCE BETWEEN LASAGNE SHEETS		R35.00
FRIDAY			
SPAGHETTI BOLOGNAISE	BEEF MINCE COOKED IN A BOLOGNAISE SAUCE SERVED WITH SPAGHETTI		R35.00
SALADS	**DAILY**		
GREEK SALAD	LETTUCE, TOMATO, ONION, OLIVES, FETA, DRESSING		R22.00
CHICKEN SALAD	LETTUCE, CHICKEN, APPLE, CELERY		R22.00
SOMETHING SWEET	**THIS SELECTION MAY CHANGE DEPENDING ON DEMAND**		
FRUIT **DAILY**	WHOLE FRUIT – SELECTION OF SEASONAL FRUIT		R5.00
CINNAMON PANCAKES **DAILY**	SPRINKLED WITH SUGAR & CINNAMON		R6.00
WAFFLES **DAILY**	DRIZZLED WITH SYRUP WITH A SRINKLE OF ICING SUGAR		R16.00
MUFFINS **DAILY**	ASSORTED		R10.00
PEANUT BUTTER FUDGE BALLS **DAILY**	PEANUT BUTTER FUDGE BALL ROLLED IN CHOCOLATE		R6.00
CUP CAKES **TUES-FRI**	VANILLA CUP CAKE TOPPED WITH VANILLA ICING		R12.00
DOUGHNUTS **MON**	RING DOUGHNUT DIPPED IN CINNAMON SUGAR		R10.00
CHOC CHIP COOKIES **TUES**	GIANT HOME-BAKED CHOC CHIP COOKIE		R8.00
DOUGHNUTS WED	RING DOUGHNUT DIPPED IN CINNAMON SUGAR		R10.00
SHORTBREAD **THURS**	SHORTBREAD SQUARES DIPPED IN CHOCOLATE		R6.00
CHOCOLATE BROWNIES **FRI**	DELICIOUS HOME-BAKED CHOCOLATE BROWNIE		R10.00