

## BEVERAGES

### HOT DRINKS

|                  | <u>Cup</u> | <u>/ Mug</u> |
|------------------|------------|--------------|
| Filter Coffee    | R14        | R17          |
| Decaf Coffee     | R16        | R19          |
| Bottomless       | R17        | R19          |
| Espresso         | R12        |              |
| Double Espresso  | R16        |              |
| Cappuccino       | R18        | R20          |
| Decaf Cappuccino | R19        | R21          |
| Café Latte       |            | R18          |
| Ceylon tea       |            | R13          |
| Rooibos tea      |            | R13          |
| Hot Chocolate    |            | R17          |
| Coffee Syrups    | R3         | per shot     |

### COLD DRINKS

|                           |     |
|---------------------------|-----|
| Soft Drink                | R10 |
| Grapetiser and Appletiser | R17 |
| Mixers                    | R10 |
| Fuze Ice Tea              | R17 |
| Power Play                | R22 |
| Powerade                  | R15 |
| Water                     | R10 |
| Just Juice                | R14 |
| Henties Juice 100% juice  | R10 |
| Passion fruit, Lime       | R4  |
| Chocolate Milkshake       | R25 |
| Strawberry Milkshake      | R25 |
| Espresso Milkshake        | R25 |
| Vanilla Milkshake         | R25 |

## SMOOTHIES

### Fresh Smoothies Made To Order R25

#### **Carrot, Pineapple and orange Smoothie**

Grated carrot, pineapple pieces with orange juice frozen yogurt

#### **Mixed berry and muesli Smoothie**

Mixed berry frozen yogurt, strawberries and muesli

#### **Banana and Toffee Smoothie**

Banana and Toffee frozen yoghurt

#### **Peanut Butter and Banana Blast**

Peanut butter, plain frozen yogurt and banana and chocolate

#### **Blueberry Smoothie**

Blueberries, Muesli, Plain Frozen yogurt

#### **Strawberry and Muesli Smoothie**

Strawberry, Muesli and plain frozen yogurt

#### **Mochachino Smoothie**

Shot of Espresso, chocolate and plain frozen yoghurt

#### **Tropical Fruit smoothie**

Banana, Pineapple, Tropical Juice and Mango frozen Yoghurt



**Zone Fitness Café offers Platters for Corporate events and Lunches**

Conferencing and Function Venue Hire Available

Dawn Woodrup  
dawnw@zonefitness.co.za  
021 949 0685

## ALL DAY BREAKFAST

**Fruit Salad** R18

**Fruit Salad with Yogurt or Ice cream** R25

**Health breakfast** R25

Muesli, plain yoghurt and fruit

**Oats and Honey** R15

**Stacked English muffin** R32

**Toasted English muffin stacked with a fried egg, bacon, cheese and a potato rosti**

**Breakfast wrap** R30

Scrambled Egg, bacon, cheese with a tomato relish served with chips

**Zone Early Bird Breakfast** 2 Eggs, grilled R33  
bacon, tomato, chips and toast

**Keep it Simple** R19

2 eggs scrambled or fried on toast

**Load it Breakfast** R38

2 Eggs, Bacon, Cheese griller, baked beans and toast

**3 Egg Omelet served with Toast** R29

Cheese and bacon

Bacon and Feta

Ham and Cheese

Spinach and Feta

Extra Topping

Tomato or spinach R7

Cheese, Bacon, Feta, Ham or mushroom R9

Add Baked Beans R7

Add Cheese Griller or Boerewors R14

Add Potato Rosti R10

## TOASTED SANDWICHES

Served with chips and side salad or chips and coleslaw (Brown or white bread) Sandwich only

Cheese and Tomato R26 R19

Cheese and Onion R26 R19

Ham and cheese R28 R21

Ham cheese and Tomato R29 R23

Chicken mayo R29 R23

Tuna Mayo R29 R23

Egg and Bacon R29 R23

## LIGHT MEALS

**Chicken Strips and Chips** R28

Served with sweet chili sauce and coleslaw

**Southern Fried Chicken Wrap** R29

Tortilla wrap with chicken, lettuce, tomato and mayo served with chips or Salad

**Homemade Beef Burger** R30

Served with lettuce tomato, pickle, chips and coleslaw

**Grilled chicken Burger** R30

Served with lettuce tomato, pickle, chips and coleslaw

**Hot Chips** R18

**Chicken Ceasar Wrap** R32

**Grilled Chicken, Greens, Parmesan cheese, croutons and Ceasar dressing wrapped in a warm tortilla wrap served with chips**

**Extra Chicken** R16

**Grilled Chicken Breast with Salad** R29

**Zone Dagwood** R40

Beef Burger with Bacon, Onion, and Cheese served with Chips

## BANTING MENU

**Mozzarella and Mushroom Omelet** R35

Served with Toasted Banting bread

Add Bacon R9

**Beef Burger Tower** R45

Homemade Beef Pattie stacked with Bacon, mushrooms, onion a cream sauce served a Toasted Banting Bread or a Banting Savory muffin and coleslaw

**Banting Club** R45

**Grilled Chicken, Egg, Bacon, Sauteed onions, Tomato, lettuce, with a wholegrain mustard dressing served on Toasted Banting Bread or a Banting Savory muffin**

### **Grab and Go**

Please see our display fridge for delicious GRAB AND GO options