



MENU

Breakfast (Served all day)

Fruit Salad	R16
Fruit Salad With Yogurt Or Ice Cream	R22
Health Breakfast Muesli, Plain Yoghurt & Fruit	R25
Load It Breakfast 2 Eggs, Bacon, Cheese Griller, Baked Beans & Toast	R35
Oats & Honey	R12
Zone Early Bird Breakfast 2 Eggs, Grilled Bacon, Tomato, Chips & Toast Add Baked Beans Add Cheese Griller Add Extra Egg	R33 R7 R12 R7
Keep It Simple 2 Eggs Scrambled Or Fried On Toast Add Baked Beans Add Cheese Griller Extra Egg	R18 R7 R12 R7
French Toast With Bacon & Syrup	R25
3 Egg Omelet Served With Toast Cheese & Bacon Bacon & Feta Ham & Cheese Spinach & Feta Extra Toppings: Tomato, Onion, Spinach Feta, Bacon, Ham, Mushroom, Cheese	R29 R29 R29 R29 R6 R9

Minced On Toast	R29
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Toast Sandwiches

Served With Chips A Side Salad And Coleslaw Brown Or White Bread	
Cheese & Tomato	R25
Cheese & Onion	R25
Ham & Cheese	R27
Chicken Mayo	R28
Tuna Mayo	R28
Egg & Bacon	R28

Summer Salads

Grilled Chicken Salad Grilled Chicken, Salad Greens, Tomato, Cucumber, Feta & Carrot Shavings	R40
Tuna Salad Tuna, Salad Greens, Tomato, Cucumber, Feta & Carrot Shavings	R40
Chicken Caesar Salad Grilled Chicken, Greens, Parmesan Cheese, Croutons & Caesar	R40

Light Meals

Homemade Beef Burger Served With Lettuce Tomato, Pickle, Chips & Coleslaw Add Cheese Add Bacon	R29 R9 R9
Grilled Chicken Burger Served With Lettuce Tomato, Pickle, Chips & Coleslaw Add Cheese Add Bacon	R29 R9 R9
Chicken Strips & Chips Served With Sweet Chili Sauce & Coleslaw	R27
Southern Fried Chicken Wrap Tortilla Wrap With Chicken, Lettuce, Tomato & Mayo Served With Chips Or Salad	R29
Hot Chips	R18
Chicken Caesar Wrap Grilled Chicken, Greens, Parmesan Cheese, Croutons & Caesar Dressing Wrapped In A Warm Tortilla Wrap Served With Chips Extra Chicken	R32 R16
Pie With Chips Or Salad	R25
Grilled Chicken Breast With Salad	R29
Zone Dagwood Beef Burger With Bacon, Onion & Cheese Served With Chips	R40

Banting Menu

Banting Club Grilled Chicken, Egg, Bacon, Sautéed Onions, Tomato Lettuce, Wholegrain Mustard Cream Dressing Served On Toasted Banting Bread	R45
Mozzarella & Creamed Mushroom Omelet Served With Toasted Banting Bread Add Bacon	R35 R9
Beef Burger Tower A Homemade Beef Pattie Stacked With Bacon, Mushrooms, Onion A Cream Sauce Served With Savory Banting Muffin & Sandra's Special Slaw	R45
Homemade Meatballs Served On Buttered Zucchini Strips With A Almond & Parmesan Crusted Tomato	R50

BEVERAGES

Hot Drinks

	Cup	Mug
Filter Coffee	R12	R14
Bottomless	R14	R16
Espresso	R11	
Double Espresso	R15	
Cappuccino	R17	R19
Café Latte	R16	
Ceylon tea	R13	
Rooibos tea	R13	
Hot Chocolate		R15

Cold Drinks

Coke, Fanta orange, Fanta grape, Crème Soda, Tab, Coke Zero, Sprite	R10
Grapetiser	R17
Appletiser	R17
Mixers	R10
Coke, coke light, ginger ale, soda water, tonic water, lemonade, dry lemon	
Fuze Ice Tea	R16
Lemon or peach	
Power Play	R22
Powerade	R15
500ml Valpre	R10
Still or sparkling	
Just Juice	R14
Henties Juice 100% juice	R10
Apple, Orange, Tropical	
Rock Shandy	R23
Passion Fruit and Mixer	R14
Lime and Mixer	R14
Cola Tonic and Mixer	R14
Passion fruit, Lime or Cola Cordial	R4
Red Bull	R28

Please contact me on
021 949 0685 or email dawnw@zonefitness
For any catering purposes or venue hire

www.facebook.com/ZoneFitnessSA | [@zonefitness_SA](https://twitter.com/zonefitness_SA)

ALCOHOLIC BEVERAGES

Beers

Castle	R15
Castle Light	R16
Black label	R15
Windhoek	R17
Windhoek Light	R17
Hansa Pilsnar	R15
Amstel	R17
Heineken	R19
Flying Fish	R20

Ciders

Savannah Dry	R20
Savannah Light	R20
Hunters Dry	R19
Hunters Gold	R19
Brutal Fruit	R17
Spin	R20

Spirits

Klipdrift	R9
Wellington	R8
Bells	R13
Spiced Gold	R8
Red Heart Rum	R10
Captain Morgan	R10
Gordons Gin	R8
Smirnoff Vodka	R8
Jack Daniels	R15
Jameson	R16
J&B	R11
Tequilla	R12
Southern Comfort	R9
Richelieu	R8
Mainstay Cane	R8
Amarula Cream	R10

Shooters

Apple Sours	R8
Peppermint Liqueur	R11
Jagermeister	R15
Lupini Black Sambuca	R10

Wines

	Bottle
Two Oceans Sauvignon Blanc	R55
Two Oceans Merlot	R55
Two Oceans Shiraz Rose	R55
Obikwa chardonnay	R50
Obikwa Chenin Blanc	R50
Obikwa Sauvignon Blanc	R50
Obikwa Cabernet Sauvignon	R55
Obikwa Merlot	R55
House wine per glass	
Obikwa Chenin Blanc	R15
Obikwa Sauvignon Blanc	R15
Obikwa Merlot	R15