

## BREAKFAST

|  |                        |
|--|------------------------|
| Daily fresh healthy muesli<br>Double Cream Yoghurt, flax seed oil, chia-seeds, fresh fruits                              | 65                     |
| Cycling Special Breakfast<br>Egg, bacon, sausage, mushroom, tomato, served with bread                                    | 85                     |
| Mushrooms On Toast<br>Creamy sautéed mushrooms on toasted pita, poached egg  | 85                     |
| Scramble On Toast<br>Scramble eggs with smashed avocado on toasted pita  | 75                     |
| The Healthy German Breakfast<br>A slice of rye bread with smashed avocado and 2 poached eggs                             | 75                     |
| Breakfast Bagel<br>2 eggs scrambled, 2 bacon, 1 slice cheese on toasted bagel  | 70                     |
| Breakfast Croissants<br>Bacon, scrambled egg, baby spinach and cheese<br>Salmon, scrambled eggs, baby spinach and cheese | 95<br>120              |
| Royal Omelette<br>Cheese, tomato and avocado cream<br>add mushrooms<br>add ham<br>add rye or pita toast                  | 80<br>+5<br>+15<br>+10 |
| Egg Benedict<br>- Bacon<br>2 poached eggs, bacon, avocado on toasted on<br>toasted English muffin with hollandaise sauce | 90                     |
| - Smoked Salmon<br>2 poached eggs, smoked salmon, avocado on<br>toasted English muffin with hollandaise sauce            | 120                    |

## Fresh from the Bakery

|   |                |
|---|----------------|
| <u>Morning Pastry</u><br>Croissant - plain or chocolate<br>German style roll with Nutella<br>Today's Muffin | 35<br>35<br>25 |
|---|----------------|

### Sandwiches

Available plain or toasted Ciabatta, Pretzel stick,  
Assorted rye or crispy rolls

|                    |    |
|--------------------|----|
| Choose your style: |    |
| Tuna paste         | 70 |
| Tomato mozzarella  | 60 |
| Salmon             | 70 |
| Salami or Ham      | 45 |
| Cheese             | 35 |

All sandwiches are topped with lettuce, tomato and remoulade

### Salads

|   |    |
|---|----|
| House Side Salad  | 45 |
| Traditional green salad with lettuce, tomatoes, onions, cucumber<br>and feta cheese |    |

|  |     |
|--|-----|
| Chicken Salad  | 120 |
| Traditional green salad with lettuce, tomatoes, onions, cucumber<br>red pepper, black olives, feta cheese, avocado, sautéed spicy<br>herbed BBQ chicken and drizzle of olive oil |     |

### Soup

|  |    |
|--|----|
| Chicken  | 80 |
| Seasonal vegetables with free range chicken  |    |
| Pumpkin & Peanut butter  | 50 |
| West Africa inspired Pumpkin, peanut butter and tomato paste soup<br>Topped with toasted peanuts and fresh chilli. |    |

## LUNCH

### Wraps

Tortilla wrap with cream cheese, red onions, tomatoes, lettuce,  
served with salad or wedges

|                |    |
|----------------|----|
| Chicken        | 65 |
| Beef           | 70 |
| Tuna & Avocado | 65 |
| Vegetarian     | 55 |

### Burgers

|   |    |     |
|---|----|-----|
|   | S  | D   |
| Cheese Burger   | 80 | 120 |
| Freshly ground beef patty, cheese, creamy mushroom sauce,<br>red onions, tomatoes and lettuce served with potatoes wedges                                 |    |     |
| Peri-Peri Chicken Burger  |    | 90  |
| Seared chicken breast baste with peri-peri mayo on a toasted<br>brioche bun with caramelize pineapple, cheese, fresh tomato,<br>served with herbed wedges |    |     |

### Pasta

|   |    |
|---|----|
| Spaghetti Aglio   | 90 |
| Classic spaghetti Aglio with spaghetti, olive oil, garlic, parsley<br>and crushed red pepper flakes |    |

|   |     |
|---|-----|
| Tomato Sauce Spaghetti  | 100 |
| Spaghetti with fresh wild creamy tomato Sauce and fresh basil |     |

|   |     |
|---|-----|
| Penne Alfredo   | 120 |
| Penne Pasta with rich creamy chicken and mushroom sauce |     |

### Pizza

|  |  |
|--|--|
| Aerfast  |  |
| Tomato base, mozzarella, oregon & fresh basil  |  |
| 70   |  |
| Fascenario   |  |
| Tomato base, cheese, chicken, bacon, red onion,<br>roasted pepper, feta, cherry tomato, garlic |  |
| 130  |  |

More Pizza options on the board.....

Bistro

