



2ND OPTIONS AVAILABLE

Gourmet Baguette with Salad and Choice of Fillings Chicken / Veg. / Ham	Rs75
Normal Baguette with Choice of Fillings Chicken / Veg. / Ham	Rs60
Hotdog/ Toasted Sandwich	Rs55
Scrambled Eggs Sandwich (Cheese and Ham)	Rs60
Panini Cheese & Tomato / Cheese & Ham	Rs75
Panini Cheese & Marlin / Chicken & Cheese	Rs80
Panini Beef (Wednesday Only)	Rs80
Mixed Salad with Braised Chicken or Marlin	Rs95
Greek Salad	Rs95
Couscous Salad with Cucumber, Tomato, Chicken and Corn (Half portion or Full)	Rs65 / Rs95
Burgers Chicken breast or Beef (Tuesdays / Fridays only)	Rs65 / Rs60
Morning wrap-Chicken/lettuce or Cheese/ lettuce (Mondays / Thursdays only)	Rs75
Savoury Muffin (Cheese and Chicken Ham) with side Salad – (Thursday Only)	Rs80
Pastries / Slice Banana Cake / Tarts	Rs30
Muffin	Rs45
Seasonal Fruits	Rs10
Tea / Rooibos Tea	Rs20



WEEK 1		
Monday	Shell pasta with cream of spinach and cheese	Rs80
Tuesday	Farata (chicken / veg curry)	Rs25
Wednesday	Hero steak roll with onion and salad	Rs95
Thursday	Pasta à la Bolognese sauce with beef or chicken	Rs80
Friday	Fried Noodles with chicken and vegetable	Rs80

WEEK 2		
Monday	Italian pasta (BBQ chicken sausage, fresh basil, tomato and red peppers)	Rs80
Tuesday	Rougaille saucisses, black lentils and rice	Rs80
Wednesday	Sweet/spicy chicken wrap	Rs95
Thursday	Chicken crumb / Baguette and salads	Rs95
Friday	Beef and Onion Chinese style rice sautéed greens	Rs80

WEEK 3		
Monday	Chicken or marlin served with olive oil and pesto penne pasta	Rs80
Tuesday	Sesame chicken / veggies, served over rice	Rs80
Wednesday	Farata (veg curry)	Rs25
Thursday	Beef Goulash served with pasta and green beans	Rs80
Friday	Fish in tomato/garlic sauce, rice, red lentils, achard	Rs80

WEEK 4		
Monday	Pasta Fusilli in creamy tomato, chicken and cheese	Rs80
Tuesday	Beef or chicken ragout, served with basmati rice or couscous	Rs80
Wednesday	Beef chilli con carne with coleslaw salad wrap	Rs95
Thursday	Beef or chicken stir fry (broccolis, carrot, baby corn) served over noodles	Rs80
Friday	Fish curry, rice, dholl and bredes	Rs80

**All Menus have a Veg option*