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Bedford Addo A	

# VIGOUR&VERVE

coffee & everything in between





## MORNING FOOD

Breakfast closes at 11h00

<b>(V) HEALTH BREAKFAST BOWL</b>	35
muesli mix - dried fruit - seeds & oats - fresh fruit - plain yoghurt - honey	

<b>EXPRESS BREAKFAST</b>	45
two eggs - bacon - cherry tomatoes - slice of toast	

<b>V&amp;V BREAKFAST</b>	80
two eggs - bacon - local sausage - panfried rosemary cherry tomatoes - herbed mushroom - slice of toast	

<b>OMELETTE - create your own</b>	40
3 egg cheddar cheese omelette - slice of toast	

<b>fillings</b>	
tomato or onion or green pepper or spring onion or chilli	5
herbed mushrooms	15
chicken strips	15
beef strips	15
two rashers bacon	15

<b>SOUTH AFRICAN OMELETTE</b>	70
3 egg omelette - local sausage - caramelized onion - panfried cherry tomato - sliced potato - touch of chilli - slice of toast	

<b>JUST EGG ON TOAST - with a side of chips</b>	35
3 eggs scrambled on toast - panfried cherry tomatoes	



## SARMIES

### FROM THE SANDWICH PRESS

choose from our selection of freshly baked breads - baguette - low GI seed loaf - 70% country rye - crisp ciabatta - wraps

sandwiches can be toasted - plain or open - served with chips

<b>VIVACIOUS CHICKEN MAYONNAISE</b>	80
grain mustard mayonnaise - dill pickle - rocket leaves	

<b>TUNA MAYONNAISE</b>	80
whole grain mustard - celery - onion - mozzarella	

<b>CHEESE - MOZZARELLA</b>	70
tomato - onion marmalade - basil pesto	

<b>BUTTER CHICKEN WRAP</b>	75
our signature butter chicken - wrapped in roti bread	

<b>CHICKEN TRAMEZZINI</b>	75
cajun spiced - shredded chicken mayo - sweet pineapple - red pepper salsa	

<b>VEGGIE TOASTIE</b>	70
sautéed mushrooms - braised onion - tomato - cheddar - tomato chutney - fresh green chilli - toasted between two roti	



## EASY FOOD

<b>TEMPURA CALAMARI</b>	65
fried tempura calamari - tartar sauce	

<b>STRIPS TO DIP</b>	70
herbed crumbed chicken strips - panfried - basil pesto infused aioli - fresh lemon - rocket side salad	

<b>BBQ CHICKEN WINGS</b>	65
flame grilled - sticky & sweet - chips	

<b>CHICKEN LIVERS</b>	55
braised spicy livers - fresh chilli chutney - bruschetta	

<b>GO FISH</b>	75
hake fillet goujons - calamari rings - grilled or panfried - chips tartar sauce	

<b>(V) VEGGIE PAN</b>	70
gourmet brinjal bites - crumbed mushrooms - cheesy sweet corn samosas - vegetable springrolls - chips - sweet chilli dipping sauce	

<b>(V) CRUMBED MUSHROOMS</b>	55
crispy deep fried crumbed button mushrooms - roasted garlic mayo	



## SALADS

<b>CHICKEN COBB SALAD</b>	85
grilled chicken - lettuce - tomato - cheddar - baby greens - crispy bacon bits - avo* - toasted seeds - crunchy croutons	

<b>STEAK SALAD</b>	90
tender beef strips - avo* - marinated cherry tomatoes - spring onion - salad greens - honey mustard dressing	

<b>GREEK SALAD</b>	70
(V) baby leaves - cherry tomatoes - green pepper - cucumber - onion - local olives - feta	

<b>ITALIAN SALAD</b>	70
(V) baby leaves - cherry tomatoes - green pepper - cucumber - onion - local olives - mozzarella	

<b>TUNA &amp; AVOCADO</b>	85
baby leaves - cherry tomatoes - green pepper - cucumber - onion - tuna - avo*	

<b>BURGERS</b>	85
served with rustic fries	



## BURGERS

<b>BURGERS</b> served with rustic fries	85
150g beef or lamb patty or chicken fillet - lettuce - tomato - jalapeño mayo - gherkin - homemade relish - cheddar cheese	

<b>LAMB</b>	85
<b>BEEF</b>	85

<b>CHICKEN</b>	75
<b>SKINNY BURGERS without the bun</b>	less 5

<b>ADD</b>	15
avo*	

bacon	
jalapeños	

<b>egg</b>	
<b>TUMERIC CHICKEN BURGER WITH TANDOORI MAYO</b>	75

150g chicken fillet - light & mildly spiced slaw - tandoori mayo

rustic fries



## HOUSE FAVOURITES

<b>CHOPS CHUTNEY</b>	150
300g lamb loin chops - braised in spicy chutney - served with roti or rice	

<b>RIB &amp; WING</b>	125
300g ribs - 250g wings	

**½ CHICKEN**	95
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## ON THE SIDE

### SAUCES

V&V BBQ - Cheese - Mushroom - Peri Peri - Pepper

**25**

### VEG OF THE DAY

**25**

### SIDE SALAD

**25**



## V&V KIDS

Children under 12 only

**60**

All kid's meals include a 100ml milkshake and ice cream & chocolate sauce

### KIDDIES PIZZA

cheese - tomato  
ham - cheese

### KIDDIES SANDWICH

cheese - tomato  
chicken mayonnaise

### KIDDIES BEEF BURGER & CHIPS

### KIDDIES CHICKEN BURGER & CHIPS

### KIDDIES CHICKEN STRIPS & CHIPS



## SWEET TEMPTATIONS

### FRUIT SALAD & ICE CREAM

**45**

### WAFFLES

**45**

maple syrup - chocolate sauce - choice of two sweet toppings  
cream or ice cream

### ICE CREAM

**45**

vanilla ice cream - topped with your choice of  
two sweet toppings

### HARVEST TABLE

choose from a selection of cakes, desserts and pastries  
individually priced

Prices include VAT. Service charge not included. All items subject to availability.  
Variations to dishes may lead to delays. All extras & substitutions may incur an extra  
charge. Not responsible for food asked well done. Regret no cheques accepted.  
Prices may change without prior notice.



## COLD BEVERAGES

### FRUIT JUICE

sir fruit - ask for the available flavours

**25**

### APPLETISER 330ml

**28**

### GRAPETISER 330ml

**28**

### SOFT DRINKS 300ml

**22**

### SUGAR FREE SOFT DRINKS 300ml

**21**

### SHAKES - silky smooth milkshakes

**30**

banana - bubblegum - chocolate - coffee - lime -  
strawberry - vanilla



## HOT BEVERAGES

decaffeinated coffee available

**add 2**

### SINGLE ESPRESSO

**15**

### DOUBLE ESPRESSO

**20**

### REGULAR CAPPUCCINO

**20**

### GRANDE CAPPUCCINO

**25**

double-shot espresso

### AMERICANO

**20**

espresso topped with water

### CAFÉ LATTE

**20**

Hot milk over an espresso - capped with foam

### CAFÉ MOCHA

**20**

### COFFEE ALTERNATIVES

**25**

### HOT CHOCOLATE

**25**

### CHAI LATTE

**25**

### RED CAPPUCCINO

**25**

### TEA TIME

**20**

5 roses ceylon

ask your waitron for the available classic collection

TSOGO REWARDS MEMBERS  
ENJOY INSTANT DISCOUNTS



Ts & Cs apply