



DISH YOUR OWN:

Breakfast, Hot Foods, and
Salad Bar Buffet

R15.99 per 100g.

the fresh society



JUMP START! : FRUIT SALAD

Your choice of mixed fruit
with muesli, yoghurt
or honey...

small
29.90
39.90
medium

Pick and mix your favourite
fruit and we'll top it with
yoghurt or ice cream free of charge

small
29.90
39.90
medium
59.90
large



350ml
29.90
39.90
500ml

CREATE YOUR OWN SMOOTHIE

Feeling creative? Just follow these 4 simple
steps to smoothie satisfaction...

STEP 1

Choose your size - regular or large.

STEP 2

Choose your fruit - let your imagination go wild!

STEP 3

Choose your mixer - ice cream
or yoghurt

STEP 4

Sip slowly and savour every last drop of your very
own signature smoothie! Mmmmmmm...



350ml
39.90
49.90
500ml

SMOOTHIE ALL-STARS

STRAWBERRY SQUEEZE

Strawberry, Banana, Low Fat
Yoghurt, Apple Juice

PAW PAW PASSION

Paw Paw, Banana, Low Fat
Yoghurt, Pineapple Juice

MANGO MANIA

Mango, Paw Paw, Pineapple

BERRY BLISS

Mixed Berries, Banana, Low
Fat Yoghurt, Apple Juice

TROPICAL SURPRISE

Pineapple, Banana, Mango,
Low Fat Yoghurt, Coconut Water

COCONUT SURPRISE

Coconut Milk, Pineapple, Banana,
Honey, Low Fat Milk

BREAKFAST BLAST

Banana, Mixed Fruit, Honey,
Muesli, Low Fat Yoghurt

GYM JUNKIE

Whey Protein, Banana,
Strawberries, Low Fat Milk



FOOD JUNCTION



CHICKEN	MEAL ONLY	WITH CHIPS
PLAIN BURGER	39.90	49.90
CHEESE BURGER	49.90	59.90
BEEF		
PLAIN BURGER	49.90	59.90
CHEESE BURGER	59.90	69.90
CHIPS ONLY		29.90

**ADD EXTRA
CHEESE
R7.50**

**ADD 2 SLICES
OF BACON
R15**



GRILLED CHICKEN	CHICKEN ONLY	CHICKEN WITH CHIPS
QUARTER CHICKEN	39.90	49.90
HALF CHICKEN	59.90	69.90
WHOLE CHICKEN	115.00	
CHIPS ONLY		29.90



SINGLE HAKE MEAL ONE FRIED HAKE FILLET SERVED WITH CHIPS	R59.90
CALAMARI PORTION CRUMBED CALAMARI PORTION	R59.90
CALAMARI & CHIPS CRUMBED CALAMARI SERVED WITH CHIPS	R79.90
COMBO MEAL ONE FRIED HAKE FILLET AND A PORTION OF CRUMBED CALAMARI SERVED WITH CHIPS	R89.90



MEXIESTA BOWLS

Bowl filled with any 7
Toppings of your choice
and 1 sauce

BEEF BOWL	79.90
CHICKEN BOWL	69.90
FALAFEL BOWL	59.90

Schwarmas

Filled Piña Pockets

	SCHWARMA ONLY	SCHWARMA & CHIPS
BEEF	79.90	89.90
CHICKEN	69.90	79.90
FALAFEL	59.90	69.90
CHIPS ONLY	29.90	

MEXIESTA BURRITO

Filled Burritos

	BURRITO ONLY	BURRITO & CHIPS
BEEF	79.90	89.90
CHICKEN	69.90	79.90
FALAFEL	59.90	69.90
CHIPS ONLY	29.90	

CHOOSE 1 SAUCE

PESTO MAYO
SWEET CHILLI SAUCE
ENCHILADA SAUCE
CHILLINAISE

CHOOSE 1 SPREAD

GUACAMOLE
HUMMUS
RED PEPPER HUMMUS

CHOOSE 1 TOPPING

CRISPY ONION
JALAPEÑO
GHERKINS

CHOOSE ANY 4 INGREDIENTS

TZATZIKI	RELISH	MIXED PEPPERS	CORN	SLAW MIX
MOZZARELLA	CARAMELISED ONION	ONION	BEANS	CARROT
CHEDDAR	BBQ MUSHROOM	SALSA MIX	CHICKPEAS	CUCUMBER

PASTA BAR

CHOOSE YOUR PASTA:

SPAGHETTI
PENNE
FETTUCCINE

CHICKEN LIVERS 59.90
Chicken Livers in a creamy prego sauce

BOLOGNESE 59.90
Traditional beef bolognese in a creamy napolitana sauce

HAM ALFREDO 59.90
Mushrooms and ham in a creamy white suace

BACON NAPOLITANA 59.90
Bacon bits in a creamy napolitana sauce

MUSHROOM PASTA 59.90
Mushrooms in a creamy white sauce

PESTO PASTA 59.90
Baby marrows in a creamy basil pesto sauce

NAPOLI PASTA 59.90
Sundried tomato in a creamy napolitana sauce

PREGO PASTA 59.90
Mixed peppers in a creamy prego sauce

V

CHICKEN

BEEF

59.90 69.90 79.90

59.90 69.90 79.90

59.90 69.90 79.90

59.90 69.90 79.90

PIZZA BAR

ASSORTED PIZZA SLICES FROM R21.99 TO R26.99



POKE BAR

CHOOSE A PROTEIN

SALMON	R89.90
PRAWN	R89.90
BEEF	R79.90
CHICKEN	R69.90
FRIED TOFU	R59.90
FALAFEL	R59.90
CRABSTICK	R49.90

CHOOSE A BASE

STICKY RICE

BROWN RICE

MIX QUINOA

BABY LEAVES

CHOOSE ANY 4 INGREDIENTS

TZATZIKI

CHICKPEAS

TOMATO

RELISH

CARAMELISED ONION

SLAW MIX

BBQ MUSHROOMS

BEANS

SALSA MIX

BUTTERNUT

ONION

CARROT

OLIVES

MIXED PEPPERS

CORN

BROCCOLLI

CUCUMBER

BEETROOT

CHOOSE ANY 2 TOPPINGS

HALOUMI

GUACAMOLE

MOZZARELLA

PICKLED GINGER

EDAMAME

JALAPEÑO

CHOOSE 1 CRUNCH

TOASTED ALMONDS

DRIED CRANBERRIES

COCONUT FLAKES

ANTIOXIDANT SEED MIX

SESAME SEEDS

CRISPY ONION

CHOOSE 1 SAUCE

WASABI MAYO

TERIYAKI SAUCE

CHILLI SAUCE

CHIPOTLE MAYO

HONEY & SOY

SWEET CHILLI SAUCE

PESTO MAYO

SOY SAUCE

CHILLI MAYO