

good food menu

filled bagels and croissants

choose a filling for your toasted bagel or jumbo croissant. served with a side salad* [*side salad not for take out]

cheese and tomato	mozzarella, tomato	26	bacon cream cheese	bacon, cream cheese, tomato, rocket	32
ham cheese and tomato	country ham, cheddar, tomato	32	bacon avocado cheese	bacon, mozzarella, avocado	34
nutella chocolate	indulgent chocolate hazelnut spread	18	scrambled egg	2 scrambled eggs, +cheese R6, +bacon R8	28
bacon and banana	sliced banana, crispy bacon	26			

french toast sandwiches

egg dipped french toast sandwiches with these indulgent fillings. served with a side salad* [*side salad not for take out]

naked french toast	served with honey, +cheese R6	26	croque parisien	bacon, brie cheese, avocado, rocket	37
croque triple fromage	cheddar, mozzarella, feta, tomato	32	croque monsieur	country ham, mozzarella, mustard	32
croque bacon fromage	bacon, mozzarella, tomato	34	croque madame	cheddar, mustard, poached egg on top	32

toasted panini

toasted rustic panini roll stuffed with molten cheese and these hot fillings. served with a side salad* [*side salad not for take out]

hungry caesar	chicken, salami, ham, olives, tomato, mozzarella	43	dolphin friendly tuna	tuna, onion, tomato, mozzarella	38
italian chicken	chicken, basil pesto, tomato, mozzarella	38	beirut falafel	falafel balls, tomato salsa, pickles, mozzarella	36
mexican chicken	chilli chicken, jalapenos, tomato, mozzarella	38	roasted vegetable	roasted veggies, tomato, feta, mozzarella	34

hot wraps

a hot toasted wrap stuffed full with these delicious home made fillings. served with a side salad* [*side salad not for take out]

indian chicken curry roti	indian chicken curry in a roti wrap	36	cheesy mex quesadilla		38
organic veg curry roti	mild organic veg curry in a roti wrap	36		cheddar, feta, jalapenos, tomato, salsa in a toasted 2 tortilla sandwich	
mex chicken burrito	chicken, cheddar, jalapenos, avo, salsa	40	chicken mex quessadilla	as above with added chicken	46

classic sandwiches

choose sliced **low GI, wholewheat, rye**, add **R6** for **wrap or panini roll**. served with a side salad* [*side salad not for take out]

cheese and tomato	mozzarella, tomato, salad	22	BLT	bacon, tomato, dash of mayo, salad	27
ham cheese tomato	country ham, cheddar, tomato, salad	27	egg salad	egg mayonnaise, cucumber, salad	24
ploughman's lunch	cheddar cheese, fruit chutney, salad	21	tuna salad	tuna mayonnaise, red onion, tomato, salad	27
peanut butter and banana	sliced banana, peanut butter	21	chicken salad	chicken mayonnaise, cucumber, salad	27
brie LT	brie cheese, tomato, dash of mayo, salad	27			

wraps and rolls

choose a **wrap or panini roll**. served with a side salad* [*side salad not for take out]

caprese	basil pesto, mozzarella balls, capers, baby tomato, salad	37	moby dick	tuna, sliced egg, baby tomato, feta, cucumber, salad	38
chav	chicken fillet, avocado, cream cheese, baby tomato, salad	37	new yorker	pastrami, mozzarella balls, tomato, gherkins, salad	38
chicken bacon club	chicken, bacon, coleslaw, tomato, salad	39	orchard	salami, cheddar, sliced green apple, fruit chutney, salad	35
cow&chicken	chicken, pastrami, egg mayo, cheddar, tomato, salad	41	paradiso	avo, feta, olives, peppadew, tomato, cucumber, salad	35
dubliner	country ham, cheddar, coleslaw, sun dried tomato, salad	38	tahiti chicken	sweet chilli chicken, brie, peppadew, avo, salad	39
milano	salami, basil pesto, mozzarella balls, avocado, tomato, salad	40	tuscan	roasted veg, mozzarella balls, olives, sun dried tomato, salad	38

salad meals

crisp iceberg lettuce, wild rocket, baby spinach, julienne carrots, and a sprinkle of our health seed mix, served with these toppings

caprese	basil pesto, mozzarella balls, capers, baby tomato, salad	39	moby dick	tuna, sliced egg, baby tomato, feta, cucumber, salad	40
chav	chicken fillet, avocado, cream cheese, baby tomato, salad	39	new yorker	pastrami, mozzarella balls, tomato, gherkins, salad	40
chicken bacon club	chicken, bacon, coleslaw, tomato, salad	41	orchard	salami, cheddar, sliced green apple, fruit chutney, salad	37
cow&chicken	chicken, pastrami, egg mayo, cheddar, tomato, salad	43	paradiso	avo, feta, olives, peppadew, tomato, cucumber, salad	37
dubliner	country ham, cheddar, coleslaw, sun dried tomato, salad	40	tahiti chicken	sweet chilli chicken, brie, peppadew, avo, salad	41
milano	salami, basil pesto, mozzarella balls, avocado, tomato, salad	42	tuscan	roasted veg, mozzarella balls, olives, sun dried tomato, salad	40

breakfast

treat yourself to one of our comfort breakfasts [items marked with star* served until 11.30am]

yogi breakfast salad yoghurt, granola, seasonal fruit, honey	28	scrambled egg wrap mozzarella and baby tomato with scrambled eggs on a wrap	28
organic oats cooked oats, seasonal fruit, honey, cinnamon	26	breakfast wrap [vegetarian option available] wrap with scrambled egg, bacon, mozzarella and baby tomato	36
spread on toast toast with mozzarella and jam/marmalade/marmite/honey	21	full southern fry* [vegetarian option available] 2 eggs, bacon, baked beans, tomato, hash brown, toast	39
scrambled egg on toast mozzarella and scrambled eggs on low G.I or 50% rye toast	24		

are you thirsty?

organic fairtrade coffees

	small	large
organic cappuccino	14	18
organic latté	14	18
organic americano	10	14
organic espresso	10	14
organic macchiato	12	16
organic mocha	18	23
add a flavoured syrup to your coffee: gingerbread, hazelnut, vanilla, caramel	add 4	add 6

hot treats

	small	large
hot turkish delight	18	23
decadent dark hot chocolate	16	21
white chocolate marshmallow bomb	16	21
hot milo hot horlicks	14	19
chai latté	15	20
chocolate chai latté	18	23
coffee chai latté	18	23

cup of tea

organic rooibos organic ceylon	10
herbal teas earl grey, green, honeybush, breakfast tea	12
red cappuccino with rooibos tea espresso	18
red latté with rooibos tea espresso	18
red hot white white hot chocolate and with rooibos tea espresso	22

iced chillers

	350ml	500ml
iced organic coffee	14	19
iced organic latté	18	23
dark choco coffee frappé	21	26
white choco coffee frappé	21	26
iced chai chiller	18	23
red iced tea frappé	20	25

100% fruit smoothies

	350ml	500ml
guava berry smoothie	18	23
goji berry smoothie	18	23
mango granadilla smoothie	18	23
peachy passion fruit smoothie	18	23
humzinger mango, orange, apple, banana	18	23

our 100% fruit smoothies are made with apple and banana, and contain no added sugar, syrup or dairy products

milkshakes and crushes

	350ml	500ml
mint lemonade crush	16	21
pina colada coconut crush	21	26
smooth strawberry shake	18	23
decadent chocolate shake	20	25
banana cinnamon shake	19	24
honey horlicks malt shake	19	24
peanut power shake	19	24
rose poppy seed shake	21	26

yog-nog thick yoghurt smoothies

	350ml	500ml
breakfast granola yog-nog	20	25
strawberry oats yog-nog	20	25
peach rooibos muesli yog-nog	21	26

delicately spiced yoghurt lassis

	350ml	500ml
sweet chai yoghurt lassi	18	23
mango yoghurt lassi	18	23
banana yoghurt lassi	18	23

freshly squeezed 100% pure fruit juices

	350ml	500ml		350ml	500ml
pure orange apple carrot juice	18	23	carrot, apple and ginger juice blend	19	24

café Eco

90 Long Street [cnr Longmarket], CBD Tel 021 422 2299 www.cafeeco.co.za

