

CAKE & BAKE

BAKES	45
- CHEESECAKE	
- APPLE & BERRY	

CAKE OF THE DAY	39
CROISSANT MUFFIN SCONE	32

MILKSHAKES

STRAWBERRY, CHOCOLATE, VANILLA OR LIME	26
WHOLE BERRY OR PEANUT BUTTER	30
NEW MILO, COFFEE OR NUTELLA	34

MINERALS

COCA COLA, FANTA	300ml bottle	22
COKE LIGHT, SPRITE ZERO, COKE ZERO	330ml can	23
ICE TEA LEMON OR PEACH		26
APPLETIZER, GRAPETISER RED OR WHITE	330ml can	28
ROCK SHANDY, STEELWORKS		30

FRESH FRUIT JUICE

ORANGE, APPLE	25
MANGO, CRANBERRY, STRAWBERRY	28

STILL WATER	500ml	20
	1000ml	30
SPARKLING WATER	500ml	20
	1000ml	30

HOT BEVERAGES

DECAFFEINATED ADD R2

ESPRESSO	16
DOUBLE ESPRESSO	19
ESPRESSO & SMALL MILK	20
GRAND CAPPUCCINO	
NEW SHORT	21
STANDARD	25
GRANDE (DOUBLE SHOT)	28
RED CAPPUCCINO	23
CAFE LATTE	27
CAFE AU LAIT (FLAT WHITE)	25
MACCHIATO	19
CAFE AMERICANO	19
CHOCOCINO	27
HOT CHOCOLATE	22
FILTER COFFEE / TEA (CEYLON & ROOIBOS)	16
SPECIALITY TEA'S	23
CHAI TEA	25

hazzTM
caffè for heroes

GREENS CONSTANTIA HIGH CONSTANTIA CENTRE CONSTANTIA

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GREENS PLATTEKLOOF

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PAROW

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"ANYTHING IS GOOD IF ITS MADE OF CHOCOLATE"
JO BRAND

"THERE IS NO LOVE SINCERER THAN THE LOVE OF FOOD"
GEORGE BERNARD SHAW

"I COOK WITH WINE, SOMETIMES I EVEN ADD IT TO THE FOOD"
W.C. FIELDS

"IF YOU'RE AFRAID OF BUTTER, USE CREAM"
JULIA CHILD

"ALL YOU SEE I OWE TO SPAGHETTI"
SOPHIA LOREN

"FOOD IS AN IMPORTANT PART OF A BALANCED DIET"
FRAN LEIBOWITZ

DID YOU KNOW

- We have kiddies menus for under 12 year olds.
- We have gluten-free pizza bases and pasta available on request.
- We do take-aways on selected items.
- We have FREE Wi-Fi available.
- We are open Monday nights during the Summer.
- The first GREENS store was opened in Constantia 2001.
- We squeeze fresh orange juice to order.

ALL THE WATER USED ON THE PREMISES FOR COOKING,
DRINKING & WASHING IS PROUDLY FILTERED BY H2O



A MEMBER OF GREENS BRAND
COMPANY GROUP

For franchise enquiries please phone: TEL: (021) 531 6995

GREENS

CAFFÉ | PIZZERIA

BREAKFAST

BREAKFAST IS SERVED FROM 8 AM TILL 6 PM EVERYDAY

SLICED FRUIT, YOGHURT & HONEY (ADD GRANOLA R15) V	52
COOKED OATS, TOASTED ALMONDS & BANANA V	40
FLAPJACKS, BANANA & HONEY	42
CROISSANT MUFFIN SCONE	32
FRENCH TOAST BACON & BERRIES	52
FRENCH TOAST MAPLE & BANANA	45

EGGS OF YOUR CHOICE (INCLUDES TOAST & PRESERVES) (FREE RANGE EGGS SERVED POACHED FRIED OR SCRAMBLED)	39
- MUSHROOM OR TOMATO OR SPINACH	ADD 17
- BACON OR HAM OR SAVOURY MINCE	ADD 23
- SALMON OR PROSCIUTTO OR STEAK	ADD 45

SINGLE EGG ON TOAST	28
- MUSHROOM OR TOMATO OR SPINACH (HALF PORTION) ADD	15
- BACON OR HAM (HALF PORTION) ADD	17
- SAUSAGE OR SAVOURY MINCE (HALF PORTION) ADD	19

TRADITIONAL BREAKFAST (INCLUDES TOAST & PRESERVES)	
STANDARD	72
- BACON, SAUSAGE, EGGS, TOMATO	
DELUXE	85
- BACON, SAUSAGE, EGGS, TOMATO, CHIPS, BEANS, MUSHROOMS	

FILLED BREAKFAST CROISSANT	
- SCRAMBLED EGGS, BACON & GRILLED TOMATO	59

EGGS BENEDICT HAM OR BACON	75
EGGS BENEDICT AU SALMON	92
EGGS BENEDICT SPINACH & MUSHROOM	68

FRITTATA (OPEN OMELETTES)	
- CHEESE & BACON OR SPINACH & FETA	55
- MUSHROOM & BRIE V	62

TARTINES

(OPEN SANDWICH ON ARTISANAL SOURDOUGH SLICE)

CHICKEN CAESAR	72
GRILLED VEG, BOCCONCINI & PESTO V	63
NEW TUNA, EGG, MAYO & OLIVE	70
SALMON TROUT, SLAW & CUCUMBER	94
NEW PROSCIUTTO, CAPER BERRIES, AVO & PARMESAN	115
BACON, BRIE, WALNUT & FIG	80
NEW GREEK LAMB, OLIVES & SPINACH	105

DELUXE TOASTED SANDWICHES

(RYE, WHITE OR WHOLE WHEAT & SIDE CHIPS OR SALAD)

BACON, CHEESE & RED ONION	59
SALAMI, MOZZARELLA & OLIVE	48
CHICKEN & MAYONNAISE	52
CHEESE, TOMATO & ROCKET V	45
NEW STEAK, FRIED ONION & SWISS CHEESE	78

SALADS

GREEK V	65
CAJUN CHICKEN, AVO, RED ONION & ROCKET	78
SALMON TROUT, PRAWN & AVO	110
NEW ASIAN DUCK SALAD	87
CAESAR BACON OR CHICKEN	78
BACON, BEETROOT, CHEVIN & PUMPKIN SEEDS	68

LIGHT MEALS

SOUP	45
AVOCADO "RITZ"	72
BAKED QUICHE & GREENS	60
CLASSIC FISH CAKES	72
NEW CHICKEN & DUCK LIVER PATE	59

ON TOAST

PAN FRIED MUSHROOMS V	52
CHICKEN LIVERS & BACON	62
WELSH RAREBIT	46

MAIN MEALS

NEW DUCK CONFIT	137
CHICKEN BREAST WITH LEMON & PARMESAN	110
NEW NORWEGIAN SALMON ON WILTED GREENS	130
GRILLED FISH	140
GRILLED LAMB CHOPS & CHIPS	152
STEAK ROLL	110
NEW KASSLER CHOP & SWEET POTATO FRIES	128
FILLET STEAK, EGG & CHIPS (180g)	145
NEW LAMB MOUSSAKA	125

BURGERS

CHARGRILLED BEEF BURGER (200g)	78
GRILLED CHICKEN BURGER	69
KAROO LAMB BURGER	82
+w/ AVO, HARISSA & SOUR CREAM	25
+w/ CHEDDAR & MUSHROOM SAUCE	20
+w/ BACON, EGG & CREAMY PEPPERCORN SAUCE	30
+w/ BRIE & CRANBERRY	25
+w/ AUBERGINE & TZATZIKI	20

ITALIAN PASTA

CHOICE OF LINGUINE OR PENNE

TRADITIONAL BOLOGNAISE	72
ITALIAN SAUSAGE & TOMATO	82
PRAWN, CHICKEN & CHILLI (CREAM)	115
SALMON TROUT, DILL & LEMON ZEST (CREAM)	92
BACON, CHICKEN, PAPRIKA & CREAM	85

WOOD FIRED PIZZA

PIZZA IS SERVED FROM 12 NOON TO CLOSE

ALL PIZZAS ARE AVAILABLE TO TAKE AWAY

OUR PIZZAS ARE HAND MADE THE TRADITIONAL ITALIAN WAY & ARE BAKED IN A GENUINE WOOD BURNING PIZZA OVEN

GLUTEN-FREE BASES AVAILABLE SQ

PIZZA CLASSIC

BIANCO GARLIC & HERBS V	36
MARGHERITA BASIC TOMATO & MOZZARELLA V	63
STREGA BLACK MUSHROOM, GARLIC & ROSEMARY V	85
FORMAGGI MOZZARELLA, CHEDDAR, BLUE & FETA V	112
STAGIONI MUSHROOM, OLIVES, ARTICHOKE & SALAMI	105
MASSIMO SALAMI, OLIVES & CHILLI	92
PUTTANESCA OLIVES, ANCHOVIES & CAPERS	85
REGINA HAM & MUSHROOM	94
MEXICANO GROUND BEEF, REFRIED BEANS, CHILLI & AVO	99
SPINACHI SPINACH, MUSHROOMS, CHILLI & GARLIC V	90

NEW PIZZA FRESCA

ANY PIZZA TOPPED WITH ROCKET, TATSOI, ROSA TOMATOES & RED ONION

ADD 18

PIZZA GOURMET

NEW MUSHROOM, ARTICHOKE, FETA & RED PEPPER V	100
SMOKED CHICKEN, BRIE & CRANBERRY	120
ITALIAN SAUSAGE, BOCCONCINI & OREGANO	118
NEW CAJUN CHICKEN, SWISS CHEESE & PINEAPPLE	122
PEAR, BLUE CHEESE & CARAMALIZED ONIONS V	110
CHILLI PRAWN, CHOURIÇO & BABY TOMATO	129
STEAK, BLACK MUSHROOM, JALAPENO & FETA	125
NEW LAMB, OLIVE & ROSEMARY	128

PIZZAS TOPPED WITH FRESH GREENS

SALMON, CAPERS & BABY SPINACH	120
AVO, PARMESAN & ROCKET V	99
BRIE, FIG, HAM & BABY SPINACH	105
BACON, AVO, FETA & BASIL	110
THAI CHICKEN, CHILLI & CORIANDER	95
ITALIAN PROSCIUTTO & ROCKET	135

DESSERT

NEW STEAMED ORANGE PUDDING	40
FRUIT PAVLOVA	45
NEW VANILLA PANNA COTTA WITH BERRY COULIS	49
BELGIUM WAFFLE WITH BANANA & SALTED CARAMEL SAUCE	42
TRIPLE CHOC BROWNIE	55
GELATO TRIO	52

VEGETARIAN **V**