



# COMMON GROUND CAFÉ

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**COMMONGROUNDCAFÉ**

# Menu

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## Breakfast

Breakfast items served on your choice of white or brown bread, rye (+R3) or sourdough (+R10).

### **Mediterranean** **R85**

Two eggs, bacon, halloumi and sliced avocado.

### **High Protein Breakfast** **R79**

Shredded tuna topped with two poached eggs and sliced avocado.

### **Avo & Egg Protein Toast** **R67**

Smashed avocado topped with two eggs, baby spinach, feta and chilli flakes.

### **French Toast** **R51**

Served with honey and cheddar cheese.

### **Eggs on Toast** **R42**

Two eggs cooked your way.

### **Omelettes** **R59-R87**

One filling R59 · Two fillings R69 ·  
Three fillings R78 · Four fillings R87

#### **Fillings:**

Cheddar, feta, mushroom, garlic, grilled onions, peppers, tomato, ham, bacon or chicken.

## Toasted Sandwiches

Served on white or brown bread. Rye (+R3) or sourdough (+R10).

### **Club Sandwich** **R68**

Three slices of bread layered with chicken mayo, ham, cheese and tomato.

### **Chicken & Mayo** **R55**

Shredded chicken with creamy mayonnaise.

### **Cheese & Tomato** **R48**

V Melted cheese with fresh tomato on toasted bread.

### **Tuna Mayo** **R60**

Tuna mixed with mayonnaise and seasoning on toasted bread.

### **Bacon & Egg** **R58**

Crispy bacon with a freshly cooked egg on toasted bread.

### **Mince & Cheese** **R58**

Seasoned savoury mince topped with melted cheese on toasted bread.

### **Baked Beans & Cheese** **R55**

V Spiced baked beans, melted cheese on toasted bread

## **Tramezzinis**

### **The Common Ground Club R73**

Classic chicken mayo with options to add extras.

### **Bacon, Avocado & Feta R78**

Crispy bacon with sliced avocado and feta.

### **Bacon, Cheese & Mushroom R72**

Bacon, melted cheese and sautéed mushrooms.

### **Coronation Chicken R73**

Sliced chicken in a lightly spiced Malaysian curry sauce.

### **Mince & Cheese R72**

Seasoned savoury mince with melted cheese.

### **Vegetarian R70**

**V** A medley of sautéed mushrooms, peppers & grilled onion with mozzarella.

### **Spinach & Feta R70**

**V** Spinach with feta and melted cheese.

## **Wraps**

### **Crumbed Chicken R88**

Crumbed chicken strips with feta, fresh salad and sweet chilli drizzle.

### **Steak R92**

Beef fillet strips with fresh salad & sautéed mushrooms.

### **Haloumi R78**

**V** Grilled haloumi, with fresh salad, yoghurt and sweet chilli.

## **Burgers**

Served with Fries or Side Salad. Add Cheese R20

### **Chicken R82**

Grilled or Crumbed chicken patty with gherkin, tomato, battered onion and BBQ sauce.

### **Beef R87**

Grilled beef patty with gherkin, tomato, battered onion and BBQ sauce.

### **Vegetarian R74**

**V** Grilled vegetarian patty with gherkin, tomato, battered onion and BBQ sauce.

## ***Build Your Own Salad***

Create your own fresh bowl, made your way by choosing your toppings and dressings

### **Base Salad R45**

Lettuce, tomato, cucumber, olives and red onion with house dressing.

### **House Dressings**

House Herb Dressing

House Lemon Garlic

Classic Balsamic Vinaigrette

### **Protein**

Grilled Chicken (R30)

Steak (R40)

Haloumi (R30)

Tuna (R25)

Salmon (R55)

### **Extras**

Avocado (R20)

Feta (R12)

Boiled Egg (R10)

Corn (R7)

Mixed Peppers (R7)

Stir Fry Veg (R25)

Bacon (R20)

Chickpeas (R20)

## ***Wellness Bowls***

Served with fresh stir fried veg or salad & peanut or herb dressing. Add extra rice + R20

### **Chickpea Power Bowl R72**

**V**

150g seasoned chickpeas | ±14g protein

### **Grilled Chicken & Avo Bowl R80**

150g grilled chicken | ±42g protein

### **Beef Mince Bowl R80**

130g lean beef mince | ±32g protein

### **Chicken Kebabs R75**

150g grilled chicken | ±42g protein

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## ***Common Classics***

### **Chicken Curry R78**

Tender chicken in fragrant coconut based curry sauce served with rice.

### **Creamy Chicken Livers R62**

Peri Peri Style Livers served with fries or toasted tramezzini

### **Pasta Alfredo R78**

Penne pasta with chicken, mushrooms & creamy sauce.

### **Hake & Fries R85**

Lightly fried hake served with fries & coleslaw

## **Pizza**

### **Margherita R79**

**V** Napolitana sauce, mozzarella and oregano.

### **Zeus R108**

Napolitana sauce, mozzarella, beef strips mushroom, peppers and onion.

### **Aphrodite R95**

Napolitana sauce, mozzarella, ham and pineapple

### **Icarus R105**

Napolitana sauce, mozzarella, cajun chicken, peppadew and feta.

### **Artemis R89**

**V** Napolitana sauce, mozzarella, mushroom, olives, peppers and onion.

### **Extras**

Avocado (R20)

Feta (R12)

Bacon (R20)

Chilli (R7)

Garlic (R7)

## **Sides**

### **Side Salad R30**

Lettuce, tomato, cucumber, olives and red onion with house dressing.

### **Side Veg R30**

Roasted or stir fried veg

### **Side Fries R20**

### **Coleslaw R20**

## **Kids**

### **Chicken Nuggets & Fries R54**

Chicken nuggets with a side of fries

### **Mini Pizza R54**

**V** Mini Margherita & fries

### **Mac & Cheese R54**

**V** Creamy cheese pasta

# Drinks

## Hot Drinks

Available in Small, Regular or Large

### Cappuccino R31-R41

Espresso with steamed milk and a light foam.

### Red Cappucino R36

Rooibos tea blended with steamed milk and a light foam.

### Café Latte R31

Espresso with steamed milk, topped with light foam.

### Red Latte R35

Smooth rooibos tea blended with steamed milk.

### Espresso R19

A rich, full-bodied shot of coffee.

### Americano R30-R37

Espresso with hot water for a smooth, full-bodied flavor.

### Chai Latte R31

Aromatic spiced chai with steamed milk.

### Mochaccino R40

Espresso blended with chocolate, steamed milk and a light foam.

### Hot Chocolate R31

Rich chocolate blended with steamed milk.

### Tea R27

Selection of 5 Roses, Rooibos, English Breakfast, Darjeeling and Green Tea.

### Matcha Vanilla Latte R56

Smooth matcha blended with steamed milk.

## Cold Beverages

### Soda Buddy Bottle R22

Selection includes Coke and Coke Zero.

### Soda Cans R19

Selection includes familiar favourites.

### Ice Tea R25

Selection includes Lemon, Peach & Mixed Berries.

### Tiser R28

Selection includes Appletiser & Grapetiser.

### Fruit Juice R35

Selection includes Orange, Berries, Mega Beet, Apple and Mango.

### XS Power Drinks R28

Selection of Orange Kumquat and Pink Grapefruit.

### Water R15-R19

Selection of Still or Sparkling.

### Boba Lemonade R48

Lemonade served with flavoured boba pearls. Watermelon & Ginger | Strawberry & Vanilla

## ***Cold & Blended***

### **Blueberry Banana Smoothie R55**

Blueberries, strawberries and banana blended with yoghurt, apple juice and ice.

### **Green Mango Chia Smoothie R55**

Mango purée and spinach blended with chia seeds, yoghurt and mango juice.

### **Salted Caramel Peanut Butter Frappe R58**

Banana, peanut butter and caramel blended with milk and ice.

### **Coffee Freezo R45**

Espresso blended with milk and ice.

### **Matcha Freezo R58**

Matcha blended with milk and ice.

### **Chai Freezo R45**

Spiced chai blended with milk and ice.

### **Iced Matcha Vanilla Latte R58**

Matcha blended with milk, vanilla and ice.

### **Specialty Milkshakes R60**

Selection includes Strawberry Malt and Choc Caramel Mocha

### **Milkshake Favourites R42**

Selection includes Chocolate, Strawberry and Vanilla

## ***Build Your Own Smoothie***

Choose a base and up to two fruits.  
Add protein or boosters if you like.

### **Base Smoothie R28**

Choose one:

Milk

Yoghurt (+R7)

Water

Milk Alternative (+R7)

### **Fruit**

Choose up to two:

Banana

Blueberries

Strawberries

Mango

### **Smoothie Boosters**

Protein powder (+R20)

Chia seeds (+R7)

Pumpkin seeds (+R7)

Peanut butter (+R10)

Avocado (+R15)

Oats (+R7)

Spinach (+R7)