

Beverages

Cold Drinks

Minerals: 200 ml R8

Dry Lemon, Lemonade, Tonic, Soda

: 330 ml R12

Coke, Coke Light, Tab, Fanta, Sprite,

Lime & Soda, Passion Fruit & Lemonade R14

Cola Tonic & Soda or Lemonade R14

Iced Tea lemon or peach R15

Appetizer R18

Sparkling Grape red or white R17

Fresh Fruit Juices R15

Water still 500 ml R12

sparkling 500 ml R12

Smoothies & Frappes R20

Flavours: Strawberry
Passion Sorbet (non dairy)
(plain or with yogurt)

Americano Iced Coffee R25

Traditional Iced Coffee R20
(Cappuccino Flavour)

Brazilian Hazelnut R25

Chai Latte
(served hot or cold)

Milk Shakes R20

Flavours: chocolate, strawberry, vanilla

Hot Beverages

Filter Coffee R10

Filter coffee refill R6

Cappuccino R15

Single Espresso R10

Double Espresso R12

Cafe Late R18

Red Cappuccino R18

Red Late R20

Hot Chocolate R18

Milo R18

Chocuccino R18

Tea (Ceylon and Rooibos) R10

Specialty Teas R13

Dessert

Traditional Pancakes R25

served with ice cream and maple syrup

Ice Cream and Hot Chocolate Sauce R25

Carrot Cake R25

Muffins (freshly baked daily) 2 for R8

Extra: butter: R3.00

jam R3.00

cheese R5.00

We cater for private functions, dinners, birthday events, boardroom lunches, platters, year end functions, speak to us about your specific needs



Menu

Sunrise Park

Sunrise Circle

Ndabeni

Ph: 021 5318318



Breakfast (served all day)

(Eggs served poached, fried or scrambled)

Breakfast on the Run R23

1 egg, 2 rashers of bacon, grilled tomato, slice of toast

Extra: additional egg R4

Bagel Brunch R39

fresh bagel with egg, bacon, lettuce, tomato and crispy hot french fries

Sunrise Breakfast R38

2 eggs, 2 rashers of bacon, mushrooms, fried tomato, beef sausage, 2 slices of toast, butter, jam and bottomless coffee

Filled Breakfast Croissant R38

scrambled egg, bacon and grilled tomato garnished with spring onion

Savory mince on toast R39

served with Hollandaise Sauce

Breakfast Pancake R29

filled with bacon, egg and cream cheese

French Toast R27

served with 2 rashers of bacon and maple syrup

2 slices Anchovy/marmite toast R16

served with fresh tomato slices

Omelette plain R24

Create your own filling:

tomato: R3.00, onion: R3.00, bacon: R6.00, rocket: R2.50, camembert: R6.00, fig preserve: R4.00, mushrooms: R3.00

Salads

Chopped roast chicken salad R48

on a bed of crisp greens with butternut, chic peas and dressing

Greek Pasta Salad R40

pasta screws, feta, roma tomatoes, cucumber, olives, with creamy basil pesto salad dressing

Prawn & Feta Salad R64

prawns, served on a bed of greens, sweet peppers, onion, cucumber, avo (seasonal), sliced mango, feta

Light Meals

Chicken Schnitzel R45

served with either a creamy mushroom or cheese sauce, and stir fry mix veg or side salad

Fried Hake middle cut R32

served with french fries or side salad

Fried Hake full portion R42

served with french fries or side salad

Fish Cakes R27

2 fish cakes served with fries or side salad

Grilled chicken burger R45

served with french fries or side salad

Grilled Beef Burger R48

served with french fries or side salad

Steaks (sauces: pepper, creamy mushroom, barbeque, sweet chilli)

Beef Fillet 280 g R89.00

Rump, sirloin 280 g R79.00

served with choice of sauce, french fries or salad

Strip Dip R40

crunchy crumbed chicken strips served with sweet chilli dip, side salad or french fries

Deep Fried Calamari R46

served with tartar sauce and french fries

Chicken Wrap R39

chicken breast, lettuce, tomato, sweet peppers, and our secret sauce served with side salad

Quiches: ask your waiter on the available R38

flavour

served with Greek Side Salad

Savoury pancake: R37

mince or chicken filling served with french fries or side salad

Pasta

Linguini with Basil Pesto R32

Beef Pastachini R45

tagliatelli with strips of beef, mushrooms in a cream brandy sauce

Penne Pasta R42

served with chicken, sweet peppers, in a cream sauce

Sandwiches

Toasted chicken and mayo R32

Toasted bacon and egg R32

Toasted tuna and mayo R29

Toasted cheese and tomato R25

Toasted ham, cheese and tomato R29

Toasted Bacon, Avo and Feta R32

served with french fries