

Grizzly Bear

Cafe
MMXXIII



MENU

BREAKFAST

Croissant Freshly baked croissant, served with butter & jam Chocolate Almond	R48
Fry Up - served with sourdough toast 2 Eggs, crispy bacon, beef sausage, tomato & sautéed button mushrooms	R128
French Toast (V) 2 Slices golden slices of French brioche, served with mascarpone cheese and caramelised banana	R90
add bacon	R38
Avo on Toast R112 Toasted Rye, topped with smashed avocado* & 2 poached eggs	
add bacon	R38
Eggs on Toast Toasted sourdough topped with creamy scrambled eggs, Danish feta & cherry tomatoes	R88
Shrooms on Toast Toasted sourdough topped with baby spinach, creamy button mushrooms & 2 poached eggs	R114
add bacon	R38
Eggs Benedict Toasted English muffin, topped with Italian ham, asparagus & 2 poached eggs Hollandaise sauce	R118
Eggs Florentine Toasted English muffin, topped with sautéed baby spinach & button mushrooms, asparagus & 2 poached eggs Hollandaise sauce	R118
Salmon Onasis Toasted bagel, topped with sautéed baby spinach, smoked salmon trout, asparagus & 2 poached egg Hollandaise sauce	R142
Breakfast Croissant Butter croissant, filled with crispy bacon, cherry tomatoes, white cheddar cheese, scrambled egg & wild rocket	R108

* = When in season (V) = Vegetarian

HEALTHY BREAKFAST

Health Breakfast (V) Deliciously thick & creamy Greek yoghurt & muesli, topped with fresh fruits	R112
Oats (V) Creamy jungle oats, topped with caramelised banana & strawberries	R108
Yummy Paw Paw (V) A paw paw split in half, smothered in Greek yoghurt & sprinkled with muesli & honey	R90

OMELETTES

<i>3 Free range eggs with a dash of cream served with toasted sourdough Plain</i>	R54
• Italian ham, mature white cheddar	R92
• Bacon, button mushrooms, cherry tomatoes, mature white cheddar	R102
• Asparagus, baby spinach, Danish feta, mature white cheddar	R99
• Smoked salmon trout, whipped cream cheese & spring onions	R128

EXTRAS

Bacon	R38	Beef sausage	R30
Egg	R10	Rocket	R18
Baby spinach	R34	Avocado*	R32
Danish Feta	R26	White Cheddar	R24
Mozzarella	R22	Parmesan	R26

OPEN SANDWICHES

Club Sandwich Greens, homemade chicken mayo, avo, topped with crispy bacon bits & parmesan shavings	R138
The Gerry Greens, bacon, avo*, halloumi & drizzled with sweet chilli mayo	R132
Caprese Wild rockets, buffalo mozzarella, cherry tomatoes, basil pesto, parmesan shavings, drizzled with caramelised red onion	R118
The Grizzly Greens, Italian cooked ham, mature white cheddar, roasted peppers, olives, salami, drizzled with sweet chilli & mustard mayo	R142

TOASTIES

Served on your choice of white, brown, rye or ciabatta with either chips or salad

Cheese	R48	Cheese & tomato	R62
Ham, cheese & tomato	R68	Chicken mayo	R70
Bacon, feta & avo*	R74	Tuna mayo	R78
Bacon & egg	R66		

WRAPS

Fillet Wrap Grilled fillet strips, spicy tomato salsa, smashed avo*, baked beans, yellow cheddar & wild rocket served with sweet potato crisps.	R138
Crispy Chicken wrap Crispy chicken strips, smashed avo*, roasted peppers, red onions, wild rocket, sweet chilli mayo served with sweet potato crisps	R128
Veg wrap Roasted med vegetables, wild rocket, Danish feta, caramerlised red onion, halloumi, sweet chilli mayo served with sweet potato crisps	R126

LUNCH

Jacket Potato crispy oven baked potato • Salmon Trout & whipped cream cheese • Bacon, Danish feta & avocado*	R128 R112
Gratinated Pancakes Sautéed baby spinach and button mushrooms, wrapped in savoury pancakes topped with cream & oven roasted	R90
Flatbread Wood-fired flatbread topped with caramelised red onions, olives, Danish feta & rocket	R98
Fillet Flatbread Wood-fired pizzette, topped with caramelised red onions, Danish feta, cherry tomatoes wild rocket, fillet strips, drizzled with sweet chilli mayo	R178
Chicken Flatbread Wood-fired flatbread topped with caramelised red onions, cherry tomatoes, olives, grilled chicken strips, avo*, wild rocket, drizzled with chilli mayo	R158
Veggie Flatbread Wood-fired flatbread topped with caramelised red onions, roasted butternut, roasted peppers, danish feta, olives	R148
Fillet Panini Panini topped with rocket, grilled fillet, tomato, caramelised red onions & sweet chilli mayo	R138
Fillet Rosti 200g grilled fillet, served on a potato rosti, Sweet chili & Cream cheese puree	R209
Chicken Rosti 200g grilled fillet, served on a potato rosti, Sweet chili & Cream cheese puree	R198
Hake Goujons Deep fried hake goujons, served with chips, Tartare sauce	R148
Dijon Fillet 250g grilled fillet served with chips, homemade dijon mustard sauce	R269
Pepper Fillet 250g grilled fillet served with mash, homemade pepper sauce	R269

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BURGERS

No Bun Burger	R108
Bed of greens, cherry tomatoes & caramelised red onions, drizzled with a wholegrain mustard & white cheddar sauce	
Beef Burger - add cheese R18	R112
Crispy Chicken Burger	R112
Gourmet Beef Burger	R189
200g beef burger patty served on a bed of greens, topped with grilled fillet strips, mature white cheddar, caramelised red onions Basil pesto & chili mayo	
Beef & Mushroom burger	R145
180g homemade pure beef burger, served on a bed of greens, cherry tomatoes, caramelised red onions, mature white cheddar topped with creamy mushrooms, served with chips or salad	

PASTA

Carbonara	R138
Egg yolk, cream, bacon & parmesan	
Bolognese	R128
Homemade beef bolognese	
Pesto	R148
Creamy basil pesto, cherry tomato & crispy bacon	
Chicken	R148
Grilled chicken, roasted butternut, Greek feta & rocket	
Vegetarian	R142
Napolitana sauce, olives, cherry tomato, parmesan, Danish Feta, roasted peppers & baby spinach	

KIDDIES

Baby breakfast	R88
1 egg, grilled beef chipolata, cherry tomato, mushrooms, bacon & toast	
French toast	R54
a slice of pan fried brioche, served with marshmallows	
Crumbed chicken strips & chips	R72
Fish fingers & chips	R68
Toasted cheese & chips	R48
Kiddies cheese burger & chips	R72
Mini margherita pizza	R78
Mini hawaiian pizza	R78
Mini regina pizza	R78
Pancakes	R52

SALADS

Italian	R138
Greens, cherry tomatoes, cucumber, red onions, avocado*, roasted peppers, olives & Bocconcini	
Beef Fillet	R168
Grilled fillet, greens, cherry tomato, red onions, Danish feta, caramelised strawberries, avocado* & parmesan shavings	
Greek	R138
Greens, cherry tomatoes, red onions, olives, peppers, Danish feta & avocado*	
Chicken	R138
Crumbed chicken strips, greens, red onions, cherry tomatoes, roasted peppers, halloumi cheese & avocado*	
Tuna	R138
Shredded tune, greens, cherry tomatoes, avocado*, sweetcorn, carrots & roasted asparagus	
Biltong	R162
Biltong, beetroots, greek feta, avocado*	
Mediterranean Veggie Salad	R148
Mediterranean Veggie salad served on a bed of greens, cherry tomatoes, cucumber, red onions, Greek feta & halloumi cubes - drizzled with a balsamic glaze	

PIZZA

Margherita	R88
Home-baked pizza base topped with pizza sauce and mozzarella	
Regina	R132
Italian cooked ham & mushrooms	
Hawaiian	R128
Italian cooked ham & pineapple	
Mexicana	R174
Margherita pizza topped with our homemade chilli con carne mince	
Parma	R209
Parma ham, rocket & parmesan shavings	
The Gypsy	R138
Italian cooked ham, red onions, avo* & chilli	
Greco	R188
Crispy bacon, Danish feta, olives and avo*	
Pollo	R182
Pulled roast chicken, roasted butternut, roasted peppers, Danish feta & rocket	
Vegetarian (V)	R168
Baby spinach, baby marrows, roasted butternut & peppers, olives, sprinkled with Danish feta	
Four seasons	R182
Mushrooms, Italian cooked ham, olives & artichokes	

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SUSHI

Sashimi	2 Pc	California Rolls	8 Pc	Hand Roll	1 Pc
Salmon	R78	Salmon	R92	Salmon	R84
Tuna	R72	Tuna	R92	Tuna	R82
		Prawn	R90	Prawn	R82
		Vegetarian	R72	Vegetarian	R74
Maki	6 Pc	Fashion Sandwich	6 Pc	Roses	6 Pc
Salmon	R82	Salmon	R92	Salmon	R118
Prawn	R80	Prawn	R90	Tuna	R116
Tuna	R82	Tuna	R90		
Avocado	R58	Vegetarian	R78		
Nigiri	2 Pc				
Salmon	R82				
Prawn	R80				
Tuna	R80				

GOURMET PLEASURES

Blue Dragon (6 Pieces)	R102
Prawn tempura, avocado*, sweet chili mayo	
Sensei (6 pieces)	R108
Salmon, avocado*, tempura veggies, mayo	
Philadelphia (6 Pieces)	R102
Salmon, Philadelphia cream cheese, avocado*	
Kaburi (6 Pieces)	R102
Tempura prawn, sun-dried tomato, caviar, salmon, caramelised red onion, mayo	
Crunchy Taco (6 Pieces)	R102
Tempura prawn, mango, teriyaki sauce, mayo	
Samurai (6 Pieces)	R102
Tuna, Salmon, avocado* & tempura veggies, mayo	
Prawn Bombs (6 Pieces)	R102
Deep fried halloumi cubes, topped with tempura prawns & drizzled in a creamy chilli, ginger & garlic sauce	

Grizzly
Bear

DRINKS

HOT DRINKS

Cappuccino	R30
Grande Cappuccino	R42
Cappuccino w' Cream	R38
Grande Cappuccino w'	R48
Cream Cortado	R30
Cafe Latte	R36
Machiato	R22
Red Cappuccino	R38
Americano	R28
Single Espresso	R20
Double Espresso	R28
Vanilla Coffee	R52
Spiced Chai Latte	R52
Dirty Chai	R62
Moccachino	R62
Hot Chocolate	R52
Milo	R52
Tea	R20
Earl grey	R22

PLANT BASED MILKS

Almond Milk reg	R8	Almond Milk Grande	R10
Soy Milk reg	R8	Soy Milk Grande	R10
Oat Milk reg	R8	Oat Milk Grande	R10

COLD DRINKS

Sodas	R22
Mixers	R20
Bos Ice Tea	R30
Still Water 250ml	R24
Still Water 750ml	R50
Sparkling Water 250ml	R24
Sparkling Water 750ml	R68
Milkshakes	R44
Frulata	R64
Coffee freezo	R62
Spiced Chai Freezo	R68

SMOOTHIES

Summer Berry	R68
Peanut Butter Blast	R68