



# melt



## *Melt in the Morning (Served all day!)*

Muesli with low fat yoghurt, seasonal fruit and honey .....	R42
Low fat yoghurt, nuts, seasonal fruit and honey .....	R42
Breakfast Smoothie	
Berry Express, Peach Bum or Tropical Tang blended with yoghurt and muesli .....	R42
Toasted Health, White or Rye bread served with any one of the following:	
Hummus, Avo, Emmenthal Cheese, Peanut Butter, Anchovette .....	R16 per slice
Each additional topping .....	R6

## *Decadent Treats*

Waffle with Honey or Maple Flavoured Syrup .....	R33
Add Topping:	
Cinamon Sugar .....	R4
Whipped Cream or Ice Cream .....	R20
Macadamia / Pistachio or Pecan nuts .....	R18
Strawberries / Banana / Blueberry Topping .....	R15
Belgian Chocolate in Milk, Dark or White .....	R20
Melted Marshmallows .....	R14
Extremely Chocolatey Brownies <i>Served with Ice Cream and Honeycomb</i> .....	R55
Chocolate Fondue served with a choice of	
<i>Marshmallows ~ Turkish Delight ~ Seasonal Fruit ~ Marzipan ~ Wafer Biscuits ~ Nougat ~ Dried Mango</i> .....	For one R75 For two R140
Banoffee Pie .....	R37
Crunchy Chocolate Springrolls <i>Served with Ice Cream</i> .....	R42
Ice Cream and Hot Chocolate Sauce .....	R42
Wholewheat Scone <i>Served with Cream, Emmenthal Cheese and Strawberry Jam or Marmalade</i> .....	R34

## *Gourmet Open Sandwiches*

Served on Health or White bread \*Toasted optional  
Rye Bread: Add R5

Smoked Chicken <i>With lettuce, tomato, avocado and honey mustard sauce</i> .....	R55
Country Ham <i>With Lettuce, Tomato, Emmenthal Cheese And Wholegrain Mustard Mayo</i> .....	R55
Hungarian Salami <i>With Lettuce, Tomato, Provolone And Basil Mayo</i> .....	R55
Smoked Beef <i>With Rocket, Gherkin, Tomato, Feta And Balsamic Reduction</i> .....	R60
Torn Mozzarella <i>With Fresh Basil, Balsamic Roasted Cherry Tomatoes And Pesto</i> .....	R55
Vegetarian <i>With Lettuce, Cucumber, Tomato, Hummus, Avocado and Artichokes</i> .....	R55

## *Create Your Salad*

Base of Lettuce, Rocket Tomato, Cucumber	<b>R34</b>		
Add:		Smoked Chicken .....	<b>R20</b>
Avo .....	<b>R16</b>	Biltong .....	<b>R20</b>
Artichoke .....	<b>R13</b>	Croutons .....	<b>R10</b>
Feta .....	<b>R12</b>	Mixed nuts .....	<b>R18</b>
Goats Cheese .....	<b>R14</b>	Toasted Pumpkin seeds .....	<b>R7</b>
Olives .....	<b>R10</b>	Peppadew .....	<b>R10</b>

## *Cold Drinks*

Soft Drinks <i>Coke ~ Coke Zero ~ Sprite ~ Sprite Zero ~ Tab ~ Cream Soda</i> .....	<b>R18</b>
Water <i>Still ~ Sparkling</i> .....	<b>R15</b>
Fruit Juice <i>Apple ~ Strawberry ~ Orange ~ Mango</i> .....	<b>R23</b>
Tizers <i>Appetizer ~ Grapetizer</i> .....	<b>R23</b>
Frankies <i>Fiery Ginger Beer ~ Cloudy Lemonade ~ Original Cream Soda</i> .....	<b>R23</b>
BOS Ice Tea <i>Lemon ~ Peach ~ Berry</i> .....	<b>R22</b>
Lime and Soda / Passion Fruit and Kola Tonic .....	<b>R22</b>
Milkshake <i>Chocolate ~ Vanilla ~ Coffee ~ Strawberry ~ Chai ~ Horliks</i> .....	<b>R40</b>
Freezeachino .....	<b>R30</b>

## *Smoothies*

Berry Express <i>Blackberry, Raspberry and Strawberry with Fruit Juice</i> .....	<b>R38</b>
Peach Bum <i>Banana, Peach and Strawberry with Fruit Juice</i> .....	<b>R38</b>
Tropical Tang <i>Peach, Pineapple and Mango with Fruit Juice</i> .....	<b>R38</b>

## *Hot Drinks*

Hot Chocolate Made With Belgian Couverture Chocolate Topped With Marshmallows <i>Original ~ Cinnamon ~ Chilli ~ Sugar free ...</i>	<b>R38</b>
Milo / Horliks .....	<b>R32</b>
Tea <i>Five Roses ~ Rooibos</i> .....	<b>R17</b>
Twinnings <i>English Breakfast ~ Earl Grey ~ Cammomile ~ Green Mint ~ Lemon ~ Green ~ Chai Tea</i> .....	<b>R19</b>
Red Cappuccino .....	<b>R26</b>
Red Latte .....	<b>R28</b>
Chocolate Temptation <i>Choose Any Three Of Our Chocolates With Your Tea Or Coffee For An Extra</i> .....	<b>R18</b>

## *Coffees*

Espresso .....	<b>Single R17 Double R22</b>
Cappuccino .....	<b>Regular R24 Double R26</b>
Babyccino.....	<b>R12</b>
Macchiato .....	<b>R20</b>
Americano .....	<b>R17</b>
Chocacinno .....	<b>R30</b>
Filter .....	<b>R17</b>
Latte .....	<b>R26</b>
Compano <i>Espresso With Whipped Cream</i> .....	<b>Single R20 Double R25</b>

\* Try our new naturally infused chocolate coffee blend

## *Extras*

Extra For Pouring Or Whipped Cream .....	<b>R4</b>
Extra For Decaf Coffees .....	<b>R4</b>
Soya Milk .....	<b>R4</b>
<i>Caramel or Vanilla Syrup</i> .....	<b>R6</b>