



## FOOD & BEVERAGE MENU

Toasted sandwiches and refreshments are available on request. Breakfasts and lunches require a 24 hour notice period prior to your appointment. We also provide platters on request, please ask your therapist for prices, 24 hour notice period prior to your appointment applies.

### BREAKFAST MENU

Champagne and Orange Juice  
 Muesli with Fresh Fruit and Yoghurt  
 Croissant  
 Muffin  
 Butter, Cheese and Jam on the side

**Price: R110 per person**

### SOMETHING LIGHT

Served with crisps on white or brown bread

#### Toasted Sandwiches

Toasted Cheese	R35
Toasted Cheese and Ham	R35
Toasted Cheese and Onion	R35
Toasted Cheese, Ham and Onion	R35
Toasted Tuna Mayonnaise	R40

#### Cheese Platter for One

4 Cheeses, Biscuits, Fig Preserve and Onion Marmalade	R100
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## LUNCH MENU

Includes meal, dessert, fruit juice and a tea/coffee

### Choose a Main Meal

Quiche Lorraine and Salad  
 Chicken Kebabs and Salad  
 Chicken Salad  
 Tuna Salad  
 Halloumi Salad  
 Beef Fillet Salad  
 Chicken Pie and Veggies or Salad  
 Cottage Pie and Veggies or Salad  
 Chicken Wrap  
 Halloumi Wrap  
 Beef Fillet Wrap  
 Thai Green Chicken Curry

### Choose a Dessert

Pavlova  
 Fruit Salad and Ice Cream  
 Malva Pudding with Custard, Cream or Ice Cream  
 Apple Pie with Cream or Ice Cream  
 Milk Tart

**Price: R170 per person**

## REFRESHMENTS

### Cold Drinks

Coke, Tab, Fanta Orange, Lipton Ice Tea, Sprite and Fruit Juice	R20
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### Alcoholic Beverages

Gin	R35
Beer	R20
Glass of Wine	R25
Leopard's Leap Sauvignon Blanc (Dry White)	
Nederburg Baronne (Cabernet Sauvignon Shiraz)	
Robertson Rose	

### Hot Beverages

Cappuccino	R20
Hot Chocolate	R20