

Vegetarian
<b>Vegetarian Salad R85</b> <i>Chickpea, avocado, sun dried tomato and peppadew salad</i>
<b>Vegetarian Platter for 1 R95</b> <i>Crumbed mushrooms, dolmades, olives &amp; Danish Feta</i>
<b>Potato Spud</b> Slow roasted potato with one of the following fillings:
<b>Mushroom R60</b> <b>Spinach &amp; Feta R60</b> <b>Lentil &amp; Chickpea R75</b>

## Pensioners Time

Breakfast
<b>Budget Breakfast R50</b> <i>2 Rashers of bacon, 2 eggs, slice of tomato &amp; slice of toast</i>
<b>Omelette R60</b> <i>2 Egg puffy omelette filled with cheese &amp; a choice of bacon or ham</i>
<b>Healthy Choice R50</b> <i>Layers of crunchy muesli, low fat yogurt &amp; fresh seasonal fruit</i>

Lunch
<b>Chicken Schnitzel R70</b> <i>Breaded and pan fried chicken breast fillet served with creamy cheese sauce &amp; chips</i>
<b>Fish &amp; Chips R70</b> <i>Flaky deep fried hake fillet served with tartare sauce &amp; chips</i>
<b>Steak, Egg &amp; Chips R75</b> <i>Succulent &amp; tender piece of steak served with an egg &amp; crispy fried chips</i>

Dessert
<b>Ice Cream &amp; Chocolate Sauce R50</b> <i>Creamy dessert with a decadent &amp; sticky chocolate sauce</i>
<b>Malva Pudding served with cream or ice cream R60</b> <i>Warm Malva pudding served with a choice of ice cream, cream or custard</i>
<b>Terms and conditions apply</b> Proof of ID to be presented. All prices inclusive of VAT. No substitutes on products offered. All extras will be charged for. Any substitutions or extra menu products will change the cost of the meal. The manager reserves the right to terminate this promotion without prior notice.

## Extra Time Dessert

<b>Muffin Mania R50</b> <i>A variety of freshly baked muffins served with cheese, butter &amp; preserves</i>
<b>Waffle R65</b> <i>Choose any two of the following toppings: Cream, ice-cream, banana, cinnamon sugar, honey</i>

<b>Fresh Fruit Salad R60</b> <i>Add: Low Fat Plain Yogurt R65 Ice Cream R75</i>
<b>Ice Cream &amp; Chocolate Sauce R60</b> <i>Creamy ice cream with a decadent sticky chocolate sauce</i>
<b>Malva Pudding R60</b> <i>Warm Malva pudding served with a choice of ice cream, cream or custard</i>

# Water Break

## Drinks

Filter coffee <b>R25</b>	Red capuccino <b>R30</b>
Decaffeinated coffee <b>R25</b>	(Rooibos capuccino)
Cafe latte <b>R30</b>	Soft drinks <b>R20</b>
Single espresso <b>R30</b>	Tizers <b>R30</b>
Double espresso <b>R45</b>	Iced teas <b>R30</b>
Cappuccino <b>R30</b>	Powerade <b>R30</b>
Tea <b>R20</b>	Beer (SA) <b>R30</b>
Rooibos tea <b>R20</b>	Beer (Int) <b>R35</b>
Milo <b>R25</b>	Water 500ml <b>R15</b>
Hot chocolate <b>R25</b>	Water 1.5L <b>R30</b>
Mochaccino <b>R30</b>	Ciders <b>R30</b>

## CELEBRATIONS Wine List

<b>CAP CLASSIQUE</b> L'Ormarins Brut Classique <b>R230</b>
<b>SAUVIGNON BLANC</b> Protea <b>R135 R55</b> (Glass) Diemersdal <b>R150</b>
<b>CHARDONNAY</b> Protea <b>R135 R55</b> (Glass) Tokara <b>R190</b>
<b>CHENIN BLANC</b> Protea <b>R135 R55</b> (Glass) Petit by Ken Forrester <b>R120</b>
<b>WHITE BLENDS</b> Buitenverwachting Buiten Blanc <b>R130</b> Leopard's Leap Chardonnay Pinot Noir <b>R120</b>
<b>ROSÉ</b> Protea <b>R135 R55</b> (Glass) Delaire Graff Cabernet Franc <b>R200</b>
<b>CABERNET SAUVIGNON</b> Warick the First Lady <b>R200</b> Protea <b>R135 R55</b> (Glass)
<b>SHIRAZ</b> Protea <b>R135 R55</b> (Glass) Guardian Peak <b>R160</b>
<b>MERLOT</b> Protea <b>R135 R55</b> (Glass) Petit by Ken Forrester <b>R120</b>
<b>PINOTAGE</b> Petit by Ken Forrester <b>R120 R45</b> (Glass) Diemersdal <b>R200</b>
<b>RED BLENDS</b> La Motte Millennium <b>R190</b> Anthonij Rupert Optima <b>R350</b>

Warm Up Breakfast
<b>Eggs made to order – Poached, fried, scrambled</b> <b>Bread choices:</b> White, brown, whole-wheat & rye <b>Add on:</b> Serving of chips <b>R20</b>
<b>Olympic Breakfast R100</b> <i>Muesli &amp; yogurt served with fresh fruit &amp; nuts on the side</i>
<b>Budget Breakfast R55</b> <i>1 Egg, 2 rashers of bacon, fried tomato &amp; 1 slice of toast</i>
<b>TimeOut Omelette R100</b> <i>Filled omelette with a choice of 3 fillings served with toast on the side mozzarella cheese, ham, tomato, bacon, mushrooms, feta, peppers, spinach</i>
<b>TimeOut Breakfast Bowl R85</b> <i>Hash brown cubes with one of the following fillings topped with an egg of your choice: Bacon bits, fried onions, savoury mince, fried onions, grilled mushrooms, fried onions &amp; green peppers</i>
<b>Sportshouse Breakfast R150</b> <i>Grilled steaklet with fried onions, 2 fried eggs, 2 rashers of bacon &amp; grilled tomato on toast</i>
<b>Bacon &amp; Egg Wrap R85</b> <i>Scrambled egg mixed with bacon bits served in a soft tortilla wrap</i>
<b>Smoked Salmon &amp; Egg Wrap R120</b> <i>Fresh smoked salmon with scrambled egg in a soft tortilla wrap served with a mustard mayo on the side</i>
<b>Traditional English Breakfast R90</b> <i>2 Eggs, 3 rashers of bacon, grilled tomato, mushrooms &amp; toast</i>
<b>French Toast HPC Style Sandwiches</b> <i>French toast with one of the following fillings served as a sandwich:</i> Nutella Chocolate Spread <b>R55</b> Bacon/Ham & Cheese <b>R70</b> Cheese filling <b>R55</b>

## Half Time Light Meals

Salad
<b>Greek Salad with a Chickpea and Pepper Twist R80</b> <i>A fresh medley of lettuce, tomato, onion, Danish feta &amp; olives served with our special light salad dressing</i>
<b>Chef's Salad R100</b> <i>Grilled chicken strips on a bed of greens, carrots &amp; cucumber</i>
<b>Cesar Salad R100</b> <i>Lettuce, tomato, cucumber, crispy bacon, cheddar &amp; mozzarella mix with our special light dressing</i>
<b>Smoked Chicken Salad R100</b> <i>Frilled lettuce, carrot-julienne, gherkins, cherry tomatoes, olives, shaved smoked chicken, sliced mozzarella &amp; toast</i>





Wraps	<div>Full Time</div> <div>Main Course</div>	<div>Add the following toppings to the burger:</div> <div>Bacon R15</div> <div>Egg R10</div> <div>Guacamole (Seasonal) R20</div> <div>Mozzarella &amp; Cheddar cheese R20</div> <div>Mozzarella R20</div> <div>Danish Feta Cheese R20</div> <div>Coleslaw R10</div> <div>Fresh Chillies R10</div>
<div>Chicken Quesadillas R85</div> <div>Roasted chicken strips topped with fried onion &amp; peppers &amp; finished of with a mixture of cheddar &amp; mozzarella cheese served in two wraps with a side of spicy relish</div> <div>Abby's Special R85</div> <div>Juicy chicken strips combined with fresh tomatoes, cucumber &amp; chillies (optional), drizzled with Abby's secret dressing served in a soft tortilla wrap</div> <div>Golfers Wrap (served with a wrap or rice) R85</div> <div>Tender roasted chicken strips &amp; feta served in a soft tortilla or a serving of rice</div>	<div>Served with veggies of the day or salad &amp; a choice of rice, baked potato, pap or chips</div>	
	<div>Our Signature Dish</div>	
	<div>Time Out Basket R95 (C) R110 (S)</div> <div>Crispy crumbed chicken strips or beef steak strips served with a tangy sweet chilli mayonnaise</div>	
	<div>Chicken</div>	
	<div>Chicken Breast R90</div> <div>Two succulent flame grilled chicken breasts basted with a tangy BBQ sauce</div>	<div>Mushroom R30</div> <div>Creamy Garlic R20</div> <div>Creamy Pepper R20</div> <div>Peri-Peri R20</div> <div>Cheese R30</div>
	<div>Crumbed Chicken Schnitzel R90</div> <div>Crispy crumbed chicken schnitzel served with a sauce of your choice</div>	
	<div>Chicken Cordon Bleu R110</div> <div>Thinly pounded chicken breasts filled with a ham &amp; cheese covered in a crispy panko crumbed &amp; cooked to perfection</div>	<div>Seafood</div> <div>All served with a Lemon Butter or a Peri-Peri sauce</div>
	<div>Chicken Wings R80</div> <div>Choose between hot peri-peri or tangy BBQ marinated chicken wings flame grilled to a crispy perfection</div>	<div>Calamari Rings R120</div> <div>Grilled or deep-fried – a seafood lover's must</div>
	<div>Beef</div>	<div>Hake &amp; Chips R95</div> <div>Succulent hake fillet served with a generous portion of crispy fried chips</div>
	<div>Fillet Steak (250g) R160</div> <div>Succulent tender chargrilled fillet prepared to perfection</div>	<div>Best of both Combo R150</div> <div>Succulent hake fillet served with 150g of grilled or deep-fried calamari rings</div>
	<div>Rump Steak (250g) R150</div> <div>Tender &amp; juicy seared rump steak</div>	<div>Seafood Platter for One R300</div> <div>Calamari, 4 prawns &amp; mussels served on a bed of rice</div>
	<div>T-Bone (400g) R150</div> <div>BBQ basted chargrilled T-bone steak done to perfection</div>	<div>Seafood Platter for Two R550</div> <div>Calamari, 6 prawns and mussels served on a bed of rice</div>
	<div>Lamb Chops (300g) R160</div> <div>Rosemary infused lamb chops served with a mint salsa verde</div>	<div>Prawns R260</div> <div>6 Grilled prawns with a sauce of your choice</div>
	<div>Spare Ribs (600g) R160</div> <div>Sticky BBQ glazed spare ribs</div>	<div>Pasta</div>
<div>Soups</div> <div>Served with a fresh bread roll or a slice of white, brown, whole wheat or rye bread</div>	<div>Build your own Burger</div> <div>Served on a sesame roll with lettuce &amp; tomato accompanied by a salad,baked potato or chips</div>	<div>Cajun Chicken Pasta R95</div> <div>Strips of Cajun chicken breast with avocado &amp; roasted peppers served on a bed of penne pasta</div>
<div>Mushroom Soup R60</div> <div>Rich earthy wild mushroom soup</div>	<div>Yogi's Special Burger R100</div> <div>Double beef or chicken burger with a creamy pepper sauce</div>	<div>Penne Arabiatta R60</div> <div>Chilli lover's choice! Aromatic &amp; robust with tomato &amp; garlic</div>
<div>Fresh Vegetable Soup R60</div> <div>A mixture of seasonal vegetables slowly cooked to create a flavoursome tender vegetable soup</div>	<div>Beef, Chicken or Rib Burger R85</div> <div>A juicy 150g pure beef, succulent tender chicken breast or flame grilled BBQ pork rib burger</div>	<div>Fettuccini Alfredo R90</div> <div>Ham &amp; button mushrooms in a creamy rich parmesan sauce</div>
<div>Cream of Chicken Soup R70</div> <div>Slow oven roasted chicken combined with a silky chicken stock &amp; finished off with a dash of fresh cream</div>	<div>Double Beef, Chicken or Rib Burger R120</div> <div>Two juicy 150g pure beef, succulent tender chicken breast or flame grilled BBQ pork rib burgers</div>	<div>Penne Pesto &amp; Mushrooms R85</div> <div>Grilled mushrooms in a creamy basil pesto sauce</div>
<div>Tomato Soup R60</div> <div>Sun ripened tomato infused with a selection of fresh herbs &amp; slowly cooked to create a hearty Mediterranean soup</div>	<div>Double Crumbed Chicken Burger R130</div> <div>Two succulent crumbed chicken breasts fried to perfection</div>	<div>Spaghetti Bolognaise R95</div>
	<div>“Best of Both” Burger De Luxe R120</div> <div>150gr Pure beef patty &amp; a crumbed chicken breasts fried to perfection</div>	<div>Spaghetti &amp; Meatballs R95</div> <div>Home-made meatballs served with our secret sauce</div>
		<div>Traditional Beef Lasagne R100</div> <div>Lasagne, beef &amp; a creamy white sauce served with a tossed green salad</div>
		<div>Seafood Pasta R120</div> <div>Prawn, calamari &amp; mussels in a creamy garlic sauce served on a bed of penne pasta</div>