

## EXTRA TIME DESSERT

<b>Waffle</b>	R65
Choose any two of the following toppings: Cream, ice-cream, banana, cinnamon sugar, honey	
<b>Ice Cream &amp; Chocolate Sauce</b>	R60
Creamy ice cream with a decadent sticky chocolate sauce	
<b>Fresh Fruit Salad</b>	R60
Add: Low Fat Plain Yogurt	R65
Add: Ice Cream	R75

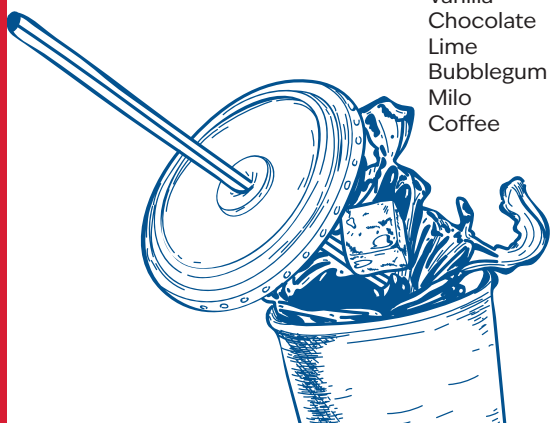
## WATER BREAK DRINKS

### HOT

Filter coffee	R25
Decaffeinated coffee	R25
Cafe latte	R30
Single espresso	R30
Double espresso	R45
Cappuccino	R30
Tea	R20
Rooibos tea	R20
Milo	R35
Hot chocolate	R35
Mochaccino	R40
Americano	R30
Red Cappuccino	R30
Rooibos cappuccino	

### COLD

Soft drinks	R20
Tisers	R35
Iced teas	R30
Powerade	R25
Beer (SA)	R30
Beer (Int)	R35
Water 500ml	R15
Water 1.5L	R25
Ciders	R35
Iced Coffee	R30
Smoothies	R35
Banana	
Mixed berries	
Peanut-butter	
<b>Milkshakes</b>	<b>R35</b>
Strawberry	
Vanilla	
Chocolate	
Lime	
Bubblegum	
Milo	
Coffee	



## CELEBRATIONS WINE LIST

<b>SAUVIGNON BLANC</b>		
Diemersdal	R160	
Protea by Anthonij Rupert	R55	R145
<b>CHARDONNAY</b>		
Tokara	R220	
Protea by Anthonij Rupert	R55	R145
<b>CHENIN BLANC</b>		
Protea by Anthonij Rupert	R55	R145
Ken Forrester Petit		R129
<b>WHITE BLENDS &amp; NATURAL SWEET</b>		
Ken Forrester Petit Natural Sweet	R55	R129
Buitenverwachting Buiten Blanc		R139
Pierre Jourdan Tranquille		R139
<b>ROSÉ</b>		
Buitenverwachting		R139
Protea by Anthonij Rupert	R55	R145
<b>CABERNET SAUVIGNON</b>		
Warwick The First Lady		R210
Protea by Anthonij Rupert	R55	R145
<b>SHIRAZ</b>		
Protea by Anthonij Rupert	R55	R145
Guardian Peak		R175
<b>MERLOT</b>		
Protea by Anthonij Rupert	R55	R145
Ken Forrester Petit		R129
<b>PINOTAGE</b>		
Diemersdal		R235
Ken Forrester Petit	R55	R129
<b>RED BLENDS</b>		
Rupert & Rothschild Classique		R370
La Motte Millennium™		R195



## WARM UP BREAKFAST

Eggs made to order - Poached, fried, scrambled | Bread choices: White, brown | Add on: Serving of chips R20

<b>Olympic Breakfast</b>	R110	<b>Sportshouse Breakfast</b>	R160
Muesli & yoghurt served with fresh fruit & nuts on the side		Grilled steaklet with fried onions, 2 fried eggs, 2 rashers bacon, grilled tomato served with a slice of toast.	
<b>Budget Breakfast</b>	R60	<b>Bacon &amp; Egg Wrap</b>	R95
1 Egg, 2 rashers of bacon, fried tomato & 1 slice of toast		Scrambled eggs mixed with bacon bits served in a soft tortilla wrap	
<b>Scrambled eggs</b>	R40	<b>Traditional English Breakfast</b>	R100
Scrambled eggs served with 2 slices of toast.		2 Eggs, 3 rashers of bacon, grilled tomato, mushrooms & toast	
<b>TimeOut Omelette</b>	R110	<b>French Toast HPC Style Sandwiches</b>	
An omelette served with a slice of toast and 3 toppings of your choice. Toppings: Mozzarella, Ham, Tomato, Bacon, Mushrooms, Feta, Peppers, Spinach.		French toast with one of the following fillings served as a sandwich:	
<b>TimeOut Breakfast Bowl</b>	R95	Nutella chocolate spread	R60
Hash brown cubes served with one topping of your choice and topped with an egg. Toppings: Bacon bits, Fried onions, Savoury mince, Grilled Mushrooms, Green peppers.		Bacon/ham & cheese	R75
		Cheese filling	R60

## PENSIONERS TIME

### BREAKFAST

<b>Budget Breakfast</b>	R50
2 Rashers of bacon, 2 eggs, slice of tomato & slice of toast	
<b>Omelette</b>	R60
2 Egg puffy omelette filled with cheese & a choice of bacon or ham	

### LUNCH

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

### DESSERT

<b>Ice Cream &amp; Chocolate Sauce</b>	R50
Creamy dessert with a decadent & sticky chocolate sauce	

# HALF TIME LIGHT MEALS

## SALAD

### Greek Salad with a Chickpea & Pepper Twist R90

A fresh medley of lettuce, tomato, onion, Danish feta & olives served with our special light salad dressing

### Chef's Salad R110

Grilled chicken strips on a bed of greens, carrots & cucumber

### Caesar Salad R110

Lettuce, tomato, cucumber, crispy bacon, cheddar & mozzarella mix with our special light dressing

### Smoked Chicken Salad R110

Fripped lettuce, carrot-julienne, gherkins, cherry tomatoes, olives, shaved smoked chicken, sliced mozzarella & toast

## WRAPS

All the wraps are served with chips or salad

### Chicken Quesadillas R95

Grilled chicken strips topped with fried onion & peppers & finished off with a mixture of cheddar & mozzarella cheese served in two wraps with a side of spicy relish

### Abby's Special R95

Juicy chicken strips combined with fresh tomatoes, cucumber & chillies (optional), drizzled with Abby's secret dressing served in a soft tortilla wrap

### Golfers Wrap R95

Tender grilled chicken strips & feta served in a soft tortilla or a serving of rice

## VEGETARIAN

### Vegetarian Salad R95

Chickpea, avocado, sun dried tomato & peppadew salad

### Potato Spud R65 R65 R80

Slow roasted potato with one of the following fillings:

- Mushroom R65
- Spinach & feta R65
- Lentil & chickpea R80

## TOASTIES

Toasted sandwiches (S) or tramezzini (T) served with chips or salad

### Cheese S R55 T R60

A mixture of cheddar & mozzarella cheese toasted to perfection

### Cheese & Tomato R60 R65

A mix of cheddar & mozzarella cheese topped with freshly sliced tomatoes

### Cheese & Bacon R70 R75

Crispy rashers of bacon topped with a mixture of bubbly cheddar & mozzarella cheese

### Cheese & Ham R70 R75

Smoked ham slices topped with a creamy mixture of cheddar & mozzarella cheese

### Bacon & Avo (Avo Seasonal) R85 R90

Crispy rashers of bacon topped with ripened avocado slices

### Bacon & Banana R65 R70

Crispy rashers of bacon topped with slices of banana

### Bacon, Avocado, Feta & Mozzarella R100 R105

Thinly sliced crispy rashers of bacon topped with soft avocado slices, creamy Danish feta & mozzarella cheese

### Chicken Mayo R75 R80

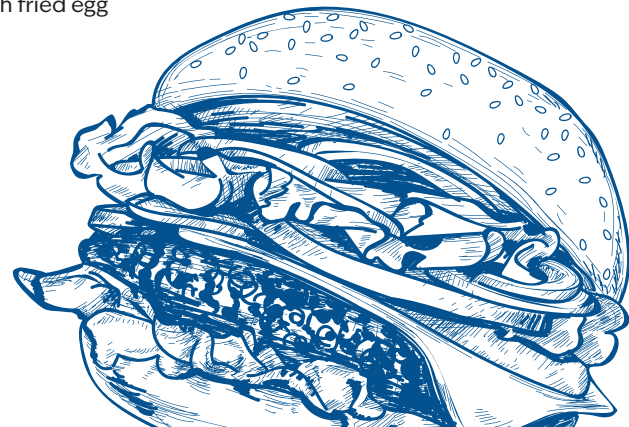
Roasted chicken mixed with a creamy mayo dressing

### Club Sandwich R100 R90

A triple decker sandwich with crispy streaky bacon, boiled eggs, slices of grilled chicken breast, lettuce, tomato & a mayonnaise dressing

### Cheese & Egg R65 R70

A mix of cheddar or mozzarella cheese topped with fried egg



# FULL TIME MAIN COURSE

Served with veggies of the day or salad & a choice of rice, baked potato, pap or chips

## OUR SIGNATURE DISH

Chicken (C) or Steak (S)

### Time Out Basket

Crispy crumbed chicken strips or beef steak strips served with a tangy sweet chilli mayonnaise

C S  
R95 R110

## CHICKEN

### Chicken Breast R100

Two succulent flame grilled chicken breasts basted with a tangy BBQ sauce

### Crumbed Chicken Schnitzel R110

Crispy crumbed chicken schnitzel served with a sauce of your choice

### Chicken Wings R90

Choose between hot peri-peri or tangy BBQ marinated chicken wings flame grilled to a crispy perfection

## PASTA

### Cajun Chicken Pasta R105

Strips of Cajun chicken breast with avocado & roasted peppers served on a bed of penne pasta

### Penne Arabiatta R65

Chilli lover's choice! Aromatic & robust with tomato & garlic

### Fettuccini Alfredo R100

Ham & button mushrooms in a creamy rich parmesan sauce

### Penne Pesto & Mushrooms R105

Grilled mushrooms in a creamy basil pesto sauce

### Spaghetti Bolognese R105

### Traditional Beef Lasagne R120

Lasagne, beef & a creamy white sauce served with a tossed green salad

## BEEF & LAMB

### Rump Steak (250g) R165

Tender & juicy seared rump steak

### Lamb Chops (300g) R225

Lamb chops with a delectable BBQ basting done to perfection.

### Spare Ribs (600g) R220

Sticky BBQ glazed spare ribs

## SEAFOOD

All served with a lemon butter or peri-peri sauce

### Calamari Rings R135

Grilled or deep-fried - a seafood lover's must

### Hake & Chips R105

Succulent hake fillet served with a generous portion of crispy fried chips

### Best of Both Combo R165

Succulent hake fillet served with 150g of grilled or deep-fried calamari rings

## BURGERS

Served on a sesame roll with lettuce & tomato accompanied by a salad or chips

### Cheese Burger R95

Your choice of a 150g pure beef patty, or a succulent tender chicken breast, or flame grilled BBQ pork rib burger topped with Mozzarella cheese.

### Beef, Chicken or Rib Burger R95

Your choice of a 150g pure beef patty, or a succulent tender chicken breast, or flame grilled BBQ pork rib burgers.

### Double Beef, Chicken or Rib Burger R130

Two juicy 150g pure beef, succulent tender chicken breast or flame grilled BBQ pork rib burgers

### "Best of Both" Burger De Luxe R140

150g Pure beef patty & a crumbed chicken breasts fried to perfection