



# MENU

## Warm UP

### Breakfast

Eggs made to order -  
Poached, Fried, Scrambled

**Bread choices:** White, Brown, Whole-wheat & Rye  
**Add on:** Serving of chips - R10

#### Olympic Breakfast R85

*Muesli and yogurt served with fresh fruit and nuts on the side*

#### Budget Breakfast R40

*1 x egg, 2 x rasher bacon, fried tomato & 1 slice of toast*

#### TimeOut Omelette R80

*Filled omelette with a choice of 3 fillings served with toast on the side  
Mozzarella cheese, ham, tomato, bacon, mushrooms, feta, peppers, spinach*

#### TimeOut Breakfast Bowl R60

*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 and green peppers



#### Sportshouse Breakfast R95

*Grilled steaklet with fried onions, 2 fried eggs, 2 rashers of bacon & grilled tomato on toast*

#### Bacon & Egg Wrap R55

*Scrambled egg mixed with bacon bits served in a soft tortilla wrap*

#### Smoked Salmon & Egg Wrap R95

*Fresh smoked salmon with scrambled egg in a soft tortilla wrap served with a mustard mayo on the side*

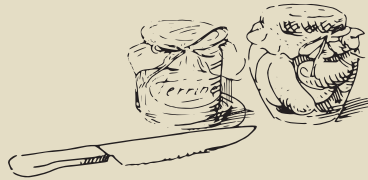
#### Traditional English Breakfast R70

*2 Eggs, 3 rashers of bacon, grilled tomato, mushrooms & toast*

#### French Toast HPC Style Sandwiches

*French toast with one of the following fillings served as a sandwich:*

- Nutella Chocolate Spread R45
- Bacon/Ham & Cheese R55
- Cheese filling R50



#### Bronze shin pads?

The basis for protective shin guards or pads used in sports such as hockey, football, cricket and lacrosse dates back to ancient Greek and Roman times. Warriors had shin guards made of bronze for protection during battles.

### 11-hour tennis match!

The longest tennis match took place at Wimbledon 2010 when John Isner of the US beat Nicolas Pietrangeli of France in a match which lasted for 11 hours 5 minutes! The Isner-Pietrangeli match at the 2010 Wimbledon Championships holds the record for the longest tennis match both in time and games played.

## Half Time Light Meals

### Wraps

#### Chicken Quesadillas R65

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

#### Abby's Special R65

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

#### Golfers Wrap (served with a wrap or rice) R65

*Tender roasted chicken strips and feta served in a soft tortilla or a serving of rice*



## TUG OF WAR

Tug of War was an Olympic Event from 1900-1920 and part of the summer games. Considered part of the "athletics programme," Great Britain was awarded the most medals in the event with five, including two golds!

# HALF TIME

Light Meals

## Toasties

Toasted Sandwiches (S) or Tramezzini (T) served with chips or salad

### Cheese R35 (S) R40 (T)

A mixture of cheddar & mozzarella cheese toasted to perfection

### Cheese & Tomato R40 (S) R45 (T)

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

### Cheese & Bacon R55 (S) R60 (T)

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

### Cheese & Ham R50 (S) R55 (T)

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

### Bacon & Avo R50 (S) R55 (T)

Crispy rashers of bacon topped with ripened avocado slices and a mixture of cheddar & mozzarella cheese

### Bacon & Banana R50 (S) R55 (T)

Crispy rashers of bacon topped with slices of banana and a mixture of cheddar & mozzarella cheese

### Bacon, Avocado, Feta & Mozzarella R65 (S) R70 (T)

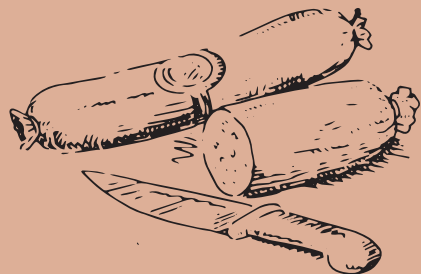
Thinly sliced crispy rashers of bacon topped with soft avocado slices, creamy Danish feta & mozzarella cheese

### Chicken Mayo R50 (S) R55 (T)

Roasted chicken mixed with a creamy mayo dressing

### Club Sandwich R70 (S)

A triple decker sandwich with crispy streaky bacon, boiled eggs, slices of roasted chicken, lettuce, tomato and a mayonnaise dressing



## SOUPS

Served with a fresh bread roll or a slice of white, brown, whole wheat or rye bread

### Mushroom Soup R50

Rich earthy wild mushroom soup

### Fresh Vegetable Soup R50

A mixture of seasonal vegetables slowly cooked to create a flavoursome tender vegetable soup

### Cream of Chicken Soup R55

Slow oven roasted chicken combined with a silky chicken stock and finished off with a dash of fresh cream

### Tomato Soup R50

Sun ripened tomato infused with a selection of fresh herbs and slowly cooked to create a hearty Mediterranean soup

## Full Time Main Course

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

## Our Signature Dish

## Chicken

### Time Out Basket R80 (C) R90 (S)

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

### Chicken Breast R70

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

### Crumbed Chicken Schnitzel R75

Crispy crumbed chicken schnitzel served with a sauce of your choice

### Chicken Cordon Bleu R95

Thinly pounded chicken breasts filled with a ham & cheese covered in a crispy panko crumbed and cooked to perfection

### Chicken Wings R60

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



## Men only!

The first modern Olympic Games were held in Athens, Greece in 1896.

There were 311 male but no female competitors.

Women competed for the first time at the 1900 Games in Paris.

## Beef

### T-Bone (400g) R130

BBQ basted chargrilled T-bone steak done to perfection

### Fillet Steak (250g) R140

Succulent tender chargrilled fillet prepared to perfection

### Lamb Chops (300g) R130

Rosemary infused lamb chops prepared to perfection served with a mint salsa verde

### Rump Steak (250g) R120

Tender & juicy seared rump steak

### Spare Ribs (600g) R130

Sticky BBQ glazed spare ribs

# Seafood

All served with a Lemon Butter or a Peri-Peri sauce

### Calamari Rings R95

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

### Hake & Chips R75

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

### Best of both Combo R115

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

### Seafood Platter for 1 R260

Calamari, 4 prawns and mussels served on a bed of rice

### Seafood Platter for 2 R400

Calamari, 6 prawns and mussels served on a bed of rice

### Prawns R210

6 Grilled prawns with a sauce of your choice



## What a catch!

Fishing is the biggest participant sport in the world.

Yes! Even more people take part in fishing than in football.

## SAUCES

Mushroom R15  
Creamy Garlic R10  
Creamy Pepper R10  
Peri-Peri R10  
Cheese R10

## PASTA

### Cajun Chicken Pasta R80

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

### Penne Arabiatta R50

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

### Fettuccini Alfredo R70

Ham and button mushrooms in a creamy rich parmesan sauce

### Penne Pesto & Mushrooms R75

Grilled mushrooms in a creamy basil pesto sauce

### Spaghetti Bolognese R85

### Spaghetti & Meatballs R85

Home-made meatballs served with our secret sauce

### Traditional Beef Lasagne R85

Layered lasagne, beef and a creamy white sauce served with a tossed green salad

### Seafood Pasta R100

Prawn, calamari & mussels in a creamy garlic sauce served on a bed of penne pasta

## Salad

### Greek Salad with a Chickpea and Pepper Twist R65

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

### Chef's Salad R80

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

### Cesar Salad R85

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

### Smoked Chicken Salad R85

Fried lettuce, carrot-julienne, gherkins, cherry tomatoes, olives, shaved smoked chicken, sliced mozzarella and toast

## VEGETARIAN

### Vegetarian Salad R70

Chickpea, avocado, sun dried tomato and peppadew salad

### Vegetarian Platter for 1 R80

Crumbed mushrooms, dolmades, olives & Danish Feta

### Potato Spud

Slow roasted potato with one of the following fillings:

### Mushroom R50

### Spinach & Feta R50

### Lentil & Chickpea R65



## BUILD YOUR OWN BURGER

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

### Yogi's Special Burger R85

Double beef or chicken burger with a creamy pepper sauce

### Beef, Chicken or Rib Burger R70

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

### Double Beef, Chicken or Rib Burger R100

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

### Double Crumbed Chicken Burger R85

Two succulent crumbed chicken breasts fried to perfection

### "Best of Both" Burger De Luxe R100

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

### Add the following toppings to the burger:

Bacon R15

Egg R10

Guacamole (Seasonal) R12

Mozzarella & Cheddar cheese R10

Mozzarella R10

Danish Feta Cheese R10

Coleslaw R10

Fresh Chillies R5



Add a sauce from our sauce selection!

# PENSIONERS TIME

## Breakfast

### Budget Breakfast R40

2 Rashers of bacon, 2 eggs, slice of tomato & slice of toast

### Omelette R45

Two egg puffy omelette filled with cheese and a choice of bacon or ham

### Healthy Choice R30

Layers of crunchy muesli, low fat yogurt & fresh seasonal fruit

## Lunch

### Chicken Schnitzel R45

Breaded and pan fried chicken breast fillet served with creamy cheese sauce & chips

### Fish & Chips R55

Flaky deep fried hake fillet served with tartare sauce & chips

### Steak, Egg & Chips R65

Succulent and tender piece of steak served with an egg and crispy fried chips

## Desserts

### Ice Cream & Chocolate Sauce R25

Creamy dessert with a decadent and sticky chocolate sauce

### Malva Pudding served with cream or ice cream R30

Warm Malva pudding served with a choice of ice cream, cream or custard

#### Terms and conditions apply

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.

The word Soccer is an  
1800s slang term

Soccer comes from the abbreviation for "association, or assoc, as in Football Association.

According to the Online Etymology Dictionary, it began as socca then morphed into socker and finally into soccer.

## Extra Time

### Dessert

#### Muffin Mania R35

A variety of freshly baked muffins served with cheese, butter and preserves

#### Waffle R45

Choose any two of the following toppings: cream, ice-cream, banana, cinnamon sugar, honey

#### Fresh Fruit Salad R45

Add: **Low Fat Plain Yogurt R50**  
**Ice Cream R60**

#### Ice Cream & Chocolate Sauce R40

Creamy ice cream with a decadent sticky chocolate sauce

#### Malva Pudding R45

Warm Malva pudding served with a choice of ice cream, cream or custard

## Water Break

### Drinks

Filter coffee R15

Decaffeinated coffee R15

Cafe latte R25

Single espresso R20

Double espresso R25

Cappuccino R25

Tea R15

Rooibos tea R15

Milo R25

Hot chocolate R25

Mochaccino R30

Red capuccino R20 (Rooibos capuccino)

Soft drinks R18

Tizers R20

Iced teas R20

Powerade R18

Beer (SA) R20

Beer (Int) R25

Water 500ml R12

Water 1.5L R20

Ciders R25



## CELEBRATIONS

## Wine List

### METHOD CAP CLASSIQUE

L'Ormarins Brut R210

### SAUVIGNON BLANC

Protea R100 R40 (Glass)

Diemersdal R130

Hermanuspietersfontein Kaalvoet Meisie R180

Hermanuspietersfontein Kat met die Houtbeen (Wooded) R220

### CHARDONNAY

Protea R100 R40 (Glass)

Tokara R180

### CHENIN BLANC

Ernie Els Big Easy R140

Protea R100 R40 (Glass)

### WHITE BLENDS

Buitenverwachting Buiten Blanc R100

Leopards Leap Chardonnay Pinot Noir R90

### ROSÉ

Protea R130 R40 (Glass)

Hermanuspietersfontein Bloos R170

### CABERNET SAUVIGNON

Ernie Els Big Easy R140

Protea R130 R45 (Glass)

### SHIRAZ

Protea R130 R45 (Glass)

Guardian Peak R140

### MERLOT

Protea R130 R45 (Glass)

Hermanuspietersfontein Posmeester R170

### PINOTAGE

Beyerskloof R140

### RED BLENDS

Cederberg Shiraz Merlot R200

La Motte Millenium R180

Anthonij Rupert Optima R360

Ernie Els Big Easy Red R270

Hermanuspietersfontein Kleinboet R270

