

the tuck co.

HOT BEVERAGES

Filter Coffee/Tea	22.00
Hot Chocolate	30.00
Chai Tea	30.00
Cappuccino	30.00

BREAKFAST

Brekkie Bun <small>Tomato chutney, bacon, fried egg, cheese and pesto mayo</small>	38.00
Breakfast Tortilla <small>Tomato chutney, baby spinach, scrambled egg, bacon and cheese</small>	40.00
Granola Cup <small>Blueberry compote, yoghurt, homemade granola and honey</small>	36.00

LUNCH BOX

with juice, fruit/salad and a cookie

Filled roll <small>with juice box, fruit/salad and a cookie</small>	40.00
Cheese Griller Roll <small>with juice box, fruit/salad and a cookie</small>	40.00
Hot Dog <small>with juice box, fruit/salad and a cookie</small>	38.00

TOASTIES

served on standard bread or ciabatta

Cheese <small>add tomato +R3.00</small>	20.00/24.00
Chicken Mayo <small>add cheese +R6.00</small>	25.00/29.00
Spicy Chicken Mayo	27.00/31.00
Ham & Cheese	25.00/30.00
Bacon & Cheese	25.00/30.00
Mince & Cheese	32.00/36.00

FRESH ROLLS

Classic Chicken Mayo Roll	24.00
Ham and Cheese Roll	24.00
Cheese and Tomato	22.00

FRESH SANDWICHES

Choice of: Roll / Seeded roll / Ciabatta

Pulled Pork, Mozzarella and Harissa Mayo	34.00
Ham, Pesto Mayo & Mozzarella	34.00
Chicken, Pesto Mayo, Tomato, Red onion & Mozzarella	34.00

SNACK

Muffin	15.00
Quiche	20.00
Fresh Fruit Cup	22.00

PANINIS

15 minute preparation time

Spinach, Feta & Mozzarella	42.00
Chicken Mayo, Bacon & Mozzarella	48.00
Chicken Mayo & Mozzarella	44.00
BBQ Pulled Pork, Caramalized Onion & Mozzarella	48.00
Pulled Chicken, Caramalized Onion & Mozzarella	48.00

BURGERS

Munch Burger <small>Beef or Chicken, Lettuce, Tomato, Burger Sauce</small>	40.00
Pulled Chicken Burger <small>Pulled Chicken Fillet, lettuce, slaw and harissa mayo dressing</small>	55.00
Vegetarian Burger <small>Vegan Patty, Lettuce, Slaw, Tomato Chutney, Caramalized Onion & Harissa</small>	58.00
Cheese Beef Burger <small>180g Beef Patty, Lettuce, Slaw, Tomato Chutney</small>	55.00
Bacon & Cheese Beef Burger <small>180g Beef Patty, Lettuce, Slaw, Tomato Chutney, Caramalized Onion</small>	58.00

FROM THE GRILL

Boerewors Roll <small>Boerewors on a roll with tomato chutney - add onions R+4.00</small>	34.00
Cheese Griller Roll <small>Cheese Griller on a roll</small>	28.00
Hotdog (Chicken Vienna) <small>Chicken Vienna on a roll</small>	22.00
BBQ Basted Chicken Strips <small>Grilled strips with a pesto mayo dipping sauce</small>	30.00
Pie <small>sausage roll, chicken mushroom, pepper steak, cheese griller</small>	32.00

TOASTED TORTILLA

Pizza Tortilla <small>Tomato chutney, cheddar, mozzarella, bacon</small>	46.00
Taco Crunch <small>Beef Mince, cheddar, yoghurt and doritos</small>	46.00
Pulled Chicken <small>Mozzarella, caramalized onion and tomato chutney</small>	46.00

WRAPS

Lettuce, tomato, carrot & cucumber

Pulled Chicken Wrap <small>Pulled chicken, slaw and harissa mayo dressing</small>	40.00
Grilled Chicken Wrap <small>Grilled Chicken, mozzarella, red onion, pesto mayo</small>	40.00
Bacon, Feta and Pesto Wrap <small>Sundried tomato and bell peppers, pesto mayo</small>	40.00

SALAD BOWLS

Choice of: Lettuce/Bulgur Wheat
Small or Large sizes available

Harissa Chicken Bowl <small>Chicken, sundried tomato, tomato, cucumber, feta & harissa mayo</small>	29.00/40.00
Grilled Chicken Bowl <small>Tomato, cucumber, carrots, feta, slaw, chicken, pesto mayo</small>	29.00/40.00
Greek Bowl <small>Tomato, cucumber, feta, olives, red onion</small>	29.00/40.00
Bacon, Feta, Pesto Bowl <small>Bacon, feta, sundried tomato, cucumber & pesto mayo</small>	29.00/40.00

ROTI

Butter Chicken / Curried Mince <small>with Tzatziki (optional)</small>	38.00
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