

the tuck co.

Panini's

Bacon, Mozzarella & Pesto	32.00
Spinach, Feta & Mozzarella	30.00
Chicken Mayo, Bacon & Mozzarella	36.00
Chicken Mayo & Mozzarella	34.00
Tomato, Pesto & Mozzarella	32.00
Bacon, Egg & Cheese	34.00
Ham, Cheese & Tomato	34.00
Fully Loaded <small>Chicken Mayo, Bacon, Ham, Pesto, Mozzarella and Cheddar Cheese</small>	45.00

Toasties

Cheese	18.00
Cheese & Tomato	20.00
Chicken Mayo	22.00
Ham & Cheese	22.00
Bacon & Cheese	22.00
Bacon, Egg & Cheese	27.00
Ham, Cheese & Tomato	25.00
Tomato, Pesto & Moz	25.00
Chicken Mayo & Cheese	28.00

Fresh Rolls

Chicken mayo Roll	20.00
Ham and Cheese Roll	20.00
Cheese and Tomato	18.00

Hot Drinks

Filter Coffee/Tea	18.00
Hot Chocolate	18.00
Nescafe Cappuccino	18.00

Burgers

Kids Beef Burger <small>100% Beef Patty, Lettuce, Tomato, Sauce</small>	34.00
Bacon & Cheese Beef Burger <small>180g Beef Patty, Lettuce, Tomato Chutney, Bacon, Cheese</small>	55.00
Bacon, Egg & Cheese Beef Burger <small>180g Beef Patty, Lettuce, Tomato Chutney, Bacon, Cheese</small>	58.00
Chicken Burger <small>Chicken Patty, Lettuce, Tomato, Sauce</small>	34.00
Vegetarian Burger <small>Veg Patty, Lettuce, Tomato Chutney</small>	34.00

Yummm...
absolutely **delicious**

Boerewors Roll <small>Boerewors on a roll</small>	26.00
Hotdog (Chicken Vienna) <small>Chicken Vienna on a roll</small>	20.00
Chicken Strips with Sauce <small>With a pesto mayo dipping sauce</small>	26.00
Pie <small>sausage roll, chicken mushroom, pepper steak</small>	26.00
Wrap	36.00

...Just a snack

Muffin	12.00
Quiche	12.00
Fresh Fruit Cup	18.00
Salad Cup	18.00

Pre-order these meals

absolutely **delicious**

Curry

Butter Chicken <small>butter chicken with rice</small>	40.00
Lamb Curry <small>cape malay lamb curry with rice</small>	50.00
Chicken Curry <small>korma style chicken curry with rice</small>	40.00
Add Roti	10.00

Pancakes

Chicken Mushroom	35.00
Savoury Mince	35.00
Bobotie	35.00
Spinach and Feta	35.00
Cinnamon	8.00

Roti

Beef mince	34.00
Chicken curry	34.00

Pasta!

Beef Lasagne	40.00
Mac and Cheese	30.00
Alfredo	35.00
Spaghetti Bolognese	35.00

Soup

Butternut	30.00
Chicken and Veg	30.00
Add a roll	6.00

Lunch Box

with juice, fruit/salad and a cookie

Chicken mayo roll <small>with juice, fruit/salad and a cookie</small>	35.00
Ham and cheese roll <small>with juice, fruit/salad and a cookie</small>	35.00
Cheese and Tomato roll <small>with juice, fruit/salad and a cookie</small>	35.00

Pre-order these meals

absolutely **delicious**

fresh and delicious

Breakfast

Bacon, Egg & Toast 30.00

Bacon, Cheese, Tomato, Egg Toastie 27.00

Breakfast Wrap 35.00
tomato chutney, scrambled egg, bacon and cheese

Health Muffin with Cheese & Jam 30.00

Blueberry Fruit Smoothie 25.00

Muesli Cup 30.00
blueberry compote, yoghurt, muesli and honey

Kids Salads

Small salad 18.00
Lettuce and tomato

Small Chicken salad 25.00
Lettuce, tomato, cucumber, carrots, feta, slaw, chicken, pesto mayo dressing

Small Bacon and Feta salad 25.00
Lettuce, tomato, cucumber, carrots, feta red peppers and bacon

Pasta salad 25.00
Pesto mayo, bacon and feta

Wraps

Cajun Chicken Wrap 36.00

Lettuce, tomato, cucumber, carrots, feta, corn, cajun chicken

Pesto Chicken Wrap 36.00

Lettuce, tomato, cucumber, carrots, feta, slaw, chicken, pesto mayo dressing

Health Salad Wrap 36.00

Lettuce, tomato, cucumber, carrots, feta, slaw, corn, chickpeas, red peppers, red onion with sundried tomato mayo dressing

Bacon and Feta Wrap 36.00

Lettuce, tomato, cucumber, carrots, feta red peppers and bacon

Smoked Chicken Wrap 36.00

Lettuce, tomato, cucumber, carrots, feta, slaw, chicken, pesto mayo dressing

Salad Bowls

Cajun Chicken bowl 38.00

Lettuce, tomato, cucumber, carrots, feta, corn, cajun chicken

Grilled Chicken bowl 38.00

Lettuce, tomato, cucumber, carrots, feta, slaw, chicken, pesto mayo dressing

Chicken Mayo and Bacon bowl 38.00

Lettuce, tomato, cucumber, carrots, feta, slaw, chicken mayo, bacon

Health Salad bowl 38.00

Lettuce, tomato, cucumber, carrots, feta, slaw, corn, chickpeas, red peppers, red onion with pesto mayo dressing

Greek bowl 35.00

Tomato, cucumber, feta, olives, red onion, couscous, chickpeas with greek dressing

Bacon and Feta bowl 38.00

Lettuce, tomato, cucumber, carrots, feta red peppers and bacon

Smoked Chicken bowl 38.00

Lettuce, tomato, cucumber, carrots, feta, slaw, smoked chicken, pesto mayo

Pasta salad 38.00

Pesto mayo, bacon and feta