



COFFEE • BREAKFAST • LUNCH

ORDERS

The Lonely Rooster Centre, 369 Main
Street, Clarens

FOOD



BREAKFAST

BREAKFAST WRAP with 38g of protein R82
Hickory ham, eggs, cheddar, baby spinach, sun dried tomato pesto

BREAKFAST WRAP WITH BACON & CHEESE R82
Scrambles, bacon, cheese, sun dried tomatoes & mayo style whip

SCRAMBLED EGGS ON CIABATTA R48

O'S BREAKFAST R85
Scrambled eggs, bacon, pork sausage, toast of your choice

MEALIE BREAD BREAKFAST SURPRISE R95
Home baked mealie bread, scrambled eggs with cream, smoked salmon trout, lemon wedge, black pepper

OMELETTE WITH HAM, CHEESE AND TOMATO R70

OMELETTE WITH BACON & CHEESE R70

QUICHE ASSORTED R55

MANGO YOGHURT BREAKFAST BOWL R98
Mango yoghurt, Woolies carb clever granola, fresh pineapple, mint, turmeric, cinnamon, ginger, almonds & honey (Please allow an extra 5 minutes for preparation of this bowl)

CARB CLEVER GRANOLA & YOGHURT BOWL R78
Yoghurt, Woolies carb clever coconut & vanilla flavoured granola, honey drizzle, mint

ANCHOVETTE ON TOAST R34
Anchovette served on ciabatta, fresh tomato slices, salt and black pepper

APRICOT JAM & CHEESE ON CIABATTA TOAST (1 SLICE) R40

SCONES WITH BUTTER, JAM, CREAM & CHEESE R58



TOASTIES

CROQUE MONSIEUR R75
The ultimate French sandwich with a south african twist. Grilled 3 cheese, hickory ham & mayo style whip

TOASTED BACON, EGG AND CHEESE R70
HAM, CHEESE, TOMATO R50
CHICKEN MAYO R58

Smoked With mayo style whip

CHICKEN MAYO & BACON R75
Smoked Chicken with grilled bacon & American mayo whip

BOEPENSBROODJIE "JAFFLE" R50
100% Lean beef mince & cheese



WRAPS

PIZZA WRAP R78
Wrap, cheddar cheese mushrooms, salami, cherry tomatoes, basil, cherry tomatoes

CHEESY CHICKEN MAYO WRAP R85
Chicken, mayo, cheese and avo



OPEN SANDWICHES

SMASHED AVO ON LOW GI TOAST R56
Avo served on low GI bread, cream cheese, balsamic reduction, sesame seeds, lemon wedge

Add boiled or poached egg +R13

BEST CHICKEN STACK ON CIABATTA R98
Shredded chicken breast, mayo, tomato, cheddar, mustard, avo, lemon wedge

SMOKED SALMON TROUT ON CIABATTA R95
Smoked salmon trout, cream cheese, shaved cucumber, red onion, ciabatta, lemon wedge



CROISSANT

SCRAMBLE, SMOKED TROUT & AVO R120
Scrambled eggs, salmon trout, cream cheese, avo

SMOKED CHICKEN MAYO R75

ADD BACON R35

BACON & CHEESE R64

HAM AND CHEESE R55

HAM, CHEESE & TOMATO R55

CHOCOLATE CROISSANT WITH NUTELLA R46

BUTTER & JAM R38



ASSORTED CAKES & PASTRIES

Enquire with Barista regarding daily cake offering
daily cake offering

ASSORTED MUFFINS & SCONES
Chock Chip, Bran, Banana, Carrot -
subject to availability



EXTRAS

LARGE PLATE CHIPS R45 **CHEESE** R15

EGG BOILED R13 **HAM** R23

EGG SCRAMBLED R20 **BACON** R35

AVO R35 **SAUSAGE (TWO)** R35

PRESERVES R15 **TOAST** R25

CREAM R15

E & OE

Allergy Warning: Menu items may contain or come into contact with wheat, eggs, nut, milk, gluten.



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DRINKS



ESPRESSO BASED

FLAT WHITE
Double shot with milk & thin layer of foam

R33

CAFÉ LATTE
Espresso with steamed milk & layer of foam

R33

R39

R45

CAPPUCCINO
Espresso with steamed milk & thick layer of foam

R33

R39

R45

CAFÉ MOCHA
Espresso with steamed milk & chocolate

R42

R45

R52

AFRICANO
Espresso with hot water

R29

R35

R42

BEAN BREVE
Half Americano, half steamed milk & cream

R37

R43

R52



ESPRESSO 250ml

CORTADO SINGLE

R29

CORTADO DOUBLE

R35



HOT ALTERNATIVES

HOT CHOCOLATE

R40

R46

R55

SALTED CARAMEL HOT CHOCOLAE

R40

R46

R55

WHITE HOT CHOCOLATE

R40

R46

R55

RED CAPPUCCINO

R40

R46

R55

CHAI LATTE

R40

R46

R55

DIRTY CHAI

R40

R46

R55

FLAVOURED LATTE

R40

R46

R55

GOLDEN TURMERIC LATTE

R44

GREEN TEA MATCHA LATTE

R44

BEETROOT & GINGER LATTE

R44



TEA

ROOIBOS

R25

R28

R33

TURMERIC & CINNAMON TEA
Turmeric, Cinnamon, Ginger, Lemon, Honey, Orange

R40



PUP CUP 118ml

Whipped cream with Montego Bag O Wags

118ml

R12



SLUSHY

R20



BOBA TEA

BERRY PEACH TEA
Blueberry, popping boba, peach tea, lemon slice, sprite, ice

R48

MANGO LEMON TEA
Blueberry, popping boba, lemon iced tea, lemon slice, sprite, ice

R48

ELECTRIC PASSION LEMONADE
Mango boba, cloudy lemonade, blue lagoon, lemon slice, sprite, ice

R48



ICED COFFEE

ICED COFFEE
Espresso, hot chocolate, milk & Ice

R50

ICED CARAMEL
Espresso, hot chocolate, milk, ice, caramel syrup

R55

ICED VANILLA
Espresso, hot chocolate, milk, ice, vanilla syrup

R55

ICED HAZELNUT
Espresso, white hot chocolate, milk, caramel syrup

R55

ICED COFFEE PROTEIN SHAKE
Coffee, almond milk, banana, protein powder

R60



PROTEIN SMOOTHIES

NUTSHELL
Blueberries, raspberries, strawberries

R67

BERRY BLAZE
Whey protein, mixed berries, banana, yoghurt, milk

R67



SMOOTHIES

BERRY BLISS
Blueberries, raspberries, strawberries, banana, yoghurt & milk

R58

GREEN GODDESS
Kiwi, spinach, celery, cucumber, ginger, lemon, honey, mint

R58

MANGO GANG-GO
Mango, banana, yoghurt, almonds, ginger, chia seeds, turmeric, cinnamon

R58



COLD DRINKS

ASSORTED SOFT DRINKS
Coke, Coke Zero, Sprite, Sprite Zero Fruit juice, Peach Iced Tea, Lemon Iced Tea, Liquifruit, Still Water, Sparkling water

E & OE

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