

BREAKFAST

Breakfast served until 12  
All breakfasts served with either white, brown, sourdough or rye  
Substitute bacon with macon +R33

CLASSIC BREAKFASTS

|                                                                                                                          |      |
|--------------------------------------------------------------------------------------------------------------------------|------|
| Full grate<br>2 eggs, 3 rashers bacon, beef sausage, grilled tomato & sautéed mushrooms<br>Add 100g rump steak +R72      | R147 |
| Mini grate<br>1 egg, 2 rashers bacon, beef sausage, grilled tomato & sautéed mushrooms                                   | R110 |
| The med<br>2 eggs, grilled halloumi, slices of avo, fresh cherry tomatoes served with toasted ciabatta<br>Add bacon +R38 | R148 |
| Early bird<br>Footlong pork russian, 2 eggs & fresh-cut fries                                                            | R105 |

OMELETTE (3 eggs)

|                                                                                                                        |              |
|------------------------------------------------------------------------------------------------------------------------|--------------|
| Parma ham, mozzarella, cherry tomatoes & basil<br>Grated cheddar, avo, jalapeños & peppers<br>Add bolognese mince +R65 | R168<br>R138 |
| Bacon, mozzarella, grilled chopped tomatoes & onions                                                                   | R138         |

SCRAMBLED EGGS (3 fluffy scrambled eggs)

|                                                                                                                                  |             |
|----------------------------------------------------------------------------------------------------------------------------------|-------------|
| Plain scrambled                                                                                                                  | R68         |
| Napoli eggs<br>Scrambled eggs folded into napoletana sauce, sautéed onions, cherry tomatoes, feta & fresh chili                  | R122        |
| Scrambled eggs with bacon or footlong pork russian<br>40g smoked salmon, scrambled eggs, cottage cheese & chives<br>Add avo +R38 | R95<br>R165 |
| BENEDICTS<br>Poached eggs, hollandaise on a freshly baked english muffin<br>Parma ham                                            | R168        |
| Bacon                                                                                                                            | R125        |
| 40g smoked salmon & sautéed spinach                                                                                              | R172        |

BREAKFAST BAGEL

|                                                                      |      |
|----------------------------------------------------------------------|------|
| Crispy bacon, scrambled eggs & cheddar topped with hollandaise sauce | R138 |
|----------------------------------------------------------------------|------|

BRIOCHE FRENCH TOAST

|                                                            |      |
|------------------------------------------------------------|------|
| Served with a berry compote & mascarpone<br>Add bacon +R44 | R108 |
|------------------------------------------------------------|------|

STACKED PANCAKES

|                                                                                                               |      |
|---------------------------------------------------------------------------------------------------------------|------|
| Fluffy pancakes served with a berry compote & mascarpone<br>Add bacon +R44 / Add Nutella & banana slices +R58 | R122 |
|---------------------------------------------------------------------------------------------------------------|------|

DRY MUESLI & SEASONAL FRUIT

|                                   |      |
|-----------------------------------|------|
| Served with Greek yoghurt & honey | R118 |
|-----------------------------------|------|

PAW PAW BOWL

|                                                      |      |
|------------------------------------------------------|------|
| Thick Greek yoghurt, fresh paw paw & toasted almonds | R122 |
|------------------------------------------------------|------|

SEASONAL FRESH FRUIT SALAD

|                        |      |
|------------------------|------|
| Add Greek yoghurt +R38 | R105 |
|------------------------|------|

HOT OATS

|                                                                                   |     |
|-----------------------------------------------------------------------------------|-----|
| Dates, sliced banana, toasted almonds & sunflower seeds<br>Add mixed berries +R22 | R95 |
|-----------------------------------------------------------------------------------|-----|

OPEN TOASTIES

|                                                                                                                                                                                                                |             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| Served on toasted sourdough / rye / ciabatta<br>Smashed avo, olive oil, lemon, salt, pepper & tabasco<br>Chunky cottage cheese and sliced avo, topped with an egg, cherry tomatoes & finished with basil pesto | R92<br>R117 |
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TOASTED SANDWICHES & TRAMEZZINIS

Option of white, brown, sourdough or rye  
Served with a garden green salad or fresh-cut fries  
Macon swap out charged as an extra +R29

|                                                     | Sandwich | Tramezzini |
|-----------------------------------------------------|----------|------------|
| Mozzarella & tomato                                 | R82      | R105       |
| Ham, mozzarella & tomato                            | R92      | R115       |
| Bacon & eggs                                        | R97      | R134       |
| Chicken mayonnaise                                  | R94      | R128       |
| Chicken mayo & jalapeño                             | R98      | R133       |
| Mince & cheddar                                     | R115     | R142       |
| BBQ steak, cheddar & onion                          | R115     | R155       |
| Chicken fillet & onions in a creamy peri-peri sauce |          | R175       |

GOURMET SANDWICHES

Fresh-cut fries or a garden green salad Add +R25  
Gluten free wraps Add +R23

|                                                                                                                                                       |                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Sushi salmon bagel<br>Smoked salmon, avo, pickled ginger, cucumber & spicy mayo.<br>Served with honey & sesame infused soya sauce on the side<br>R188 | Chicken schnitzel, feta, avo & spicy mayo on a panini / whole wheat wrap<br>R138                                            |
| Club sandwich on toasted white or brown<br>Chicken mayo, crispy bacon, cheddar, lettuce & tomato<br>R148                                              | Tuna<br>Tuna mixed with mayo & dijon mustard, sliced avo, red onion, tomatoes & butter lettuce on toasted sourdough<br>R110 |
| Hot dog<br>Flame-grilled footlong cheese griller served on a toasted brioche roll, topped with caramalised onions, jalapeños & mustard<br>R110        | Parma ham panini<br>Mozzarella, tomatoes & rocket drizzled with olive oil & balsamic vinegar<br>R168                        |
|                                                                                                                                                       | Grilled halloumi<br>Cured melanzane, avo, tomatoes & fresh rocket on toasted sourdough<br>R144                              |

SALADS

QUINOA SUPERFOOD SALAD (V)

Roasted butternut, brocolli, avo, feta, sunflower seeds, sweetcorn, roasted chickpeas  
cherry tomatoes, red onion, cucumber & baby spinach leaves  
Add chicken +R48 / 40g smoked salmon +R88

ROASTED BUTTERNUT & BEETROOT SALAD (V)

Roasted butternut, beetroot, danish feta, roasted sunflower seeds, avo & mixed lettuce  
Add chicken +R48 / 40g smoked salmon +R88

HALLOUMI & AVO SALAD (V)

Halloumi, avo, olives, fresh cherry tomatoes, roasted red peppers, cucumbers,  
red onion on a bed of butter lettuce

SMOKED SALMON SALAD

Salmon trout, cottage cheese, avo, red onion, capers, cucumber on a bed of baby leaf  
spinach & butter lettuce

TUNA SALAD

Tuna, avo, boiled eggs, cucumber, cherry tomatoes, carrots, red onions, croutons  
on a bed of chopped butter lettuce

STEAK SALAD

Sliced rump or fillet steak, feta, avo, tomatoes, peppers & cucumber on a bed of rocket  
& butter lettuce

Rump R188 / fillet R215

CHICKEN SALAD

Flame grilled chicken breasts, avo, feta, tomatoes, cucumbers & red onions  
on a bed of baby spinach & mixed green leaves

CAESAR SALAD

Crispy bacon, boiled eggs, croutons, cos letuce, topped with parmesan shavings  
& a classic caesar dressing  
Add chicken +R48 / swap out bacon for avo

PRAWN & AVO SALAD

6 Queen prawns, grated parmesan, avo, baby spinach leaves, cucumber & red onions on a bed  
of butter lettuce & rocket

EXTRAS WILL BE CHARGED ACCORDINGLY

GRATE BURGERS (On a toasted brioche bun, served with fries)

200g in-house beef patty, with butter lettuce, onions, gherkins & tomatoes  
Plain R142/ cheese R155 / cheese & bacon R168  
Crumbed chicken burger R148  
Golden fried chicken breast layered with creamy spicy mayo slaw & gherkins  
Add cheddar +R18

PREGO ROLL

Served with fries or a garden green salad  
Chicken R155 / 150g rump R167 / 150g fillet R207

CAFE STYLE

PORTO STEAK

200g rump in a creamy peri-peri sauce topped with an egg, served with fresh-cut fries.  
Rump R198 / fillet R235

STEAK

Served with an avo & parmesan salad & fresh-cut fries  
Rump 200g R194 / rump 300g R235 / fillet 200g R225

SKINNY LAMB CHOPS

400g lamb chops marinated in lemon & herbs served with golden fries & a Greek village salad

CHICKEN SCHNITZEL

Coated in breadcrumbs, fried till golden served with fresh-cut fries or a Greek salad

CHICKEN BREASTS

2 flame grilled chicken fillets served with a Greek salad or mixed roast veg

MEDITERRANEAN STYLE BEEF PATTIES

Served with a parmesan, avo salad & fresh-cut fries

HALF FLAME-GRILLED PERI-PERI CHICKEN

Served with fresh-cut fries or mixed roast veg

CHICKEN LIVERS

In a creamy peri-peri sauce served with toasted ciabatta  
Add Rice +R32 / Add fresh-cut fries R32

FRIED HAKE

Fried hake served with fresh-cut fries & tartar sauce

NORWEGIAN SALMON

200g pan-seared salmon, served with roast veg & a honey, soy sesame sauce

CURRY & RICE

Chicken R162 / prawn R215 / lamb R295

PASTA

|                                                                                                    |      |
|----------------------------------------------------------------------------------------------------|------|
| Penne or spaghetti                                                                                 |      |
| Napoletana - Tomato based sauce                                                                    | R98  |
| Bianco - Garlic, chilli, olives, cherry tomatoes & parsley tossed in olive oil<br>Add chicken +R48 | R118 |
| Bolognese - Beef mince in a napoletana sauce                                                       | R155 |
| Steak - Sirloin steak in a creamy napoletana sauce with a touch of chilli                          | R178 |
| Chicken Pesto - Chicken tossed in a basil pesto sauce                                              | R177 |
| Chicken & mushroom - In a creamy parmesan sauce                                                    | R177 |
| Prawn - 5 Queen prawns in a creamy napolitana sauce with a touch of chilli                         | R225 |

PIZZA

|                                                                                                 |      |
|-------------------------------------------------------------------------------------------------|------|
| *All have a tomato base                                                                         |      |
| Margherita - Mozzarella                                                                         | R110 |
| Vegan Way - Avo, cured melanzane, baby marrows, cherry tomatoes & rocket<br>Add Mozzarella +R38 | R155 |
| Pollo - Mozzarella, spicy chicken, avo & roasted red peppers                                    | R188 |
| Mexicana - Mozzarella, bolognese mince, mixed pepper & chilli                                   | R188 |
| El Greco - Mozzarella, crispy bacon, avo & feta                                                 | R188 |
| Regina - Mozzarella, ham & mushrooms                                                            | R158 |
| Chicken Prego - Mozzarella, chicken & bacon in a creamy peri-peri sauce                         | R188 |

REFRESHING

Cold drinks  
Tizers  
BOS ice tea peach / lemon  
Fruit juices (Sir Juice)  
Rock shandy / Steelworx  
500ml Still / sparkling water  
750ml Still / sparkling water

FRESHLY SQUEEZED

Add a shot of ginger +R22  
Carrot, apple, orange & pear  
Pineapple & mint  
Cucumber, apple, spinach, celery & lemon  
Beetroot, apple, carrot, lemon

SMOOTHIES

Add whey protein scoop +R29  
Paw paw smoothie  
Paw paw, banana, Greek yoghurt & almonds  
Mixed berry smoothie  
Frozen berries, banana & Greek yoghurt  
Peanut bomb smoothie  
Whey protein, peanut butter, banana, cacao, Greek yoghurt, milk & ice

GRANITAS

Mango / lemon / cranberry / granadilla / strawberry  
Apple, cucumber & mint

GRATE SHAKES

Vanilla / lime / bubblegum / strawberry / chocolate  
Hazelnut / salted caramel  
Nutella / Kahlúa Don Pedro

HOT OR FROZEN

Coffee freezo / spice chai

HOT ‘N MILKY

Hot chocolate  
Teas - Five roses / rooibos / chamomile  
Detox tea  
Green tea with freshly squeezed ginger & lemon

COFFEE

Espresso - single  
Espresso - double  
Petite cappuccino (single shot)  
Cappuccino (double shot)  
Cortado (double shot)  
Flat white (double shot)  
Americano (single shot)  
Caffe latte (single shot)  
Caffe mocha (single shot espresso & hot chocolate)  
Hazelnut / salted caramel latte  
Rooibos cappuccino  
Matcha latte

\*decaffeinated Add +R11  
\*Extra shot of coffee Add +R15  
\*Almond milk (milk lab) / oat milk (milk lab) Add +R14

R32  
R42  
R42  
R42  
R69  
R29  
R62

R58  
R58  
R62  
R62

R74

R74

R82

R48  
R58

R59  
R68  
R89

R68

R42  
R30  
R72

R28  
R35  
R39  
R45  
R45  
R45  
R39  
R35  
R48  
R54  
R48  
R85

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