

BREAKFAST

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

CLASSIC BREAKFASTS

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

OMELETTE (3 eggs)

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

SCRAMBLED EGGS (3 fluffy scrambled eggs)

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

BREAKFAST BAGEL

Crispy bacon, scrambled eggs & cheddar topped with hollandaise sauce	R138
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BRIOCHE FRENCH TOAST

Served with a berry compote & mascarpone	R108
Add bacon +R44	

STACKED PANCAKES

Fluffy pancakes served with a berry compote & mascarpone	R122
Add bacon +R44 / Add Nutella & banana slices +R58	

DRY MUESLI & SEASONAL FRUIT

Served with Greek yoghurt & honey	R118
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PAW PAW BOWL

Thick Greek yoghurt, fresh paw paw & toasted almonds	R122
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SEASONAL FRESH FRUIT SALAD

Add Greek yoghurt +R38	R105
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HOT OATS

Dates, sliced banana, toasted almonds & sunflower seeds	R95
Add mixed berries +R22	

OPEN TOASTIES

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

TOASTED SANDWICHES & TRAMEZZINIS

Option of white, brown, sourdough or rye
Side green salad / fresh-cut fries Add +R25
All tramezzinis come with mozzarella

	Sandwich	Tramezzini
Mozzarella & tomato	R58	R92
Ham, mozzarella & tomato	R69	R102
Bacon & eggs	R71	R118
Chicken mayonnaise	R70	R108
Chicken mayo & jalapeño	R77	R118
Mince & cheddar	R88	R130
BBQ steak, cheddar & caramelised onions	R92	R135
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	Chicken schnitzel, feta, avo & spicy mayo
Smoked salmon, avo, pickled ginger, cucumber & spicy mayo.	on a panini / whole wheat wrap
Served with honey & sesame infused soya sauce on the side	R138
R188	Tuna
	Tuna mixed with mayo & dijon mustard, sliced avo, red onion, tomatoes & butter lettuce on toasted sourdough
	R110
	Parma ham panini
	Mozzarella, tomatoes & rocket drizzled with olive oil & balsamic vinegar
	R168
	Grilled halloumi
	Cured melanzane, avo, tomatoes & fresh rocket on toasted sourdough
	R144

Club sandwich on toasted white or brown	
Chicken mayo, crispy bacon, cheddar, lettuce & tomato	
R148	

Hot dog	
Flame-grilled footlong cheese griller served on a toasted brioche roll, topped with caramalised onions, jalapeños & mustard	
R110	

SALADS

QUINOA SUPERFOOD SALAD (V)

Roasted butternut, brocolli, avo, feta, sunflower seeds, sweetcorn, roasted chickpeas	R164
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	R148
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	R148
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SMOKED SALMON SALAD

Salmon trout, cottage cheese, avo, red onion, capers, cucumber on a bed of baby leaf spinach & butter lettuce	R188
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TUNA SALAD

Tuna, avo, boiled eggs, cucumber, cherry tomatoes, carrots, red onions, croutons on a bed of chopped butter lettuce	R168
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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	R148
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CAESAR SALAD

Crispy bacon, boiled eggs, croutons, cos letuce, topped with parmesan shavings & a classic caesar dressing	R112
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	R255
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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	R288
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CHICKEN SCHNITZEL

Coated in breadcrumbs, fried till golden served with fresh-cut fries or a Greek salad	R188
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CHICKEN BREASTS

2 flame grilled chicken fillets served with a Greek salad or mixed roast veg	R167
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MEDITERRANEAN STYLE BEEF PATTIES

Served with a parmesan, avo salad & fresh-cut fries	R168
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HALF FLAME-GRILLED PERI-PERI CHICKEN

Served with fresh-cut fries or mixed roast veg	R168
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CHICKEN LIVERS

In a creamy peri-peri sauce served with toasted ciabatta	R98
Add Rice +R32 / Add fresh-cut fries R32	

FRIED HAKE

Fried hake served with fresh-cut fries & tartar sauce	R168
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NORWEGIAN SALMON

200g pan-seared salmon, served with roast veg & a honey, soy sesame sauce	R325
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CURRY & RICE

Chicken R162 / prawn R215 / lamb R295	
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PASTA

Penne or spaghetti	
Napoletana - Tomato based sauce	R98
Bianco - Garlic, chilli, olives, cherry tomatoes & parsley tossed in olive oil	R118
Add chicken +R48	
Bolognaise - 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	R155
Add Mozzarella +R38	
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)
Orange / mango / strawberry / granadilla
Rock shandy / Steelworx
500ml 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

Petite cappuccino (single shot)
Cappuccino (double shot)
Grande 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 (imported)

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

PLATTERS

Serves 8 - 10 people
Must be ordered 24 hours in advance

CONTINENTAL PLATTER

Freshly baked jumbo muffins, scones & french croissants, served with butter & jam
Grated mozzarella Add +R110

FRUIT SKEWERS PLATTER

Served with Greek yoghurt topped with honey & toasted almonds

SANDWICH PLATTER

(on white, brown, sourdough bread & rye)
Mozzarella & tomato, ham, cheddar & tomato, chicken mayo, tuna mayo & gherkins, bacon & egg
On seeded health roll & paninis +R95

TRAMEZZINI & WRAP PLATTER

*All tramezzinis are with mozzarella
Tramezzinis:
Mozzarella & tomato / chicken mayo / ham, cheese & tomato /
bacon & egg
Whole Wheat Wraps:
Grilled chicken, avo & feta /
Smoked salmon, cottage cheese & chives /
Melanzane & grilled halloumi

MINI BURGERS & PREGO PLATTER

A combination of steak, mince & chicken fillet

COCKTAIL PLATTER

Veg & chicken spring rolls, halloumi, med style meatballs, crumbed chicken tenders
& bbq buffalo wings

VEGETARIAN PLATTER

Veg spring rolls, oven roasted veg kebabs, crumbed halloumi, open sandwiches with
mozzarella, cherry tomatoes & basil pesto

CROISSANT FILLED PLATTER

(freshly baked imported croissants)
Ham, cheddar & dijon mayo
Mozzarella, tomatoes & basil pesto
Egg mayo & bacon

PASTRY PLATTER

Cocktail sausage rolls, chicken risoles, veg & chicken spring rolls & veg samoosas

MEATY PLATTER

Mediterranean style meatballs, rump & chicken fillet kebabs, crumbed chicken fillet
tenders, spicy buffalo wings & cocktail pork russians

SWEET PLATTER

Pasteis de natas, cocktail chocolate eclairs, mixed doughnuts & cupcakes

CATERING PLATTERS AVAILABLE

ENQUIRE ABOUT VENUE HIRE

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