

# Rc Red Cafe

Our Menu Items Are Prepared in Kitchens That Use Soy, Gluten, Dairy, Eggs, Fish, Nuts. Please Ask Our Team For More Information & Guidance E&OE



## Breakfast

<b>Yoghurt Cup Small 250 ml</b> 20	<b>Creamy Oats</b> 30
vanilla yoghurt	creamy oats topped with caramelized banana and honey
<b>Small Fruit Cup</b> 20	<b>Avo on Rye</b> 35
assorted freshly cut seasonal fruit	fresh avocado served on fresh rye bread topped with lemon juice
<b>Muesli &amp; Yoghurt Cup Small 250ml</b> 30	
muesli layered with vanilla yoghurt and topped with honey.	add egg
<b>Muesli &amp; Yoghurt Cup Large 350ml</b> 35	
muesli layered with vanilla yoghurt and topped with honey.	

## Sandwiches

<b>Cheese</b> 20	<b>Chicken Mayo</b> 20
grated mozzarella served on white or whole wheat bread	finely chopped chicken and creamy mayo served on white or whole wheat bread
<b>Cheese &amp; Tomato</b> 22	
grated mozzarella with freshly cut tomato served on white or whole wheat bread	<b>Add R3 for Rye Bread</b>

## Pasta

<b>Napolitana pasta</b> 27	<b>Chicken Alfredo pasta</b> 30
saucy italian napolitana penne pasta	cajun chicken strips served with creamy penne pasta

## Folda

<b>Cajun Chicken Folda</b> 42	<b>Chicken Prego &amp; Onion Folda</b> 42
cajun chicken strips with freshly cut ice berg lettuce, tomato, grated mozzarella served with cajun mayo	cajun chicken strips & caramelised onion with freshly cut ice berg lettuce, tomato, grated mozzarella served with cajun mayo

Our Signature Toasted Foldovers

## Trams

<b>Cheese</b> 39	<b>Chicken Mayo</b> 39
grated mozzarella evenly spread	finely chopped chicken served with creamy mayo and grated mozzarella
<b>Cheese &amp; Tomato</b> 40	<b>Chicken Prego &amp; Onion</b> 42
grated mozzarella and freshly cut tomato slices	cajun chicken served with caramelized onion and grated mozzarella topped with prego sauce

## Salads

Choose your base	
<b>Deconstructed Base</b>	<b>Pasta Base</b>
iceberg lettuce, cucumber, carrot sticks, tomato, red cabbage & corn	rosmarino pasta & peppers
<b>Cajun Chicken Bowl</b> 32	<b>Sticky Chicken &amp; Pine Bowl</b> 34
cajun chicken strips served with creamy cajun mayo	cajun chicken strips and pine served with bbq dressing
<b>Butternut, Feta &amp; Sesame Seeds Bowl</b> 34	<b>Grilled Haloumi Bowl</b> 39
roasted butternut, feta & sesame seeds served with italian dressing	grilled haloumi fingers served with creamy cajun mayo

## Grills

<b>Health Roll</b> 15	<b>Chicken Hot Dog</b> 20
freshly cut iceberg lettuce, cucumber, tomato with creamy mayo served on a seeded bun	chicken vienna served on a fresh hot dog bun with a selection of sauces (NO BUTTER UNLESS YOU ASK)
<b>Small Chicken Burger</b> 20	<b>Chicken Burger</b> 32
grilled chicken breast with freshly cut iceberg lettuce and creamy mayo served on a seeded bun	grilled chicken breast with freshly cut iceberg lettuce, tomato, grilled onion and creamy mayo served on a seeded bun
<b>Vegetrian Burger</b> 35	<b>Beef Burger</b> 35
veg patty with freshly cut iceberg lettuce, tomato, grilled onion and creamy mayo served on a seeded bun	100% pure beef patty with freshly cut iceberg lettuce, tomato, grilled onion and bbq basting served on a seeded bun
add haloumi and avo 22	<b>Small Chips</b> 15
<b>Small Chicken Strips</b> 25	<b>Large Chips</b> 20
chicken strips served with a selection of sauces	oven baked chips served with a selection of sauces
<b>Large Chicken Strips</b> 35	
chicken strips served with a selection of sauces	

Look Out For In Store Specials

www.red-cafe.co.za

## Wraps

Small Wraps	
Choose your base	
<b>Standard Base</b>	<b>Pasta Base</b>
iceberg lettuce	rosmarino pasta
<b>Small Cheese and Tomato Wrap</b> 30	<b>Small Health Wrap</b> 32
grated mozzarella cheese and tomato served with creamy mayo	grated mozzarella with freshly cut tomato, cucumber & carrots served with creamy mayo
<b>Small Chicken Wrap</b> 30	<b>Small Chicken Mayo Wrap</b> 30
grilled cajun chicken strips served with creamy mayo	chopped cajun chicken served with creamy mayo
Gourmet Wraps	
Choose your base	
<b>Standard Base</b>	<b>Pasta Base</b>
iceberg lettuce, tomato and carrots	rosmarino pasta
<b>Butternut, Feta &amp; Sesame Wrap</b> 37	<b>Cajun Chicken Wrap</b> 35
roasted butternut & sesame seeds served with creamy mayo	cajun chicken strips served with cajun mayo
<b>Sticky Chicken &amp; Pine Wrap</b> 35	<b>Health Wrap</b> 38
cajun chicken strips and pine served with bbq sauce	grated mozzarella with danish feta, white onion, cucumber served with creamy mayo
<b>Grilled Haloumi Wrap</b> 38	<b>Sweet Chilli Chicken Bite Wrap</b> 40
grilled haloumi fingers served with creamy cajun mayo	chicken bites served with sweet chilli sauce
	<b>Mozzarella &amp; Tomato Wrap</b> 38
	grated mozzarella with freshly cut tomato served with creamy mayo

## Hot Bev

<b>Espresso Single</b> 16	<b>Green Tea</b> 14
<b>Americano</b> 18	<b>Hot Chocolate</b> 16
<b>Cappuccino</b> 22	<b>Caffe Mocha</b> 24
<b>Red Cappuccino</b> 22	<b>Chai Latte</b> 24
<b>Tea Five Roses / Rooibos</b> 13	

## Smoothies

<b>Green Monster Smoothie</b> 28 33	<b>Mango Frappe</b> 25 30
<b>Vitamin C Smoothie</b> 28 33	<b>Mixed berry Frappe</b> 25 30
<b>Mixed Berry Smoothie</b> 28 33	<b>Cappuccino Frappe</b> 28 33
<b>Mango Honey Smoothie</b> 28 33	
<b>Cappuccino Smoothie</b> 28 33	

