

## Hot Beverages

Filter Coffee regular	<b>R10.00</b>	large	<b>R13.00</b>
Cappuccino regular	<b>R13.00</b>	large	<b>R14.00</b>
Red Cappuccino			<b>R16.00</b>
Babyccino			<b>R 5.00</b>
Espresso single			<b>R 9.00</b>
Espresso double			<b>R13.00</b>
Café Latté			<b>R15.50</b>
Red Latté			<b>R18.00</b>
Flavoured Latté			<b>R18.50</b>
Caffe Mocha			<b>R 15.00</b>
Chocochino			<b>R19.50</b>
Red Hot White			<b>R19.50</b>
Hot Chocolate or Milo small	<b>R 10.00</b>	large	<b>R15.00</b>
White Hot Chocolate			<b>R18.00</b>
Horlicks small	<b>R13.00</b>	large	<b>R18.00</b>
Ceylon, Rooibos or Earl Grey Tea			<b>R 9.50</b>
Assorted Herbal teas			<b>R10.00</b>

## Cold Beverages

Shakes - made with ice cream small	<b>R16.50</b>	large	<b>R19.50</b>
Iced Coffee - a blend of coffee and ice cream small	<b>R16.50</b>	large	<b>R19.50</b>
Fruit Shakes - made with ice cream small	<b>R17.50</b>	large	<b>R23.00</b>
Gourmet Shakes			<b>R19.50</b>
Smoothies			<b>R20.00</b>
Fruit Crush (Dairy Free)			<b>R20.00</b>
Decadent Fruit Smoothie (Dairy Free)			<b>R27.00</b>
Cappucine Latté Frappé			<b>R27.00</b>
Cappucine Extreme Toffee Coffee			<b>R28.00</b>
Homemade Ice Tea			<b>R12.50</b>

## Cakes, Pastries and Desserts

<b>Crepes with Cinnamon, Sugar and Lemon</b>	<b>R25.00</b>
Add ice cream <b>or</b> cream	<b>R 5.00</b>
<b>Fresh Fruit Salad -</b> prepared fresh to order	<b>R32.00</b>
Add Yoghurt <b>or</b> ice cream <b>or</b> cream	<b>R 5.00</b>
<b>Decadent Daily Cakes</b> A tempting selection from our display	
A large slice	<b>R25.00</b>
½ slice	<b>R15.00</b>
Add ice cream <b>or</b> cream	<b>R 5.00</b>
<b>Cake Special -</b> daily from 2pm and all day on Sunday	<b>R30.00</b>
A slice of our delicious cake served with a cup of regular filter coffee, cappuccino with froth or a pot of tea	
<b>Muffins -</b> baked on the premises Plain, with or without butter	<b>R10.00</b>
Add jam tray	<b>R 7.50</b>
Add jam and cheese tray	<b>R 9.50</b>
<b>Scones -</b> baked on the premises Plain	<b>R14.00</b>
Add jam tray	<b>R 7.50</b>
Add jam and cheese tray	<b>R 9.50</b>
Add cream	<b>R 5.00</b>
<b>Mid Morning Madness -</b> served all day	<b>R24.00</b>
A toasted English muffin with jam and cheese. Served with a pot of tea <b>or</b> regular filter coffee	

### A perfect gift

Personalized gift vouchers are available in various denominations or dishes. Please give one day's notice.

Our salad dressing is also available at R35 for a new bottle or R25 for a re-fill.

### The Bizz to go

Most of our meals are available as take-aways. Just ask for your favourite meal and we will gladly prepare it for you to enjoy at home.

Our kitchen is open from:  
7.00am Monday to Friday  
8.30am Saturday and Sunday



Welcome to The Bizz!  
We will try our very best to ensure  
that you have an enjoyable  
experience with us.

Please visit our website at [www.thebizz.co.za](http://www.thebizz.co.za)  
You can also email us at [eat@thebizz.co.za](mailto:eat@thebizz.co.za)

**Come and feel the buzz at the bizz**

The Bizz, Glen Alpine Centre, Bergvliet, Cape Town.  
Tel 021 712 8605

## All Day Breakfasts

Eggs are available fried, scrambled or poached

### The Mini Minor **R 35.00**

½ a toasted English Muffin topped with scrambled egg, bacon and tomato. Includes a regular filter coffee **or** tea.

### The English **R 41.50**

2 Eggs, Bacon, tomato. Served with toast and jam. Includes a regular filter coffee **or** tea.

### The Weekend special **R 52.50**

available Saturday, Sunday & Public holidays  
2 eggs, bacon, tomato, sautéed mushrooms, pork chipolatas, toast and jam. Served with a bottomless regular filter coffee **or** tea **or** cappuccino with froth. Includes one weekend newspaper per table.

### Eggs Benedict **R 48.00**

A toasted English muffin topped with gypsy ham, two poached eggs and smothered with homemade hollandaise sauce. Includes a regular filter coffee **or** tea.

### Eggs Royal **R 63.00**

A toasted English muffin topped with smoked salmon, two poached eggs and smothered with homemade hollandaise sauce. Includes a regular filter coffee **or** tea.

### Omelettes **R 26.00**

served with toast and jam  
Plain - souffled 3 egg omelette.

### Create you own omelette by adding any of the following fillings

The following additional items may be ordered **with** your breakfast or omelette:

Tomato	<b>R 4.00</b>
Onion	<b>R 4.00</b>
Mixed Peppers	<b>R 6.00</b>
Asparagus	<b>R 8.00</b>
2 Pork Chipolatas	<b>R 7.00</b>
Mushrooms	<b>R 10.00</b>
Egg	<b>R 5.00</b>
Cheddar	<b>R 10.00</b>
Mozzarella	<b>R 10.00</b>
Feta	<b>R 10.00</b>
Cottage Cheese	<b>R 10.00</b>
Bacon	<b>R 11.00</b>
Gypsy Ham	<b>R 11.00</b>
Chicken	<b>R 10.50</b>
Tuna	<b>R 9.50</b>
Avocado (seasonal)	<b>R 10.00</b>
Smoked Chicken	<b>R 15.00</b>
Smoked Salmon	<b>R 28.00</b>
Portion of Chips	<b>R 18.00</b>
Extra toast per slice	<b>R 4.00</b>

## Light Breakfasts

**Croissants** - baked fresh and served warm

Plain	<b>R13.00</b>
Butter, jam <b>or</b> cheese	<b>R21.00</b>
Toasted with melted cheese	<b>R22.00</b>
Bacon & Egg	<b>R32.00</b>
Brie, fig jam and sliced apple	<b>R37.00</b>
Feta and sun dried tomatoes	<b>R34.00</b>
Smoked Salmon and scrambled egg	<b>R62.00</b>

### Flapjacks

Two with jam & cheese	<b>R25.00</b>
Two with bacon & eggs	<b>R30.00</b>
Extra flapjack	<b>R 9.00</b>
Add Maple syrup <b>or</b> honey	<b>R 3.00</b>

**Toast** - white, brown **or** whole wheat

<b>One slice</b>	
with butter	<b>R 4.00</b>
with cheese and jam	<b>R 9.50</b>
with Anchovy	<b>R 7.50</b>
with Marmite	<b>R 7.50</b>

**Egg on Toast** - fried, scrambled **or** poached

One egg 1 slice	<b>R14.00</b>
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### Mushrooms on Toast

1 slice	<b>R20.00</b>
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### French Toast

1 slice	<b>R14.00</b>
Add Maple syrup <b>or</b> honey	<b>R 3.00</b>

### Savoury Mince on Toast

2 slices (contains mushrooms)	<b>R38.00</b>
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## Healthy Options

### Fresh Fruit Salad -

prepared fresh to order	<b>R32.00</b>
Add yoghurt <b>or</b> ice cream <b>or</b> cream	<b>R 5.00</b>

### Mini Health Crunch -

prepared fresh to order	
Muesli, fresh fruit and yoghurt	<b>R40.00</b>
Muesli and yoghurt	<b>R24.00</b>
Add honey	<b>R 3.00</b>

## Golden Toasted Sandwiches

On white, brown **or** whole wheat, served with a salad garnish  
All sandwiches also available untoasted

Cheese with or without Origanum	<b>R21.00</b>
Cheese and Tomato	<b>R24.00</b>

Ham <b>or</b> Bacon and Cheese	<b>R32.00</b>
Ham, Cheese & Tomato	<b>R32.00</b>
Ham, Cheese & Pineapple	<b>R32.00</b>
Bacon and Egg	<b>R30.00</b>
Bacon and Banana	<b>R30.00</b>
Bacon and Avocado (seasonal)	<b>R34.00</b>
Chicken Mayonnaise	<b>R32.00</b>
Tuna Mayonnaise	<b>R32.00</b>
Portion of Chips	<b>R18.00</b>

## Pick 'n Mix Extras

Create your own flavour by adding any of the following extra fillings to your sandwich :

Tomato <b>or</b> Onion	<b>R 4.00</b>
Gherkins	<b>R 5.00</b>
Olives	<b>R 5.00</b>
Pepperdews	<b>R 6.50</b>
Sun dried tomatoes	<b>R 6.50</b>
Banana	<b>R 5.00</b>
Pineapple	<b>R 5.00</b>
Egg	<b>R 5.00</b>
Mushrooms	<b>R10.00</b>
Cheddar <b>or</b> Mozzarella	<b>R10.00</b>
Feta <b>or</b> Cottage Cheese	<b>R10.00</b>
Avocado (seasonal)	<b>R10.00</b>
Bacon <b>or</b> Ham	<b>R11.00</b>
Chicken	<b>R10.50</b>
Tuna	<b>R 9.50</b>
Smoked Chicken	<b>R15.00</b>
Smoked Salmon	<b>R28.00</b>
Extra salad garnish	<b>R 6.00</b>

## Classic Lunches

A range of home cooked meals to suit all tastes.  
Also see our 'Dish of the Day' chalkboard.

### Homemade Soup of the Day - **R29.00**

see chalkboard or  
ask waitron for today's choice  
A bowl of delicious homemade soup with croutons and a slice of home baked health bread or fresh roll from our bakery

### Savoury Pancakes -

served with a side salad	
Two pancakes filled with:	
Spinach and Mushrooms in a creamy sauce	<b>R40.00</b>
Chicken and Sweet Corn in a creamy sauce	<b>R44.00</b>
Savoury Mince	<b>R42.00</b>

### Bangers and Mash **R52.00**

An English classic of two thick pork sausages, fluffy mashed potatoes, garden peas and thick gravy

### Homemade Lasagne -

made with 100% steak mince	
With a side salad and health bread	<b>R54.00</b>
With chips and a salad garnish	<b>R60.00</b>

### Irish Stew **R63.00**

A tasty lamb casserole served with fluffy mashed potatoes

### 100% Beef or Chicken Burger

served with chips and a salad garnish	
Burger on a roll	<b>R43.00</b>
With a cheese or mushroom sauce	<b>R49.00</b>
With grated cheddar	<b>R49.00</b>

### The Bizz Chicken Curry **R63.00**

Strips of tender chicken breast in a creamy coconut and tomato curry sauce on a bed of rice, topped with flaked almonds and a poppodum

### Sweet Chilli Chicken Wrap **R58.00**

Two tortillas filled with pan fried chicken and pineapple, served with a creamy sweet chilli dressing.

### Vegetarian Wrap **R52.00**

Two tortillas filled with stir fried vegetables and served with a creamy garlic and herb dressing

### Stir fried Vegetables **R58.00**

Spring onions, mixed peppers, mushrooms, julienne carrots and snap peas. Stir fried in a sweet spicy sauce and presented on a bed of noodles **or** rice

### Stir Fried Chicken **R65.00**

Strips of pan fried Chicken breast, Cashew nuts, Spring onions, mixed peppers, mushrooms, julienne carrots and snap peas. Stir fried in a sweet spicy sauce and presented on a bed of noodles **or** rice

## Stunning Salads

Served with the bizz salad dressing and home baked health bread  
Also see our 'salad of the day' chalkboard

**The Bizz Garden Salad** - Mixed lettuce, cherry tomatoes, cucumber, grated carrot and asparagus cuts topped with sunflower seeds  
Side **R24.00** Main **R35.00**

**Greek Salad** - A salad of feta cheese, crispy lettuce, cucumber and onion and olives  
Side **R29.00** Main **R39.00**

### The Bizz Caesar Salad **R51.00**

A combination of crispy lettuce, spring onions, tomato, croutons, and parmesan shavings. Served with pan fried sesame chicken strips, bacon pieces and a Caesar dressing

### Smoked Salmon Salad **R68.00**

Smoked Salmon served with avocado, cherry tomatoes and cucumber on a bed of lettuce. Served with lemon wedges and a creamy dill dressing on the side