



menu

011 447 0250

feedback@parkcafe.co.za

www.parkcafe.co.za

lower ground floor, the parks shopping centre
cnr jan smuts & wells ave, parkwood

opening hours:

monday - friday: 7:30 till 3pm for lunch,

till 5pm for cake & coffee

saturday: 8 till 3pm & sunday: 8 till 12

Free Wi-fi

Events outside of working hours can be arranged.

BREAKFAST



Served until 11:30 during the week and 12:00 on Saturdays. Please note our standard toast is Italian bread should you prefer another bread please let us know. Please specify if you want chives in your creamed eggs.

Toast

Toast with choice of spreads	R20
Avo on Toast	R32
Anchovy Toast	R22
Anchovy Toast with sliced Tomato & Cucumber	R25

Croissants

Plain with Jam & Butter	R20
Chocolate	R16
Toasted with Mozzarella Cheese	R30
Filled with Creamed Egg	R45
Filled with Creamed Eggs & Crispy Bacon	R70
Filled with Smoked Salmon, Cottage Cheese & Capers	R90

Health

Creamy Jungle Oats	R40
Creamy Jungle Oats topped with Fruit, Nuts & Honey	R55
Honeyed Yoghurt topped with Seasonal Fruit & Nuts	R55
Seasonal Fruit Salad	R40

(Half portions charged at less R10)

We try and be accommodating and take into account your particular tastes and preferences, but please note that at busy times it may not be possible to order items that are not on the menu and that special orders can take a little longer than usual. **Nuts are used in our kitchen.**

Extras will be charged for and please add R15 for shared meals. We are not licensed but you are welcome to bring your own wine or Champagne.

Specialities

French Toast with Cinnamon, Fruit & Nuts	R60
French Toast with Bacon & Spicy Tomato	R80
Crumpet stack with Cream, Syrup & Berries	R70
Crumpet breakfast with Bacon	R85
Mince on Toast (with freshly grated Parmesan)	R60
Toast with Cottage Cheese, Tomato & Avo	R45
Toast with Spicy Tomato & Mushrooms	R45
Bacon & Spicy Tomato Express (comes with Avo)	R70
Creamy Seasonal Mushrooms on Toast with grated Parmesan	R70

Eggs

Creamed Eggs on Toast	R40
Poached Eggs on Toast (single / double)	R20 / R35
Poached Egg, Bacon & Tomato	R75
Creamed Egg, Bacon & Tomato	R80
Poached Egg, Mushroom & Tomato	R60
Creamed Egg, Mushroom & Tomato	R65
Creamed Egg with Hot Smoked Norwegian Salmon	R90

(Half portions for Specialities & Eggs at less R20)

Side Orders

Poached Eggs	R10
Creamed Eggs	R20
Bacon (full portion / small portion)	R35 / R20
Spicy Tomatoes / Mushrooms	R10
Spicy Tomato & Mushroom	R15
Creamy Seasonal Mushrooms	R30





LUNCH



Served from 11:30 during the week and 12:00 on Saturdays.
Please ask your waitress for specials.

Light Meals

Homemade Chicken Pie with Salad	R65
Croque Monsieur - our version of the famous	
Gruyère & Ham Sandwich (allow 15 minutes)	R65
Norwegian Salmon Fishcakes with Avo Salsa	R90
Hot Dog	R35

Salads / Open Sandwiches

Salads served on a bed of fresh seasonal leaves with torn Italian bread.
Open sandwiches served on Italian bread - please let us know if you'd like it toasted or would prefer health or rye bread.

Chicken Mayonnaise, Avo, Parmesan & Almonds	R80
Halloumi, Rocket & Avo	R80
Bacon & Avo	R80
Baby Spinach, Avo, Parmesan & Pine Nuts	R70
Caprese - Buffalo Mozzarella, Basil & Tomato	R75
Hot Smoked Salmon (flaked & served cold)	
with Cottage Cheese & Caperberries	R95
Hot Smoked Salmon, Baby Spinach & Avo	R95
Parma Ham & Rocket	R90

Pastas

Served with torn Italian bread. Half portions charged at less R20.

Olio e' Peperoncino	R65
Tomato & Mushroom	R75
Bolognese	R80
Creamy Chicken & Fresh Pesto	R85
Tomato, Bacon & Creamy Mushroom	R95
Caprese (Tomato & Basil topped with Buffalo Mozzarella)	R80
Creamy Seasonal Mushroom & Parmesan	R95



Platters (for two)

Parks - a selection of Parma Ham, Salami, Brie & Gorgonzola, sliced Pear & torn Italian Bread	R175
Ploughmans - Cheddar, Gherkins, Gypsy Ham, Olives & Artichoke Paste served with toasted seed bread	R150

Beef & Chicken

Homemade Beef Burger with Creamy Mushroom Sauce & Crisps	R75
Beef Fillet Prego Roll served with crisps & side salad	R95
Chicken Fillet Prego Roll served with crisps & side salad	R85
Grilled Chicken Breasts served with toasted Rosemary Baguette & side salad	R85
Fillet of Beef with Wholegrain Mustard & Baby Spinach Salad	R120

Closed Toasted Sandwiches

Served with side salad. Please choose bread - white, brown, health, rye. All sandwiches can be taken away please let us know if you would like salad or not (without salad less R10).

Cheese (Cheddar or Mozzarella)	R35
Cheese & Tomato (Cheddar or Mozzarella)	R40
Cheese, Mushroom & Onion (Cheddar or Mozzarella)	R45
Cheese & Ham / Salami / Bacon (Cheddar or Mozzarella)	R50
Bacon & Avo	R50
Chicken Mayonnaise	R50

Side Orders / Extras

Parma Ham (100g)	R40
Buffalo Mozzarella (60g)	R50
Hot Smoked Salmon (80g)	R50
Stripped Chicken	R30
Bacon (full portion)	R40
Halloumi (100g)	R30
Avo	R15



DRINKS

Cold Drinks

Home-made Lemon Syrup	R15
Coke, Coke Light, Tab, Sprite Zero	R16
Appletiser, Grapetiser	R18
Bos Ice Teas	R18
HappyWater Mineral Water (500ml) - Still or Sparkling	R20
HappyWater Mineral Water (750ml) - Still or Sparkling	R35
San Pellegrino Sparkling Water (250ml)	R20
San Pellegrino Sparkling Water (750ml)	R40
Lime Cordial, Passion Fruit Cordial, Kola Tonic Cordial (served with 200ml Soda Water or Lemonade)	R22
Freshly squeezed seasonal fruit juice	R28
Milkshakes - Chocolate, Vanilla, Mixed Berry, Horlicks	
- Large	R30
- Small	R25
Iced Coffee	
(Shot of Espresso over ice with or without cold milk)	R25
Freezochino	R30

Hot Drinks

Coffees - Freshly roasted house blend of pure Arabica beans.

Espresso	R12
Double Espresso, Macchiato, Americano	R17
Cappuccino / Large Flat White	R20
Small Cappuccino / Flat white / Vero	R17
Latte	R22
Extra Shot	+ R2
Soya Milk	+ R5

Other Hot Drinks

Hot Chocolate (White or Traditional)	R24
Milo, Horlicks, Chai Latte	R24
Red Cappuccino	R20
Tea - Ceylon, Twinings Earl Grey, Rooibos, English Breakfast	R15
Herbal teas - Peppermint, Chamomile, Green Tea with mint	R18
Speciality loose-leaf teas	R20
Ginger, honey & lemon in hot water	R10

SWEET THINGS

Carrot Cake Slice	R40
Cheese Cake with Chocolate Ganache Slice	R40
Lemon & Almond Cake Slice	R40
Chocolate Cake Slice	R40
Cupcakes	R16 each
Cookies	R10 each
Large Muffins	R22 each
Crumpet Snack	
(Crumpet with Flaked Almonds, Cream & Syrup)	R20
Rocky Road	R15

ORDERS

Cakes

Please note we can arrange whole cakes and sweet things on an order basis. We normally require 2 days notice.

Carrot Cake (10 slice)	R320
Chocolate Cake (10 slice)	R300
Lemon & Almond Cake (10 slice)	R300
Cheese Cake with Chocolate Ganache (10 slice)	R300
Red Velvet Cake with Cream Cheese Icing (10 slice)	R370
Millefeuille (Custard Slices)	R25 each

Have something else in mind? A special occasion or theme? Ask us we can probably arrange it for you.

Take-Home Meals & Platters

Please contact us should you require more information about our take-home meals and platters.

Take-Aways

All our meals can be served as take-aways call ahead on **011 447 0250** so you don't have to wait too long.

