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under no  
circumstances do  
we allow the option  
of split-billing

# THE BENCH

## EATERY & BAR

ESTD. 2014

10% gratuity will  
automatically  
be added to a  
bill for parties  
of 6 or more

## BREAKFAST

Breakfast is served until 11:00 on Weekdays & until 12:00 on Weekends

### USUAL SUSPECTS

#### SIMPLE STUFF R30

two eggs, two rashers of bacon, cocktail tomatoes & a slice of toast  
add fries & toast R12 / add boerewors R18 / add a cheese griller R14 / add quarter avo R14

#### MEDIUM STUFF R50

two eggs, two rashers of bacon, cocktail tomatoes, mushrooms,  
a cheese griller, & two slices of toast

#### EXTRA STUFF R85

two eggs, two rashers of bacon, cocktail tomatoes, mushrooms, a cheese griller, avo,  
boerewors, tomato relish & two slices of toast

#### WAKE UP R60

scrambled eggs, cheese griller, one bacon rasher, cocktail tomatoes, toast &  
a complimentary regular cappuccino

### BENEDICTS

#### CLASSIC BENEDICT R70

bacon, two poached eggs & hollandaise sauce

#### VEGETARIAN BENEDICT R85

wilted baby spinach, grilled mushrooms, sliced tomato, two poached eggs &  
hollandaise sauce

#### SALMON BENEDICT 40g - R95 / 80g - R120

with baby spinach, red onion salsa, two poached eggs &  
hollandaise sauce

### OMELETTES

#### OMELETTE STACK R15

mushrooms, gypsy ham, cheese sauce, vine tomatoes & caramelised onions  
topped with fresh herbs

#### DECONSTRUCTED OMELETTE R80

with bacon, avo, feta, vine tomatoes & honey-mustard dressing

#### THREE CHEESE OMELETTE R55

with mozzarella, cheddar & danish feta

### SPECIALITIES

#### BREAKFAST BAGEL R89

open bagel with cream cheese, bacon, onion marmalade, scrambled eggs & wild rocket

#### LIVERS ON TOAST R70

spicy chicken livers with garlic-parsley seasoning & topped with a fried egg

#### HUMMUS ON TOAST R80

hummus, wild rocket, avo, roasted vine tomatoes, feta & a poached egg

#### FRENCH TOAST R63

french-toasted brioche with cream cheese & fresh berries

#### BERRY BOWL R52

double-thick yoghurt, goji berries, pomegranate rubies, flaked almonds & chia seeds

#### SCRAMBLE R56

scrambled eggs on ciabatta with avo, feta & wild rocket

#### BEEF BREKKIE R95

150g pure beef patty, bacon rashers, battered onion rings, mushroom sauce, one fried egg,  
shoestring fries & grilled cocktail tomatoes

### HOT DRINKS

|                           |               |         |
|---------------------------|---------------|---------|
| Cappuccino                | Short/Tall    | R22/R30 |
| Vanilla                   | Short/Tall    | R27/R37 |
| Almond Milk               | Short/Tall    | R32/R42 |
| Espresso                  | Single/Double | R14/R19 |
| Americano                 | Short/Tall    | R16/R23 |
| Classic Latte             |               | R26     |
| Turmeric / Beetroot Latte |               | R29     |
| Matcha Latte              |               | R39     |
| Hot Chocolate             |               | R26     |
| Milo                      |               | R25     |
| Ceylon Tea                |               | R16     |
| Rooibos Tea               |               | R16     |
| Earl Grey Tea             |               | R20     |
| Green Tea                 |               | R20     |
| Red Cappuccino            | Short/Tall    | R24/R34 |
| Red Latte                 |               | R27     |
| Chai Latte                |               | R29     |

Add Cream - R5 / Add a Extra Shot of Espresso - R5  
Substitute Milk for Pouring Cream or Almond Milk - R6

### COLD DRINKS

| SODAS     | FRUIT JUICE | SPARKLING/<br>STILL WATER |
|-----------|-------------|---------------------------|
| 200ML R17 | 250ML R20   |                           |
| 330ML R20 | 600ML R32   | 500ML R19                 |
|           |             | 1L R28                    |

#### TIZERS

Apple/Red/White R27

#### LIPTON ICED TEA

Peach/Lemon R25

### OTHER DRINKS

Vanilla Iced Coffee - R39  
Regular Iced Coffee - R39  
Affogato - R28

~ ALL SALADS, SANDWICHES & WRAPS ARE ONLY SERVED UNTIL 18:00 ~

### WRAPS & SALADS

choose one of the below in either a bowl of fresh crisp lettuce or all wrapped up

|                                                                                                                            | WRAP | SALAD |
|----------------------------------------------------------------------------------------------------------------------------|------|-------|
| <b>GRILLED CHICKEN</b>                                                                                                     | R98  | R112  |
| grilled chicken strips, avo, danish feta, cucumber ribbons,<br>julienne carrots, horseradish, baby spinach & dijon mustard |      |       |
| <b>TRULY SUMMER</b>                                                                                                        | R96  | R110  |
| honey-mustard chicken strips, avo, bacon, feta & cocktail tomatoes                                                         |      |       |
| <b>ROASTED BUTTERNUT</b>                                                                                                   | R78  | R92   |
| butternut & tomatoes, greens, avo, sliced<br>mushrooms, feta & our homemade dressing<br>(add chicken - R24 or bacon - R18) |      |       |

### OPEN SANDWICHES

served on your choice of ciabatta or rye bread

|                                                                                                            |     |
|------------------------------------------------------------------------------------------------------------|-----|
| <b>RUSTIC SARMIE</b>                                                                                       | R80 |
| grilled chicken, avo, bacon & lettuce<br>with our homemade mustard-mayo                                    |     |
| <b>SCHNITZEL SANDWICH</b>                                                                                  | R90 |
| crumbed chicken schnitzel topped with<br>avo, tomato & red onion salsa,<br>tossed in our homemade dressing |     |
| <b>BENCH GIRL</b>                                                                                          | R82 |
| chicken-mayo, avo, bacon strips &<br>marinated peppers                                                     |     |

### TOASTIES

served on white or brown bread  
add chips +R15 / sweet potato fries +R20 /  
side salad +R18

|                                                 |     |
|-------------------------------------------------|-----|
| Bacon & Cheese                                  | R41 |
| Ham, Cheddar & Tomato                           | R38 |
| Sundried Tomato, Pesto,<br>Mozzarella & Spinach | R42 |
| Plain Cheese                                    | R30 |
| Cheddar & Tomato                                | R34 |
| Bacon & Avo                                     | R44 |
| Bacon & Egg                                     | R38 |
| Chicken & Mayo                                  | R39 |

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R96 R110

R78 R92

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