



CASCADES OFFICE PARKS - EARLY BIRD MENU

Free delivery to all Cascades Office Parks
This menu is available until 2pm ONLY - Monday - Saturday

TO ORDER, CALL 033 347 0708 or landa 076 373 5157

SANDWICHES

Toasted Cheese	29
Toasted cheese and tomato	33
Toasted cheese, mushroom and green pepper	37
Toasted cheese and ham or bacon	37
Toasted bacon and egg	37
Toasted bacon, egg and cheese	45
Toasted chicken mayo	37

PANCAKE

With cinnamon and sugar	29
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WRAP IT UP

Our healthful lifestyle wrap with garden greens and a choice of:

Chicken mayo	55
Chicken mayo and bacon	65
Tuna and relish	55
Smokey Joe	65
Cheese, pickles and pesto	50

SUPERHERO SUBS

Superhero Sub Rolls with garden greens and your choice of filling:

Chicken mayo	52
Chicken mayo and bacon	59
Cheese	37

BURGER TIME

64

Basic Beef or Chicken burger with our secret sauce, lettuce, tomato and grilled onions

Add:

Slimmer's Salad – a half-size house salad	35
Small fries	25
Large Fries	37
Deep fried onion rings	25

TREAT TO EAT

Muffins	33
(cheese and bacon, spinach and feta, carrot, healthful bran, banana and nut)	
Scone with butter and cheese or jam	33
Banting Delights	37
Fruit salad cup	40 (with Muesli) 50

Come and experience our new menus, including a wood-fired food and pizza menu, our sublime main menu, a Young Berries menu for kids under 12, and a select wine list that seals the deal as we are **now open for breakfast, lunch & dinner.**



The Piazza, Cascades Centre