

MILKSHAKES

Strawberry / Banana / Chocolate / Lime	R42
Iced Coffee	R44
Cookie Monster	R48
Salted Peanut Butter & Chocolate	R45
Choc-Hazelnut	R45

COFFEES AND TEAS

Full cream, low fat milk available.
Soy milk +R6 / Almond Milk +R6

Brewed Coffee	R25
Americano	R28
Espresso Single Double	R25 R28
Macchiato Single Double	R25 R28
Cappuccino - Regular	R32
Apo Pana Espresso with condensed milk.	R28
More than Cappuccino Hazelnut choc-o-ccino White choc-o-ccino Toffee choc-o-ccino	R40
Con Pana (espresso with whipped cream) Single Double	R26 R28
Café Latte - Regular Also available over ice.	R35
Flavours Up!: vanilla, hazelnut or toffee or caramel or butter scotch +R8	
Café Mocha	R39
Beyond Café Camomile Caylon Earl Grey Fresh Mint Tea Red Espresso Red Cappuccino Hot Chocolate / Milo Chai Latte with double espresso	R25 R25 R25 R23 R30 R35 R44 +R17
Teas Five Roses Rooibos	R25 R25
Superior Quality Teas: Tagged & Enveloped On display, ask your waitron.	R25
Gourmet Lattes Vanillalicious Crème Brulee Chocmint	R51 R51 R51

OFF THE GRILL

Meals served with any 2 sides:

Sweet Potato Veggies of the day Basmati Rice Fries Salad Mash Potato	
Sauces Mushroom / Pepper / Mustard Seed / Cheese Sauce	
T-Bone (400r) Juicy plain grilled with olive oil and origanum or BBQ served with chips & salad.	R125
Grilled Fillet 200g 300g	R180 R220
Rump 200g 300g	R140 R180
Philli Cheese Steak 300g Rump topped with roasted onion and melted mozzarella, cheddar and cream cheese.	R195
Pork Ribs 600g	R180
Lamb Chops 6 x 50g chops grilled to perfection.	R165
Bifteki 200gr Beef patty made with olive oil and origanum & served with chips & salad.	R85
Bifteki in Pita Beef patty made in pita with chopped onion & tomato. Served with chips or salad and side of Tzatziki Sauce.	R95
Steak Roll Barbeque grilled steak with grilled onions, served with chips & salad.	R105 - Fillet R115
Beef Pita Beef strips stir fried with mushrooms, diced tomato, & green pepper in a cumin yoghurt sauce, served with chips & salad.	R110
Souvlaki/Skewers on a plate with Pita Bread 2 Skewers served with a side of Greek salad, chips & Tzatsiki Sauce.	R105 R95
Beef Fillet Chicken	R105 R95
Traditional Greek Yiro in Greek Pita Beef yiro served with chips Chicken yiro served with chips	R79 R69
Prego Roll Beef rump served with chips & salad Beef fillet served with chips & salad Chicken fillet served with chips & salad	R95 R105 R85
Half Chicken Grilled lemon & herb / peri-peri.	R125
Chicken Schnitzel 2 Crumbed chicken breats. With cheese / mushroom sauce	R110 +R25
Health Chicken Breasts Health breats served with an option of 2 sides.	R105
Chicken Kebabs 2 Cubed chicken breasts & peppadew skewers, served with chips & salad.	R115

Chicken Pita Chicken strips in a cumin yoghurt sauce with diced cucumber & tomato. Served with chips & salad.	R105
Chicken Strips & Rice Chicken strips served with basmati rice.	R105
Hake Plain grilled with spices & served with chips or salad. One piece Two pieces	R78 R98
Calamari Grilled in a light butter lemon sauce & served with chips, rice or salad.	R98
Calamari & Hake Grilled in a light butter lemon sauce & served with chips, rice or salad.	R105

KIDS COMBO

Served with a small milkshake or juice RS

Crumbed Chicken Strips & Chips	R69
Beef or Pork Sausage & Chips	R69
Chicken Kebab & Chips	R69
Chicken Burger & Chips	R69
Spaghetti Bolognaise	R69
100g Beef Burger & Chips	R69
Chicken Schnitzel & Chips	R69
Hot Dog & Chips	R69
Fish Fingers & Chips	R69
Scrambled Eggs, Toast & Sausage (Beff / Pork)	R69

"LICIOUS" SWEETS *Luvit!*

Fresh Fruit Salad Plain With cream or ice cream	R60 R65
Waffles with Syrup Ice cream or cream +R10 Fruit Salad +R19	R49
Ice Cream Surprise Creamy vanilla ice cream topped with thick chocolate sauce.	R55
Choc Nut Sundae Creamy vanilla ice cream topped with nuts & chocolate sauce.	R55
Crepes Crepes Alaska (Crepes filled with vanilla ice cream) Crepes cinnamon & sugar Crepes nutella (Crepes filled with nutella) Crepes with nutella & strawberries	R50 R50 R55 R60

Cake Selection
Cake options may vary day to day as we believe
you deserve the best.

latté licious

Bedford Centre

BREAKFAST

Bread available: plain or toasted / white / brown or rye
Eggs served fried / poached / scrambled
2 eggs per portion
Substitute bacon for macon

Anchovy Toast Anchovy spread, sliced tomatoes & red onion.	R45
Tick-Tock Toast Cottage cheese, avo, chilli flakes & lemon olive oil dressing. Served open.	R60
Mykonos Sunrise Greek yoghurt with toasted almonds & honey.	R79
Morning Choice Greek yoghurt, fruit salad, muesli & honey.	R85
Papino Paradise Greek yoghurt, chopped papino, dried cranberries, flaked almonds & honey.	R84
Home Style Porridge Oats cooked in water with honey & cinnamon. Add peanut butter / Nutella R10	R59
Jungle Oats Powered Up Halva, banana and flaked almonds.	R69
Licious French Toast Cinnamon eggy bread with fried banana, strawberries, honey & cream.	R78
Eggs & Toast Eggs served: fried / poached / scrambled.	R48
American Waffle Waffle, bacon, fried banana & maple syrup.	R45
Brazilian 2 Eggs, bacon, grilled cherry tomatoes. With grilled halloumi	R49 +R25
San Pablo Two slices of toast, one topped with scrambled eggs the other with savoury mince.	R55

Shop U5/6
Bedford Centre Shopping Centre
Smith Road
Tel: 011 622 5125 / 011 622 5182
Email: bedford@lattelicious.co.za
*Menu applicable to Bedford Centre only.

Costa Rica Scrambled eggs and 80g smoked salmon served on crumpets. Half Lemon.	R95
Toscano 2 Eggs, beef / pork sausage, bacon, grilled black mushrooms & cherry tomatoes. With grilled steak 120g	R99 +R35

OMELETTES

Served with toast: white / brown or rye
Standard portion: 3 eggs

Plain Omelette Standard.	R39
El Greco Bacon, feta, sliced tomatoes & olives.	R70
Mexican Magic Savoury mince, avo, cheddar & sweet corn. Tomato salsa aside.	R98
Eden Black mushrooms, onion, broccoli, baby spinach & mozzarella.	R94
Glaros Smoked salmon, cream cheese, spring onion, capers, black pepper, lemon juice & olive oil.	R120
Additional Fillings: Cherry tomato / onion / pineapple / green chilli / mixed peppers / spring onion +R8	
Spinach / rocket / olives / black mushrooms / basil / mozzarella / cheddar / halloumi / parmesan / brie / avo +R15	
Tuna / bacon / salami / ham / chicken / macon +R30	
Smoked salmon +R45	

TOASTIES

Bread available: white / brown or rye

CHIEF CHEESE
 🌿 Mozzarella / cheddar R42
 🌿 With sliced tomatoes +R6
 With bacon +R16

Ham Slam R55
 Ham, cheese & sliced tomatoes.

Buddy Bacon R58
 Egg & bacon +R12
 With cheese

Chicken Mayo R58

Tuna Mayo R62

Croissant R45
 With jam & butter R49
 With cheese R59
 With ham & cheese

Sloppy Joe Croissant R75
 Savoury mince topped with a fried egg.

OPEN TREATS - any option of bread
Avo (seasonal) & Chunky Cottage Cheese R85
Creamed Mushrooms R85
Salmon & Rocket R125
 2 Poached eggs, salmon, wedge of lemon, chunky cottage cheese, served on low gi.

Additional Fillings:
 Cherry tomato / onion / pineapple / green chilli / mixed peppers / spring onion +R8

Spinach / rocket / olives / black mushrooms / basil / mozzarella / cheddar / halloumi / parmesan / brie / avo +R15

Tuna / bacon / salami / ham / chicken / macon +R30

Smoked salmon +R45

TRIUMPH TOASTIES

Bread available: white / brown or rye

First Blush Salmon R120
 Smoked salmon, 2 poached eggs, cottage cheese, rocket & lemon olive oil dressing.

🌿 **The Hallo** R97
 Grilled halloumi & black mushrooms, sliced tomatoes, avo, micro greens & rocket.

Avo & Chunky Cottage Cheese on Rye R87

Hearty Beef R79
 Rare roast beef, swiss cheese, sliced tomatoes, basil, fennel, avo & dijon mayo.

🌿 **Caprese** R65
 Mozzarella, basil, sliced tomatoes, olive oil, salt & black pepper.

Chicken Breast on Rye Single R105 Double R115
 Grilled chicken breast, sundried tomatoes & feta.

Chicken Halloumi on Rye R95
 Green leaves, grilled BBQ chicken breast & halloumi, avo, micro greens & sliced tomatoes. Served open.

Bacon Station R94
 Bacon, avo & cream cheese.

Emperor Triple Decker R99
 3 Tier sandwich with chicken mayo, bacon, fried egg, cheddar & sliced tomatoes. Served with chips.

Bullion Triple Decker R95
 3 Tier sandwich tuna mayo, grilled mushrooms, pineapple, cheddar & sliced tomatoes.

TRAMEZZINIS

Toasted pita bread

🌿 **Garden Graze** R80
 Creamed spinach, feta and mozzarella.

🌿 **Vegetarian** R99
 Grilled brinjals, baby marrows, mushrooms & peppers.

Capon R99
 Chicken mayo, mozzarella & grilled black mushrooms.

Louisiana R99
 Grilled chicken strips, mozzarella, sliced tomatoes & avo.

Laurel R99
 Bacon, mozzarella & avo.

The Spaniard R105
 Spanish chorizo, mozzarella, artichokes, sundried tomatoes, olives & basil.

The Bomb R105
 BBQ beef strips, grilled onion & mozzarella.

The Asian R95
 Sticky chicken, avo, sundried tomatoes & feta.

GOURMET WRAPS

🌿 **Zealous** R85
 Grilled halloumi, green leaves, red cabbage, sprouts, cherry tomatoes, mint, mayo & sweet chilli jam.

🌿 **Green Array** R105
 Rocket, baby spinach, broccoli, green pesto, green beans, parmesan, avo & toasted almonds.

Sante Fe R110
 Grilled chicken strips & roasted vegetables, cream cheese, avo, sprouts, baby spinach & sweet chilli jam.

Cubano R125
 Grilled BBQ beef, chicken & halloumi strips, cream cheese & sweet chilli jam.

Chorizo Club R110
 Grilled chicken strips, chorizo, mozzarella, green leaves, red cabbage, gherkins & garlic mayo.

SALADS

🌿 **Greek Island** R99
 Green leaves, cherry tomatoes, cucumber, feta, olives, peppers & lemon olive oil dressing.

🌿 **Village Salad** R105
 Tomato, cucumber, calamata olives, red onion & a slab of feta drizzled with olive oil & organum.

🌿 **Green Start** R89
 Green leaves, rocket, baby spinach, cucumber, fennel, avo, parmesan & lemon olive oil dressing.

🌿 **Mediterranean Couscous** R89
 Couscous, feta, olives, cherry tomatoes, cucumber, red onions, sundried tomatoes, sweet corn, basil & lemon olive oil dressing.
 Served with toasted pita bread. Add tuna chunks +R30
 Add grilled chicken strips +R30

🌿 **Quinoa Beet Slaw** R89
 Quinoa, raw beetroot, carrots, apple, fennel, toasted sesame seeds, avo & honey sesame vinaigrette.

🌿 **Balsamic Beets** R85
 Rocket, baby spinach, roasted balsamic beets, feta cheese, red onion, dried cranberries, walnuts, baby marrow, micro greens & honey sesame vinaigrette.
 Add grilled chicken strips +R30

Cajun Chicken R115
 Green leaves, grilled cajun chicken strips, parmesan shavings, roasted butternut, broccoli, avo, peppadews & cherry tomatoes. Mint yoghurt dressing aside.

🌿 **Quinoa Curry** R95
 Curried quinoa, chickpeas, lentils, celery, cherry tomatoes, feta, cucumber, mint & yoghurt dressing.
 With grilled chicken strips. +R30

Sweet Chilli Chicken R115
 Green leaves, grilled sweet chilli chicken, halloumi, broccoli, avo, cherry tomatoes, cucumber, pumpkin seeds & sundried tomatoes.

Carne Salad R110
 Baby lettuce, red onion, cherry tomatos, dried onion sprinkles, feta cheese, calamata olives & beef strips.

Bifteki Village Salad R105
 Greek style meat ball on greek village salad.

Calamari Salad (Grilled) 300g R105
 Grilled calamari, assorted lettuce, cherry tomato, spinach & rocket

STARTERS & SIDES

Chicken Livers R60

Trinchado R75

Nachos Cheesy R105
 Served Mexican style with guacamole, salsa and crème fraiche.
 Add chicken R30/ Add chilli con carne R35

Nachos Quattro R165
 Pulled pork, chilli con carne, chicken and jalapeno.

“Shut the Cluck Up” Hot Wings
 6 Wings R49
 12 Wings R98

Fried Halloumi R79

Bang Bang Cauliflower R55

Chips R25

Pasta

Served with spaghetti / fettuccine / penne

🌿 **Napolitana** R89
 Lattelicious home made pomodoro sauce.
 Add fresh chilli & garlic +R8

🌿 **Mushroom Medley** R102
 Yoghurt & olive oil based sauce with mixed grilled mushrooms, parmesan, onion, garlic, parsley & black pepper.

🌿 **Broccoli Blue Cheese** R102
 Cream & white wine sauce with broccoli, blue cheese, baby marrow, walnuts, parmesan & parsley.

Green Pesto R73
 Home made herb pesto.
 Add grilled chicken strips +R30
 Add beef strips +R30
Bolognaise R105
 Napolitana & beef mince sauce.

Alfredo R99
 Cream based sauce with ham & grilled black mushrooms.

OTA Chorizo R98
 Olive oil based sauce with spanish chorizo, olives, cherry tomatoes, artichokes, red onion, goats cheese & basil.

Pasta Italia R110
 Olive oil based sauce with grilled chicken strips, roasted cherry tomatoes, garlic & rosemary.

Lasagne R115
 A Lattelicious favourite, beef or chicken.

Pasta Alforno R115
 Penne, mince, red onion, chicken, mushroom, feta & mozzarella. Baked in oven.

Pasta al Pollo R119
 Napolitana, mushrooms, peppers & chicken (with or without cream).

Pasta Grecia R99
 Tomato based sauce with fresh basil, feta cheese & calamata olives.

Asian Infused Beef Noodle Bowl R88
 Grilled beef, rice noodles mixed in vegetables.

Asian Infused Chicken Noodle Bowl R88
 Grilled chicken, rice noodles mixed in vegetables.

BURGERS

Beef or Chicken patty

Served with chips or salad

Original R89
 Grilled 200g beef patty / chicken patty.

Double Cheese Please R98
 Grilled 200g beef patty / chicken patty, mozzarella & cheddar.

🌿 **Hello Halloumi** R95
 Grilled halloumi, humus, sliced tomatoes, avo & lemon olive oil dressing.

Jerry R105
 Grilled 200g beef patty / chicken patty, bacon, avo & rocket.

Dagalicious R115
 Grilled 200g beef patty / chicken patty, bacon, ham, fried egg & cheddar.

Dukkah Burger R135
 200g pure lamb mince burger patty mixed with roasted Egyptian dukkah spice topped with tzatziki and humus.

Peppadew & Feta Burger R98

Rump Steak Baguette R89
 Served with chips.

ALL NATURAL SMOOTHIES

Sugar free. No artificial flavours & colourants

Tropicana 350ml 500ml
 R69 R79
 Pineapple, cashews, ginger, banana, filtered water.

The Punch R79 R85
 Milk, vanilla whey protein, peanut butter, banana.

Avo-licious R69 R79
 Avo, apple, cinnamon, walnuts.

Mother's Milk R79 R85
 Cashews, vanilla, coconut milk, banana, cinnamon, honey.

Power House R69 R79
 Mixed berries, banana, almonds, plain yoghurt, honey.

Paradiso R69 R79
 Pineapple, banana, cashews, coconut milk.

GRANITA FRUIT SMOOTHIES

Blended with ice

Fruit Smoothy 350ml 500ml
 Mango / strawberry / mixed berry R42 R46
 Add yoghurt +R10

Squeeza R40 R48
 Lemon Mint.

Plush R46 R54
 Pear & ginger.

Kiwi Kid R46 R54
 Kiwi, apple & mint.

Elderflower & Apple R46 R54

Bravado R46 R54
 Berry, black pepper & basil.

Pink Paradise R46 R54
 Watermelon, cranberry & mint.

FREEZO CAFFE

JoziFreezo 350ml 500ml
 R45 R55

The Original lattelicious R45 R55
 Made with espresso.

Choc-Peppermint R45 R55

Choc-Decadence R45 R55

Sticky Toffee R45 R55

Chai R45 R55

Peanut Butter Banana R45 R55