



Breakfast

MILK BAR SHESHA BREAKFAST R 76
SOFT POACHED EGG, MALDON SALTED & DRIZZLED WITH TARRAGON OIL, STREAKY BACON, TOMATO & ONION RELISH WITH YOUR CHOICE OF TOAST

MILK BAR CREAMY SCRAMBLED EGGS (V) R 44
3 CREAMY SCRAMBLED EGGS ON YOUR CHOICE OF TOAST

MILK BAR EGGS BENEDICT R 95
2 POACHED EGGS, STREAKY BACON ON CHARCOAL SOURDOUGH, SMOTHERED IN OUR SIGNATURE HARISSA HOLLANDAISE SAUCE

MILK BAR AVO ON TOAST (V) R 70
SERVED WITH A RED PEPPER PESTO ON YOUR CHOICE OF TOAST

SWEET POTATO "TOAST" (V) R 96
LATHERED WITH HARISSA, TOPPED WITH AVO, 2 EGGS, SALSA & SEPARATE HUMMUS

SEASONAL BREAKFAST BUDDHA BOWL (V) R 76
WITH MUESLI, DRIED COCONUT, SEASONAL FRUIT & DOUBLE YOGHURT

BACON, EGG & CHEESE SARMIE R 95
SERVED WITH A GREEN CHILLI MAYO & MILK BAR SALSA ON SOURDOUGH

FLAPJACK STACK R 77
FLAPJACK LAYERS WITH MASCARPONE, STRAWBERRIES & DRIZZLED WITH SYRUP
ADD BACON R 35

BOBOTIE MINCE ON TOAST R 65
MILK BAR BOBOTIE MINCE ON YOUR CHOICE OF TOAST TOPPED WITH A CREAM FETA DRIZZLE

EGGS ON RYE R 72 ** HEALTHY
POACHED OR SCRAMBLED EGGS WITH 1/4 AVO, GRILLED CHERRY TOMATOES & BACON
420 CALORIES ; 20G CARBS ; 26G PROTEIN ; 27G FAT

CARB FREE R 82 ** HEALTHY
POACHED OR SCRAMBLED EGGS WITH 1/4 AVO, BACON & GRILLED HALLOUMI
465 CALORIES ; 0G CARBS ; 35G PROTEIN ; 28G FAT

SCRAMBLED BOWL R 67 ** HEALTHY
SCRAMBLED EGGS MIXED WITH LOW-FAT FETA, CHERRY TOMATOES & WILTED SPINACH
340 CALORIES ; 5G CARBS ; 30G PROTEIN ; 23G FAT

SLOW-COOKED ROLLED OATS (WITH HONEY & WARM MILK)

CINNAMON & BANANA R 52
COCONUT & SESAME R 52

Enjoy

Kids

SCRAMBLED EGGS & BACON R 46
2 EGGS SCRAMBLED, SERVED WITH BACON & TOAST

YOGHURT & MUESLI FRUIT BOWL R 49
FRESH SEASONAL FRUIT, MUESLI, YOGHURT & HONEY

CHEESY OMELETTE R 40
ADD BACON + R 35

NUTELLA FRENCH TOAST R 45
CUSTARD SOAKED BREAD WITH GENEROUS LASHINGS OF NUTELLA & STRAWBERRIES

FLAPJACK STACK R 65
FLAPJACK LAYERS WITH MASCARPONE, STRAWBERRIES & DRIZZLED SYRUP
ADD BACON R 35

Sides

BACON R 35

CHEESE R 18

AVOCADO R 22

MUSHROOMS R 15

STRAWBERRIES (BOWL) R 28

POACHED, FRIED EGG R 10

SCRAMBLED EGGS (2 EGGS) R 20

GRILLED HALLOUMI R 35

SESHEBO R 18

2 SLICES OF TOAST WITH BUTTER & SPREAD R 20



Try Me

BUILD YOUR OWN OMELETTE R 30

TOMATO + R 10

RED ONION + R 8

BACON + R 35

BANANA + R 14

CHEDDAR CHEESE + R 18

MOZZARELLA CHEESE + R 18

BUTTON MUSHROOMS + R 15

FETA DRIZZLE + R 15



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MILK BAR

GET AFRICAN

Signatures

MILK BAR CHEESE BURGER R 108

WITH BUTTER, MAPLE & SOY BASTING, TOPPED WITH MAYO & GHERKINS. SERVED WITH TRIPLE-COOKED CHIPS OR SIDE SALAD

MILK BAR DOUBLE CHEESE BURGER R 125

WITH OUR SIGNATURE SPICY BBQ BASTING & GHERKINS, SERVED WITH TRIPLE-COOKED CHIPS OR SIDE SALAD

MILK BAR BACON & CHEESE BURGER R 120

BACON & CHEESE BURGER WITH SWEET RED ONION & GARLIC AIOLI, SERVED WITH TRIPLE-COOKED CHIPS OR SIDE SALAD

MILK BAR PREGO (CHICKEN OR BEEF) R 108

WITH OUR SIGNATURE PREGO SAUCE, MARINATED TOMATOES & ROCKET, SERVED WITH TRIPLE-COOKED CHIPS OR SIDE SALAD

CRUNCHY CHICKEN BURGER R 120

WITH CHEDDAR, PINEAPPLE & CHIMICHURRI, SERVED WITH TRIPLE-COOKED CHIPS OR SIDE SALAD

HALLOUMI BURGER (V) R 100

IN APRICOT & HARISSA BASTING, SOUR RED ONIONS, HUMMUS & ROCKET, SERVED WITH TRIPLE-COOKED CHIPS OR SIDE SALAD

CRISPY CHICKEN STRIPS R 132

WITH TRIPLE-COOKED CHIPS, CHILLI VINEGAR, TARTARE SAUCE & SWEET SOYA DIPPING SAUCE

STEAK, EGG & CHIPS R 162

250G AGED RUMP WITH MILK BAR BUTTER, SOFT FRIED EGG, TARTARE SAUCE & TRIPLE-COOKED CHIPS OR SIDE SALAD

CURRY- BATTERED FISH 'N CHIPS R 120

SERVED WITH MILK BAR TARTARE SAUCE & TRIPLE-COOKED CHIPS

SPICY MARINATED RIBS SERVED WITH TRIPLE-COOKED CHIPS

- » 300 G R 165
- » 600 G R 270

MILK BAR CHICKEN MAYO R 68

MIXED WITH OUR MILK BAR AIOLI ON YOUR CHOICE OF TOASTED BREAD, SERVED WITH TRIPLE-COOKED CHIPS

CURRIED CAULIFLOWER RICE BOWL (VEGAN) R 100

IN A RICH & SPICY TOMATO SAUCE

SWEET CHICKPEA CURRY (VEGAN) R 99

WITH SPICY BUTTERNUT, PICKLED CUCUMBER, AVO & LEMON ZEST

CHICKEN & VEG R 99 ** HEALTHY

2 CHICKEN BREASTS, AVO, GRILLED TOMATO & STEAMED BROCCOLI / SPINACH
525 CALORIES ; 16G CARB ; 48G PROTEIN ; 29G FAT

GRILLED HAKE R 98 ** HEALTHY

GRILLED HAKE FILLET WITH ROASTED BUTTERNUT & STEAMED SPINACH
400 CALORIES ; 29G CARB ; 35G PROTEIN ; 13G FAT

CHICKEN & SALAD R 99 ** HEALTHY

2 CHICKEN BREASTS, AVO & GREEN SALAD
455 CALORIES ; 16G CARB ; 48G PROTEIN ; 29G FAT

Rotisserie Chicken

OUR CHICKENS ARE MARINATED FOR 24 HOURS IN OUR SECRET BLEND OF HERBS, SPICES, PASTES & SAUCES,. SLOWLY COOKED ON THE ROTISSERIE

Enjoy YOUR FLAVOUR CHOICE OF:

KOREAN BBQ SERVED WITH LEMON AIOLI

MEDITERRANEAN SERVED WITH GARLIC AIOLI

PERI PERI SERVED WITH PERI-PERI AIOLI

YOUR CHOICE OF:

FULL CHICKEN R 250 INCLUDES 1 X FULL SIDE

1/2 CHICKEN R 140 INCLUDES 1 X HALF SIDE

YOUR CHOICE OF:

	HALF	FULL
TRIPLE-COOKED CHIPS (V)	R 35	R 49
ASIAN SLAW	R 42	R 85
GREENS & CRANBERRY	R 46	R 85
FLATBREAD (PLAIN)		R 10

Rotisserie Wraps

FRESH AND LIGHT HAND-MADE FLATBREADS WRAPPED AROUND YOUR CHOICE OF:

KOREAN BBQ WRAP R 80

RED CABBAGE, CUCUMBER, CARROTS, PULLED KOREAN BBQ CHICKEN, ASIAN SLAW, LEMON AIOLI & BBQ SAUCE

MEDITERRANEAN WRAP R 80

PULLED MEDITERRANEAN CHICKEN, GREENS & CRANBERRIES, WITH GARLIC AIOLI

PERI-PERI WRAP R 80

PULLED PERI-PERI CHICKEN WITH GREENS & A PERI- PERI AIOLI

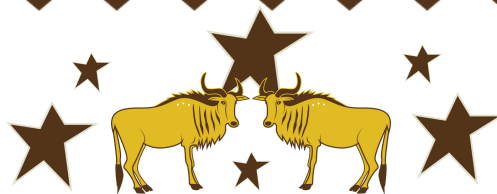


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Snacks



MILK BAR SNACK PLATTER R 399 (FOR A GROUP OF 4 PEOPLE)
SELECTION OF MILK BAR FAVOURITES; BOBOTIE NACHOS ; FETA DRIZZLE FRIES

; CHICKEN WINGS ; CHICKEN STRIPS ; CHILLI POPPERS & MARINATED RIBS

TRIPLE-COOKED CHIPS (V) R 49

WITH CHILLI VINEGAR & ALL GOLD

FETA DRIZZLE FRIES (V) R 57

SPRINKLED WITH SESAME SEEDS, SEASONED WITH CHILLI FLAKES

MILK BAR CHILLI POPPERS (V) R 59

CREAM CHEESE & CHEDDAR WITH MANGO ATCHAR STUFFED JALAPENOS,
CRUMBED & DEEP FRIED, SERVED WITH TARTAR SAUCE

BOBOTIE NACHOS R 112

WITH MELTED CHEDDAR, CREME FRAICHE, TOMATO SALSA & TOASTED COCONUT

CRISPY CHICKEN STRIPS R 99

WITH TARTAR SAUCE & SWEET SOYA DIPPING SAUCE

SPICY CHICKEN WINGS (5 PIECES) R 88

BASTED IN OUR SIGNATURE MILK BAR SPICY BBQ SAUCE

Kids

TOASTED CHEDDAR & TOMATO R 46

WITH TRIPLE-COOKED CHIPS, ALL GOLD & MAYO

TOASTED CHICKEN MAYO R 56

WITH TRIPLE-COOKED CHIPS, ALL GOLD & MAYO

CRISPY CHICKEN STRIPS R 80

WITH TRIPLE-COOKED CHIPS & ALL GOLD

KIDS CHEESE BURGER R 80

WITH LETTUCE, TOMATO & MAYO, SERVED WITH TRIPLE-COOKED CHIPS & ALL GOLD

BBQ RIBS (200G) R 115

MARINATED IN OUR SIGNATURE BBQ SAUCE, WITH TRIPLE-COOKED CHIPS

MARGHERITA PIZZA R 60

TOMATO BASE WITH MOZZARELLA CHEESE

BACON & PINEAPPLE PIZZA R 70

CHICKEN PIZZA R 72

WITH FETA DRIZZLE

MILKSHAKES 350ML R 39

VANILLA / CHOCOLATE / STRAWBERRY / LIME / BUBBLEGUM / BANANA

Dessert

CARROT CAKE R 75

BAKED CHEESE CAKE R 75

VANILLA ICE CREAM & CHOC SAUCE R 46

ICE BOMB LOLLIES R 35 *ASK WAITER FOR FLAVOURS

CHOCOLATE BROWNIE WITH A SCOOP OF VANILLA ICE CREAM R 46

Salads

HALOUMI & GRAPE SALAD (V) R 114

PISTACHIO & ROCKET, CUCUMBER, PICKLED GINGER, HONEY & YOGHURT DRESSING

ROASTED ZUCCHINI & ARTICHOKE SALAD (V) R 87

WITH PUMPKIN SEEDS, GRATED PADANO & CHIVES, IN A MUSTARD BALSAMIC DRESSING

CLUB SALAD R 120

WITH CHICKEN, CUMIN-ROSEMARY CRUSTED BACON, GRILLED CHEESE CROUTONS, COS LETTUCE, TOMATOES, SOFT-BOILED EGG & CAESAR DRESSING

ASIAN SLAW R 85

RED CABBAGE, CUCUMBER, CARROTS, EDAMAME BEANS, LIME & CHILLI VINAIGRETTE

GREENS & CRANBERRY R 85

BABY SPINACH, ROCKET, DRIED CRANBERRIES, TOASTED ALMONDS & LEMON POPPY SEED DRESSING

Pizza

ROSEMARY, MALDON SALT & THYME FOCACCIA (V) R 78

WITH MILK BAR BUTTER

BASIL PESTO FOCACCIA (V) R 78

WITH FRESH TOMATO, FETA DRIZZLE, BLACK PEPPER & CHILLI OIL

MILK BAR MARGHERITA (V) R 100

WITH FIOR DE LATTE & FRESH BASIL

PLANTED (V) R 115 (VEGAN)

CASHEW NUT CREAM WITH HARISSA, TOPPED WITH MARINATED FRESH RED ONION, CHERRY TOMATO, SWEET CORN, BROCCOLI FLORETS, BASIL PESTO, FRESH BASIL & GRATED RADISH

MAPLE-GLAZED HALOUMI (V) R 118

WITH COCKTAIL TOMATOES, CHILLI & FRESH AVO

ARTICHOKE & MOZZARELLA (V) R 125

ON BASIL PESTO (NO TOMATO)

AFRICANA R 130

BOBOTIE MINCE WITH TOMATO SALSA, CHILLI & CRÈME FRAICHE

HARISSA BACON & AVO R 132

WITH TOMATO BASE & MOZZARELLA

NAPOLI-GLAZED CHICKEN R 135

WITH CUMIN-CRUSTED BACON, FETA DRIZZLE & FINISHED WITH FRESH CORIANDER & SESAME SEEDS

