

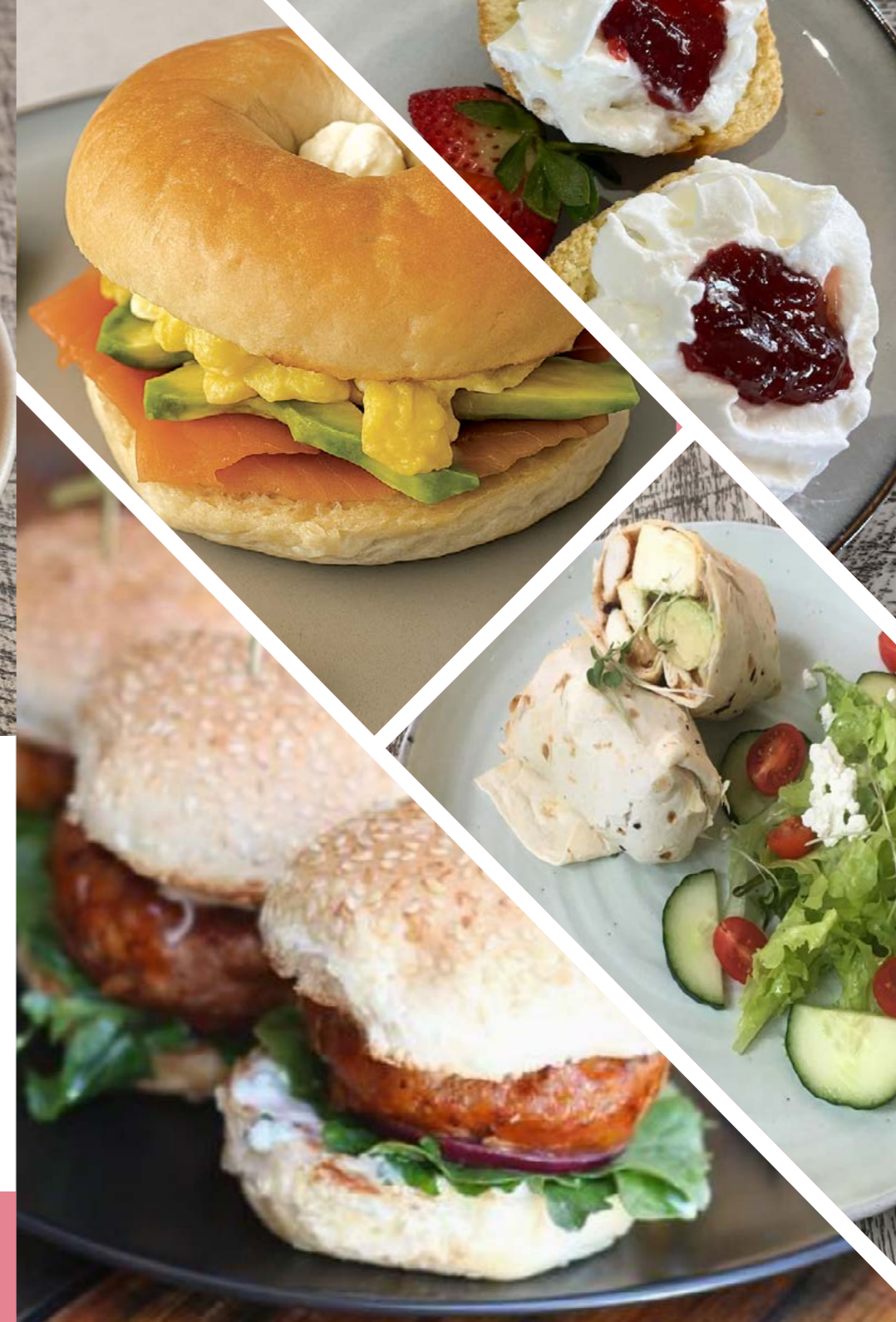
PLEASE NOTE

-  Avocado is seasonal and may not always be available
-  Chicken fillets are certified Halal
-  All pork options can be substituted for beef alternatives
-  Catering and custom meal plans available on request.
-  Take-away, drive-by collections, and Uber Eats available.
-  Healing health teas, tonics, and detox options offered.
-  Farm fresh eggs available for purchase
– Orders placed Mondays for delivery Wednesday
15 XL eggs – R65 | 30 XL eggs – R120
-  Bread options: white, brown, health, low-GI, ciabatta, rye, sourdough and gluten free

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LIL'SLIDERS (Mini Burgers)

Lil' Trio Sliders	R120
Beef, chicken & lamb mince patties with lettuce & tomato.	
Lil' Beef Double	R105
Two mini beef patties with mozzarella, baby spinach & tomato.	
Lil' Chicken Double	R95
Minced chicken breast patties with lettuce & tomato.	
Lil' Vegan Double	R85
Chickpea patties with lettuce & tomato.	
Lil' Smash Burger	R78
100g beef patty on a toasted potato brioche bun, served with lettuce, tomato & house sauce.	

VEGETARIAN & VEGAN FAVOURITES

Lil' Vegan Double (V/VG)	R85
Chickpea patty with lettuce & tomato, served on a mini bun.	
Vegan Spaghetti Bolognese (V/VG)	R120
Slow-simmered plant-based mince in a Napolitana sauce with fresh herbs & vegan pasta.	
Vegan Wrap (V/VG)	R128
Spinach or beetroot wrap filled with hummus, baby spinach, chickpeas, cucumber, avocado (seasonal), red onion, cherry tomatoes & fresh herbs.	
Vegan Bowl (V/VG)	R110
A wholesome mix of hummus, baby spinach, chickpeas, cucumber, avocado (seasonal), red onion, cherry tomatoes & fresh herbs.	

LIGHT MEALS

Side Salad (V)	R35	BBQ Meatballs	R85
Lettuce, cucumber, rosa tomatoes, feta, red onion & green peppers.		Beef meatballs in a smoky BBQ glaze.	
Halloumi wrapped in Bacon	R85	Peppadew Poppers	R78
Crispy bacon-wrapped halloumi served with sweet chilli sauce		Cheese-filled peppadews, crumbed and fried.	
		Grilled Halloumi (V)	R75
		Served with sweet chilli sauce.	

LIL' KIDS MENU

Burger & Chips	R69	Milkshakes (Chocolate, Strawberry)	R55
Frankfurter & Chips	R59	Ice Cream & Chocolate Sauce	R55
Chicken Strips & Chips	R69	Strawberry Yoghurt	R35
Cheese Toastie & Chips	R49	Babyccino	R19
Spaghetti Bolognese	R89		
Spaghetti & Meatballs	R89		

EXTRAS

Butter, Jam, Lemon Slice, Fresh Mint	R8	Cream Cheese, Stir-Fried Veg	R22
Tomato, Chilli Sauce, Garlic, Onion, Banana, Ginger, Mixed Peppers	R10	Tuna, Beef/Pork Sausage, Ham, Avocado (seasonal), Cheddar, Feta	R30
Farm Fresh Egg	R12	Halloumi (2 sticks)	R30
Slice of Bread/Toast (White, Brown or Wholewheat)	R12	Chicken, Bacon/Macon, Mozzarella	R35
Slice of Artisan Bread	R15	Side Salad	R35
Chilli-Infused Baked Beans, Capers, Jalapeños	R19	Side of Chips/Fries, Hummus	R35
Baby Spinach, Pineapple, Peppadews, Mushrooms	R20	Mince Bolognese, Parma Ham	R45
		Smoked Salmon Trout	R48

Lil' KITCHEN
WHOLESUME GOOD FOOD

Food Menu

BREAKFAST

All dishes served with a choice of bread or toast

LIL' KITCHEN'S BREAKFAST CLASSICS

Breakfast Run R75

Two eggs, two rashers of bacon, grilled tomato & toast.

The Englishman R118

Two eggs, two rashers of bacon, sausage, hash brown, grilled tomato & toast.

Smashed Avo on Toast (V) R72

Topped with creamy avocado.

With two poached eggs & feta R85

Add homemade salsa R92

Famous Mince on Toast R135

Two poached eggs with lean mince & mushrooms cooked in a rich Napolitana sauce.

BENEDICTS

Classic R128

Two poached eggs, ham & avocado served on toast, topped with creamy hollandaise sauce.

Royale R138

Two poached eggs, smoked salmon trout & baby spinach on toast, finished with hollandaise sauce.

OMELETTES

Classic R110

Three-egg omelette with your choice of two fillings: Bacon | Cheese | Mushrooms | Tomato | Onion | Baby Spinach

Mince Omelette R135

Three-egg omelette with lean mince & mushrooms cooked in a rich Napolitana sauce.

Open White Omelette (V) R110

Fluffy three-egg whites topped with sautéed mushrooms, rosa tomatoes & melted mozzarella.

SWEET CROISSANTS

Croissant with Butter & Preserves R55

Freshly baked, served simply with butter & jam.

French Toast Croissant R85

Croissant dipped in egg, pan-toasted & topped with flaked almonds & syrup.



LIL' KITCHEN'S MORNING SUNSHINE

(Our Favourites)

French Toast Camembert R122

Crispy Parma ham, camembert, fresh strawberries, flaked almonds & honey over golden French toast.

Vegetarian French Toast & Camembert (V) R110

Topped with strawberries, almonds & honey.

French Toast Salmon R132

Smoked salmon trout, cream cheese, baby spinach & avocado on French toast.

Warm Cinnamon Oats Bowl (V) R75

Warm oats topped with seasonal fruit & peanut butter.

Overnight Oats Bowl (V) R78

Raw oats soaked overnight in almond milk, maple syrup & chia seeds, served with fresh berries & yoghurt.

Healthy Breakfast Bowl (V) R85

Fresh seasonal fruit, homemade granola, plain yoghurt & a drizzle of honey.

Sweet & Savoury Crumpet Stack R95

Traditional crumpets layered with strawberries, crispy bacon & mascarpone, drizzled with syrup.

Protein Power Stack R98

Fluffy crumpets made with protein powder, dusted with icing sugar & served with your choice of:
• Peanut butter & sliced banana
• Strawberries & blueberries

Choc Chip Crumpets R68

Mixed Berry Crumpets R85

Honey Butter Croissant R82

Golden croissant drizzled with warm honey, butter & cinnamon.

Nutella Croissant R95

Filled with creamy Nutella and topped with sliced strawberries or banana.



BREAKFAST WRAPS, CROISSANTS & BAGELS

Ham & Cheese R65

Warm and toasty with melted cheese and sliced ham.

Scrambled Egg, Cheese & Bacon R95

Soft scrambled eggs with cheese and bacon.

Scrambled Egg, Bacon & Baby Spinach R106

A hearty favourite with crispy bacon, baby spinach & melted cheese.

Scrambled Egg, Bacon & Avo R115

Creamy avocado, crispy bacon & fluffy scrambled eggs.

ABF | Avo, Bacon & Feta R115

A Lil' Kitchen classic! Creamy avocado, crispy bacon, crumbled feta & baby spinach.

Scrambled Egg, Salmon Trout, Baby Spinach & Cream Cheese R125

Luxurious layers of smoked salmon trout, baby spinach & cream cheese with scrambled eggs.

Breakfast Club R110

Scrambled egg, bacon, lettuce, tomato & mozzarella.

The Veggie (V) R98

Sautéed baby spinach, feta, tomato & mushrooms.

Gluten-free wraps available on request.



LUNCH

SALADS

All salads are served on a base of mixed lettuce, rosa tomatoes & cucumber

Grilled chicken breast, creamy avocado, and crumbled feta.

Chicken Halloumi R128

Grilled chicken breast topped with golden halloumi and fresh avocado.

Thai Beef R148

Grilled rump strips with mixed peppers, tossed in a tangy Thai-style dressing.

Quinoa & Beetroot (V/VG) R95

Nutty quinoa with roasted beetroot, pecan nuts, baby spinach, sprouts, and crumbled feta.

Quinoa with Hummus, Beetroot & Butternut (V/VG) R115

A wholesome mix of quinoa, roasted beetroot & butternut, feta, rosa tomatoes, cucumber, pumpkin seeds & hummus

Tuna Hummus R120

Flaked tuna with creamy hummus, rosa tomatoes, cucumber, sprouts, and a drizzle of lemon-herb dressing.

Chickpea Salad (V/VG) R98

Protein-packed chickpeas with cucumber, rosa tomatoes, and avocado

Garden Salad (V) R110

A crisp medley of lettuce, tomato, avocado (seasonal), red onion, feta, and cucumber.



LUNCH CLASSICS

Crispy Fried Chicken Strips R84

Served with homemade chips

Healthy Chick R110

Grilled chicken breast with a fresh garden salad.

Chicken & Veg R125

Grilled chicken breast served with steamed vegetables (carrots, baby marrows & broccoli) and a honey-ginger drizzle.

Chicken & Couscous R120

Grilled chicken with roasted butternut, beetroot & lemon-herb couscous.

Spicy Beef Prego R140

Lil' Kitchen-style rump Prego served with chips or a side salad.

Spicy Chicken Prego R130

Grilled chicken breast in spicy Prego sauce, served with chips or a side salad.

Mexican Mince Gem Squash R125

Oven-baked gem squash filled with spicy Mexican mince, smashed avo, melted cheese & jalapeños.

LIL'TOASTED SARMIES

Served with a side of Chips or Salad

Chicken Mayo & Bacon R95

Bacon & Egg R89

Bacon, Tomato & Cheese R89

Cheese & Tomato R70

Ham, Cheese & Tomato R75



LUNCH WRAPS & BAGELS (New)

Grilled chicken breast, halloumi & avo with sweet chilli dressing.

Spicy Chicken R95

Cajun-spiced chicken with tomato, onion, cucumber & lettuce.

Chicken Avo Peppadew R98

Grilled chicken with hummus, avo, peppadew & lettuce.

Fresh Greek (V/VG) R82

Feta, cucumber, tomato, chickpeas, lettuce & Greek dressing.

Mexican Mince R105

Our famous mince bolognese with corn, jalapeños & guacamole.

Thai Beef & Feta R98

Thai-spiced beef strips with mixed greens, corn, peppers & feta.

Chicken Avo Feta R128

HOMEMADE SOUPS

Lentil Soup R73

Hearty blend of lentils, carrots, celery & onion.

Beetroot Soup R78

Beetroot, carrot, leeks & onion.

Chilli Carrot Soup R73

A warming mix of carrot, tomato with a hint of chilli.

Beef & Barley Broth R95

Slow-cooked beef bone broth with shredded beef, carrots & celery.

Butternut Soup R78

Butternut, carrot, onion, garlic & mild curry.

