

African Blessings

Canteen Menu

Breakfast Items

1 Egg, 2 Toast Breakfast with butter	12.50
1 Egg, 2 Toast Breakfast (no butter)	11.50
2 Egg, 2 Toast Breakfast (no butter)	16.50
3 Egg, 2 Toast Breakfast with butter	17.50
3 Egg, 2 Toast Breakfast (no butter)	16.00
2 Fried Egg, 2 Bacon, Tomato & Chips Breakfast	27.00
2 Fried Egg, 2 Bacon, Wors, Tomato & 2 toast Breakfast	33.00
2 Fried eggs, 2 Bacon and Tomato	24.00
1 Extra Egg (fried, scrambled, boiled)	5.00
2 Extra Egg (fried, scrambled, boiled)	7.00
Mince, 2 Egg & 2 Toast	33.00
Mini Breakfast	
(1 Egg, 2 Bacon strips, 1 Slice of toast, Preserves)	20.00
Mini Breakfast with Wors	33.00

French Toast

Plain French toast	11.00
1 Slice French toast with syrup	11.50
1 Slice French toast with cheese	16.00
2 Slice French toast with cheese	19.50
1 Slice French toast with syrup and cheese	15.70
2 Slice French toast with syrup and cheese	20.00

Omelettes

2 Egg Omelette Bacon, Cheese, Green pepper	34.50
3 Egg Omelette Bacon, Cheese, Green Pepper	37.00
2 Egg Omelette Bacon, Cheese, Green pepper, tomato	35.00
3 Egg Omelette Bacon, Cheese, Green pepper, Tomato	38.00
2 Egg Omelette Bacon & Cheese	27.00
2 Egg Omelette Cheese, Tomato	27.00
2 Egg Omelette Mince, Tomato	34.00
2 Egg Omelette Tomato	22.00
2 Egg Omelette with cheese	15.00

Toasted Sandwiches

Bacon & Cheese Toasted Sandwich	24.00
Bacon & Egg Toasted Sandwich	22.00
Bacon, Egg & Cheese Toasted Sandwich	25.00
Bacon and Chicken Mayo Toasted Sandwich	26.00
Bacon and Tomato Toasted Sandwich	22.00
Bacon, Lettuce, Tomato & Mayo	26.50
Cheese Toasted Sandwich	17.50
Cheese and Tomato Toasted Sandwich	19.80
Cheese Tomato and Mayo Toasted Sandwich (no butter)	26.50
Chicken Mayo & Cheese Sandwich	25.00
Chicken Mayo & Fried Egg Toasted Sandwich	23.00
Chicken Mayo, Tomato & Onion Toasted Sandwich	25.00
Chicken Mayo and Feta Toasted Sandwich	26.50

Toasted Sandwiches

Chicken mayo and green pepper Toasted Sandwich	25.00
Chicken mayo toasted sandwich	22.00
Egg & Cheese Toasted Sandwich	22.00
Egg and Mayo Toasted Sandwich	19.00
Egg, Cheese and Mayo Toasted Sandwich	29.00
Egg Toasted Sandwich	16.50
Mince Toasted Sandwich	20.00
Mince and Cheese Toasted Sandwich	25.50
Tuna Mayo Toasted Sandwich	26.50
Curry Beef Toasted Sandwich	22.50

Rolls

Tramezzini

(half portion)

Chicken Mayo & Mozzarella Cheese Tramezzini	17.50
Chicken Mayo & Mozzarella Cheese with ½ portion chips	22.50
Chicken Mayo & Mozzarella with side salad	23.50
Chicken Mayo & Mozzarella with full portion chips	27.00
Chicken Mayo Tramezzini	12.90
Chicken Mayo with ½ portion chips	17.70
Chicken Mayo with side salad	18.70
Chicken Mayo with full portion chips	22.50
Bacon & Egg Tramezzini	11.80
Bacon & Egg with ½ portion chips	16.50
Bacon & Egg with side salad	17.70
Bacon & Egg with full portion chips	21.50

Tramezzini

(half portion)

Bacon, Egg & cheese Tramezzini	16.00
Bacon, Egg & cheese with ½ portion chips	20.50
Bacon, Egg & cheese with side salad	21.40
Bacon, Egg & cheese with full portion of chips	25.20
Spinach & Feta Tramezzini	12.30
Spinach & Feta with ½ portion of chips	17.20
Spinach & Feta with side salad	18.20
Spinach & Feta with full portion of chips	22.00

Tramezzini

(half portion)

Mince Tramezzini	15.00
Mince with ½ portion of chips	19.90
Mince with side salad	21.00
Mince with full portion of chips	24.70
Mince & Cheese Tramezzini	18.20
Mince & Cheese with ½ portion of chips	23..70
Mince & Cheese with side salad	24.70
Mince & Cheese with full portion of chips	28.50

Tramezzini

(half portion)

Cheese Tramezzini	12.90
Cheese with ½ portion of chips	18.30
Cheese with side salad	19.30
Cheese with full portion of chips	22.50
Steak, caramelised onion & Mozzarella	25..80
Cheese & Tomato	16.10
Cheese & Tomato with ½ portion chips	21.50
Cheese & Tomato with side salad	22.50
Cheese & Tomato with full portion chips	25.70

Tramezzini

(full portion)

Chicken Mayo & Mozzarella Tramezzini	31.50
Chicken Mayo & Mozzarella with ½ portion of chips	37.00
Chicken Mayo & Mozzarella with side salad	38.00
Chicken Mayo & Mozzarella with full portion of chips	42.00
Chicken Mayo Tramezzini	22.50
Chicken Mayo with ½ portion of chips	27.30
Chicken Mayo with side salad	28.40
Chicken Mayo with full portion of chips	32.10
Bacon & Egg Tramezzini	19.80
Bacon & Egg with ½ portion of chips	25.10
Bacon & Egg with side salad	26.20
Bacon & Egg with full portion of chips	30.00

Tramezzini

(full portion)

Bacon, Egg & cheese Tramezzini	28.00
Bacon, Egg & cheese with ½ portion of chips	26.30
Bacon, Egg & cheese with side salad	27.30
Bacon, Egg & cheese with full portion of chips	37.50
Spinach & Feta Tramezzini	21.50
Spinach & Feta with ½ portion of chips	26.30
Spinach & Feta with side salad	27.30
Spinach & Feta with full portion of chips	31.00
Spinach & Feta with Mozzarella Cheese	25.70

Tramezzini

(full portion)

Mince Tramezzini	26.40
Mince with ½ portion of chips	31.10
Mince with side salad	32.10
Mince with full portion of chips	36.00
Mince & Cheese Tramezzini	33.90
Mince & Cheese with ½ portion of chips	38.60
Mince & Cheese with side salad	40.20
Mince & Cheese with full portion of chips	43.50

Tramezzini

(full portion)

Cheese Tramezzini	21.00
Cheese with ½ portion of chips	26.40
Cheese with side salad	27.40
Cheese with full portion of chips	30.50
Steak, caramelised onion & Mozzarella	37.50
Cheese & Tomato	27.30
Cheese & Tomato with ½ portion of chips	32.10
Cheese & Tomato with side salad	33.80
Cheese & Tomato with full chips	37.00

Burgers & Dogs

Beef Hamburger	27.00
Beef Burger & Chips	36.50
Beef, Cheese Burger	31.50
Bacon & Egg Beef Burger	33.00
Cheese & Egg Beef Burger	33.00
Cheese & Bacon Beef Burger	33.00
Chicken Burger	27.00
Chicken Breast Burger	30.00
Chicken, Cheese Burger	31.50
Chicken Burger with Chips	36.50
Chips - Large (300g) no fomo	17.50
Chips - Large (300g) with fomo	19.50
Dagwood	42.00
Vegetable Burger	30.00

Meal Options

Pap & Vleis	27.50
Pap & Wors	24.50
Pap & Wors with Gravy	29.00
Pap & Vleis with Gravy	31.00
Steak & Chips	24.50
Steak & Vegetables	30.00

Salads / Health Options

Chicken salad	33.50
Greek salad and Chicken	39.00
Greek salad	29.50
Greek salad with Chicken & Mayo	33.00
Green salad	22.00
Side Salad	11.00
Lettuce, Tomato, Chicken salad	26.00
Tuna salad	39.50
Chicken & Vegetables	26.80
Mixed Vegetables	15.50
Rice Salad with Chicken Strips	28.00
Rice Salad with Prego Meat	29.50

Pasta Salads

Pasta salad with Chicken pepper	28.00
Pasta salad with cream	22.00
Rice salad	24.00
Tuna Pasta Salad	33.00

Confectionery Bakery

(approximately 90 minutes cooking time)

Pies (Pepper steak, Spinach & Feta & Chicken Mushroom)	20.00
Beef Burger Pie	20.00
Chicken Burger Pie	20.00

Wraps

Grilled Chicken Wrap	27.00
Vegetarian Wrap (Veggie patty)	31.00
Vegetarian wrap (Lettuce, cucumber, carrots, feta and sweet chilli mayo)	16.00
Bacon, Egg, Cheese Wrap	26.50
Mince, Cheese Wrap	28.00
Cheese Wrap	17.50
Prego Wrap	28.50
Chicken Mayo Wrap	27.00
Tuna Wrap	29.50

Frozen Foods

(approximately 2 hours cooking time)

Baboti & Rice	32.00
Beef Lasagne	33.00
Chicken Curry & Rice	30.00
Spinach & Feta	26.00
Spaghetti Bolognaise	25.00
Chicken a la King & Rice	31.00
Beef Mince Curry & Rice	30.00
Chicken Pie	30.00
Cottage Pie	30.00
Durban Curry & Rice	37.00
Macaroni Cheese with Bacon	22.00
Macaroni Cheese (no Bacon)	20.00
Spinach, Feta & Olive Quiche	30.00
Bacon & Mushroom Quiche	29.00

Baked Potato's

(approximately 2 Hours cooking time)

Baked Potato with Butter & parsley	17.00
Baked Potato & Cheese	18.20
Baked Potato & Cheese and garlic	20.00
Baked Potato & Chicken Mayo	22.00
Baked Potato with Chicken Strips & Chic a la king sauce	25.30
Baked Potato with Cottage Pie Mince	22.50
Baked Potato with Mince & Cheese	25.50
Baked Potato with Prego Strips & BBQ Sauce	33.00
Baked Potato with Bacon & Tomato	20.00
Plain Baked Potato	7.80

Bakery

(Made once a week by order only)

Malva Pudding (whole pan)

With custard 468.00

Without custard 350.00

Per portion -

- with custard 16.00

- without custard 14.50

Malva pudding (half a pan)

With custard 240.00

Without custard 178.00

Banana Loaf 16.00

Scones

Scones plain

3.50

Scones with butter 4.50

Scones with cheese 6.20

Pancakes

Pancake Plain 2.50

Pancake with Cinnamon 5.00

Bakery

(Made once a week by order only)

Extra's – NO Packaging

Butter Portion	1.50
Egg (Uncooked)	3.00
Jam portion	3.00
Milk 1 litre	14.00
Onion slice (Addition to menu item only)	2.50
Onion whole	4.00
Potato loose	6.00
Tomato big	7.00
Tomato small	5.00
Packaging	2.00

Extra's – Packaging Fee of R2.00 to be charged

<u>Meat</u>	
Bacon extra 2 pieces	5.00
Beef Patty	15.00
Chicken Mayo filling	8.00
Chicken Patty	15.00
Meat Balls 2	22.00
Meat balls 4	26.00
Mince (Raw)	10.50
Mince (Cooked)	13.00
Chicken Strips	15.00
Prego Strips	18.00
Chicken Breast	16.50

Extra's – Packaging Fee of R2.00 to be charged

Meat

Blade (Cooked)	18.50
Blade (Raw)	14.50
Boerewors (Cooked)	17.00
Boerewors (Raw)	13.20
Prego meat	19.50
Veggie Patty	10.50

Sauces

Cheese sauce	8.30
Chutney Sauce	7.00
Mayo Sauce	4.50
Sweet Chilli/Mayo Sauce	6.00
Prego Sauce	7.00
Barbeque Sauce	7.00
Syrup	7.50
Sheba (Chakalaka)	6.60

Bread, Rolls, Breakfast Extras

Bread toast no butter	3.00
Bread toast with butter	3.50
Tomato slices	4.50
Cheese extra slice	4.50
Cheese Grated	7.50
Rice (Cooked)	4.00
Rice (Uncooked)	3.50
Green Pepper	5.00
Feta Cheese	9.00
Plain Wrap	5.50
Pap (cooked)	4.50

Bread, Rolls, Breakfast Extras

Oats (uncooked)	5.00
Oats (cooked)	9.00
Olives	5.50
Gherkins	8.00
Plain Tramezzini	7.00

PLEASE NOTE :

If your order is placed from the extra category and there is an item on the menu for your order then you will be charged the menu item price.
The packaging fee will be charged when you order an item from the extra menu only and no order for an item from the menu.