



AMERICAN INTERNATIONAL SCHOOL OF CAPE TOWN

MENU

BREAKFASTS

- FRUIT CUPS** VEGAN 25
a selection of fresh seasonal fruit
- AVO TOAST** VEGAN 34
avo, lemon juice, slice of low gi toast
- CHEESY EGG WRAP** 40
free range scrambled eggs, white cheddar

SANDWICHES

- TOASTED CHEESE** 26
white cheddar
- TOASTED CHEESE & TOMATO** 29
white cheddar, tomato
- TOASTED CHICKEN & SRIRACHA MAYO** 40
free range chicken, sriracha mayo (contains free range egg)
- TOASTED CHICKEN MAYO** 40
free range chicken, yoghurt mayo dressing (contains free range egg)
- TOASTED BOLOGNAISE PITA** 40
beef bolognaise, whole wheat pita, white cheddar
- PULLED CHICKEN & CHEDDAR PITA** 45
free range chicken, toasted whole wheat pita, white cheddar

SALADS

- HARVEST SALAD** 43
avo, cucumber, carrot, rosa tomatoes, feta, greens, yoghurt mayo dressing (contains free range egg)
- SRIRACHA CHICKEN SALAD** 55
free range chicken, avo, rosa tomatoes, lettuce, red pepper, sriracha mayo (contains free range egg)
- PRINCESS SALAD** 55
free range chicken, avo, carrot, rosa tomatoes, feta, greens, yoghurt mayo dressing (contains free range egg)
- CHICKEN & CORN SALAD** 55
free range chicken, avo, carrot, rosa tomatoes, raw corn, greens, yoghurt mayo dressing (contains free range egg)
- NEW CRUMBED CHICKEN RANCH SALAD** 55
crumbed free range chicken strips, pineapple, carrots, red cabbage, lettuce, crispy onions, ranch dressing (contains free range egg)

WRAPS

- HARVEST WRAP** 43
avo, cucumber, feta, carrot, greens, yoghurt mayo dressing (contains free range egg)
ADD FALAFEL +R12
- BEEF BURRITO WRAP** 48
bolognaise, white cheddar, salsa, rice
- CHICKEN & CHEESE FLAT WRAP** 48
free range chicken, white cheddar, yoghurt mayo dressing (contains free range egg)
- BBQ CHICKEN FLAT WRAP** 50
free range chicken, white cheddar, salsa, moroccan sauce
- NEW CRUMBED CHICKEN BBQ MAYO FLAT WRAP** 55
crumbed free range chicken strips, white cheddar, crispy onions, BBQ mayo (contains free range egg)
- CHICKEN, CHEDDAR & CORN WRAP** 50
free range chicken, white cheddar, raw corn, yoghurt mayo dressing (contains free range egg)
- SALSA QUESADILLA** 55
white cheddar, red pepper, salsa
- AVO FALAFEL WRAP** VEGAN 55
chickpea falafel, avo, lettuce, red cabbage, cucumber, vegan nut butter dressing
- PRINCESS WRAP** 55
free range chicken, avo, feta, rosa tomatoes, carrot, greens, yoghurt mayo dressing (contains free range egg)
- NEW CRUMBED CHICKEN RANCH WRAP** 55
crumbed free range chicken strips, pineapple, carrots, red cabbage, lettuce, crispy onions, ranch dressing (contains free range egg)
- SRIRACHA CHICKEN WRAP** 55
free range chicken, avo, rosa tomatoes, lettuce, red pepper, sriracha mayo (contains free range egg)
- MOROCCAN WRAP** 55
free range chicken, rice, carrot, rosa tomatoes, feta, avo, moroccan sauce
- MAGMATIC WRAP** 55
free range chicken, rice, rosa tomatoes, white cheddar, sweet chili sauce, salsa
- HONEY MUSTARD CHICKEN WRAP** 55
free range chicken, rosa tomatoes, cucumber, greens, mustard mayo dressing (contains free range egg)
- BUTTER CHICKEN WRAP** 55
free range butter chicken, rice, chutney

MAKE IT YOUR OWN

SWAP FREE RANGE CHICKEN FOR FALAFEL
ADD FALAFEL +R12



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MENU

HOT MEALS

PIZZA SLICE OF THE DAY	25
BBQ PULLED CHICKEN PIZZA SLICE	25
POTATO WEDGES served with BBQ mayo (contains free range egg)	25
PIZZA CARNE bolognaise mince, tomato sauce, white cheddar	25
BEEF BURGER beef patty (contains free range egg), bun, tomato, lettuce	55
CHICKEN BURGER chicken fillet, bun, tomato, lettuce	55
TERIYAKI CHICKEN POKE BOWL teriyaki free range chicken, rice, avo, pineapple, carrot, cucumber, sesame, crispy onions, miso dressing	55
NEW CRUMBED CHICKEN STRIPS served with BBQ mayo (contains free range egg)	55

SMOOTHIES

	SMALL	MEDIUM	LARGE
STRAWBERRY STINGER strawberries, banana, frozen yoghurt, pressed apple juice	30	35	40
VITAMIN SEE VEGAN mango, pineapple, orange juice, 500mg vit C & zinc	30	35	40
MINT STRAWBERRY STINGER strawberries, mint, mango, frozen yoghurt, pressed apple juice	30	35	40
GREEN LEMONADE pineapple, lemon, honey, frozen yoghurt, baby spinach, pressed apple juice	30	35	40
COCO CHOC cacao, frozen yoghurt, coconut milk, milk	30	35	40
ALL THE GREENS VEGAN mango, cucumber, pineapple, celery, baby spinach, pressed apple juice	30	35	40
C-BREEZE VEGAN mango, strawberries, pineapple, pressed apple juice, 500mg vit C & zinc, dates	30	35	40
TROPICAL VEGAN mango, strawberries, banana, pressed apple juice, coconut milk	30	35	40

RAW JUICES

	SMALL	MEDIUM	LARGE
100% APPLE JUICE VEGAN	30	35	40
LEMON CUCUMBER COOLER VEGAN cucumber, lemon, pineapple, celery, apple, mint	30	35	40
FLOO JUICE VEGAN orange, carrot, lemon, ginger	30	35	40

15 DAY ROTATION MENU

ALL MEALS
R66

	MEAL OPTION 1	MEAL OPTION 2 VEGETARIAN	SMOOTHIES
MONDAY DAY 1	MAC & CHEESE served with broccoli & salad	MAC & CHEESE served with broccoli & salad	C-BREEZE COCO CHOC
TUESDAY DAY 2	SMOKEY CHICKEN & ROASTED BUTTERNUT STEW served with rice & roasted carrots	SMOKEY ROASTED BUTTERNUT STEW served with rice & roasted carrots	MINT STRAWBERRY STINGER C-BREEZE
WEDNESDAY DAY 3	NEW BBQ CHICKEN STRIPS served with potato wedges	LENTIL COTTAGE PIE served with broccoli & salad	VITAMIN SEE MINT STRAWBERRY STINGER
THURSDAY DAY 4	PASTA BOLOGNAISE served with salad	LENTIL BOLOGNAISE served with salad	ALL THE GREENS VITAMIN SEE
FRIDAY DAY 5	BEEF OR CHICKEN BURGER served with potato wedges	BLACK BEAN & MUSHROOM BURGER served with potato wedges	COCO CHOC ALL THE GREENS
MONDAY DAY 6	MEXI BEEF BAKE served with salsa	MEXI VEG BAKE served with salsa	C-BREEZE COCO CHOC
TUESDAY DAY 7	BUTTA CHICKEN served with rice	BUTTA CURRY served with rice	MINT STRAWBERRY STINGER C-BREEZE
WEDNESDAY DAY 8	NEW CHEESY EGG & SAUSAGE WRAP served with salad	LENTIL COTTAGE PIE served with broccoli & salad	VITAMIN SEE MINT STRAWBERRY STINGER
THURSDAY DAY 9	BEEF LASAGNE served with salad	NEW LENTIL LASAGNE served with salad	ALL THE GREENS VITAMIN SEE
FRIDAY DAY 10	BEEF OR CHICKEN BURGER served with potato wedges	BLACK BEAN & MUSHROOM BURGER served with potato wedges	COCO CHOC ALL THE GREENS

LET'S  LET'S LIVE

15 DAY ROTATION MENU

ALL MEALS
R66

	MEAL OPTION 1	MEAL OPTION 2 VEGETARIAN	SMOOTHIES
MONDAY DAY 11	NEW CHICKEN SAUSAGE BAKE served with potato wedges	SMOKEY BBQ MAYO HARVEST WRAP served with potato wedges	C-BREEZE COCO CHOC
TUESDAY DAY 12	NEW NAPOLITANA CHICKEN PASTA served with side salad	NEW NAPOLITANA PASTA served with side salad	MINT STRAWBERRY STINGER C-BREEZE
WEDNESDAY DAY 13	NEW BEEF & SALSA NACHO BAKE served with cucumber	NEW BLACK BEAN & SALSA NACHO BAKE served with cucumber	VITAMIN SEE MINT STRAWBERRY STINGER
THURSDAY DAY 14	NEW SWEET & SOUR CHICKEN STIRFRY served with brown rice	NEW SWEET & SOUR VEG STIRFRY served with brown rice	ALL THE GREENS VITAMIN SEE
FRIDAY DAY 15	BEEF OR CHICKEN BURGER served with potato wedges	BLACK BEAN & MUSHROOM BURGER served with potato wedges	COCO CHOC ALL THE GREENS

LET'S  LET'S LIVE