

DGC PRE-ORDERS MENU



Wrap It Up

(cold)

Pop Princess Wrap	lettuce, tomato, carrot, chicken, avo, feta	R23,00
Totally Thai Chicken Wrap	lettuce, tomato, carrot, chicken, peanuts & thai dressing	R23,00
Hawaiian Chicken	lettuce, carrots, pineapple, chicken	

(warm)

Madly Moroccan Wrap	chicken, tomato, brown rice, cheddar, avo, tomato	R23,00
Magmatic Wrap	chicken, tomato, brown rice, cheese	R23,00
Bolognaise Pita	beef bolognaise & cheddar cheese	R22,50
Sweet Chilli Chicken Pita	chicken, sweetchilli sauce, cheddar, pineapple	R22,50

Toasties

(on low GI bread)

Cheese		R15,50
Cheese & Tomato		R16,00
Smoked Beef, Cheese & Tomato		R21,00
Chicken Mayo		R20,00
Chicken Mayo Delux	with pesto & peppadews	R23,00
Hawaiian Chicken Burger	chicken fillet, lettuce, tomato, pineapple, BBQ sauce	

Treasure Island Combo's

(comes with 250ml Smoothie or 350ml Apple or Mango juice)

The Pirates Chicken Toastie	chicken mayo, lettuce, tomato	R23,00
Tropical Island Toastie	chicken, sweetchilli, cheddar	R25,50
Captains Chicken & Cheese	wrap, chicken, cheddar, tomato	R25,50

Hotstuff

Pizza Slice		R13,00
Baked Potato Wedges		R12,00
Crumbed Chicken Strips & Baked Potato Wedges		R23,00
Macaroni Cheese		R18,00
Spaghetti Bolognaise		R23,00
Spaghetti & Meatballs		R22,50

Island Greens

Totally Thai Chicken Salad		R24,00
Green Salad		R23,00

at least lunch is never boring

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Chill Out

Smoothie of the day:	250ml	R15,00
	300ml	R17,00
	500ml	R20,00
	650ml	R22,50
100% Pure Fruit Juice Blend (Mango & Apple)		R10,50
Water still & sparkling		R9,00
Grapetizer		R12,50
Appeltizer		R12,50
Seltzer Flavoured Water		R14,00
Bos Iced Tea		R17,50
Natures Zone		R17,00

Warm Up

Hot Chocolate		R11,50
Tea		R8,50
Chai Tea		R10,50
Chai Latte		
Cappuccino		

Snack Attack

Frozen Yogurt Scoops		R9,00
Fruit Juice Ice-Bites		
Muffins		R17,00
Jungle Oat Bars		R10,00
Pronutro Bars		R11,00
Kauai Vanilla Cookie Kids		R9,50
Kauai Choc Chip Cookie		R9,50
Kauai Pecan Cranberry Bar		R12,00
Kauai Wheat-free Crunchie		R12,50
Dried Mango Strips (sulpher free)		R11,00
Simba Puffs		
Popcorn	Butter, Salt & Vinegar, Lightly Salted, Cream Cheese & Chives	R12,00
Nachos	Mexican Salsa, Lightly Salted, Cheddar	R13,00
Beef Biltong sliced		R24,00
Beef Biltong snapstix		R24,00

full marks for flavour