



# all day favourites

<b>STEAK ROLL</b> 150g Steak served with fried onion and chips	<b>R54</b>	<b>TRINCHADA</b> Strips of chicken pan-fried with garlic, onions, cream and prego sauce served with a Portuguese roll	<b>R40</b>
<b>STEAK PREGO ROLL</b> Marinated 150g sirloin steak in our secret prego sauce, served with chips (optional egg R4)	<b>R54</b>	<b>RUMP PEPPERDEW</b> 300g Rump steak filled with mozzarella cheese, feta cheese, pepperdews, mushrooms, grilled to your liking	<b>R93</b>
<b>GRILLED STEAK FLAT BREAD</b> Basil mayo, sliced grilled sirloin, roast cherry tomatoes, cheddar cheese, grilled onions & rocket	<b>R69</b>	<b>RUMP (200G)</b>	<b>R65</b>
<b>POLLO GRECO FLAT BREAD</b> Chilli mayonnaise, grilled chicken breast, red onion, sliced tomato, feta cheese, rocket & cherry tomatoes	<b>R60</b>	<b>CURRY OF THE DAY</b> Spicy and Nice! Served with rice, poppadums and sambals	<b>R59</b>
<b>V HALLOUMI FLAT BREAD</b> Lettuce, grilled halloumi, grilled brinjals, grilled peppers, parmesan shavings & sweet chilli	<b>R57</b>	<b>V HALLOUMI CHEESE</b> Goats milk cheese, deep fried, served with sweet chilli sauce and fresh lemon	<b>R38</b>
<b>CHICKEN PREGO ROLL</b> Marinated chicken breast in our secret prego sauce, served with chips	<b>R39</b>	<b>CHICKEN LIVERS</b> Chicken livers with onion sautéed in white wine, prepared with or without peri-peri	<b>R37</b>
<b>CHICKEN SCHWARMA</b> Pita bread filled with cabbage, humus, chicken strips, grilled aubergines and tzaziki served with chips	<b>R52</b>	<b>BBQ CHICKEN WINGS</b> Chargrilled in our spicy BBQ sauce	<b>R45</b>
<b>HALLOUMI AVO CHICKEN BURGER</b> Tenderised chicken breast, halloumi cheese and avo served on a fresh toasted bun	<b>R51</b>	<b>½ TRADITIONAL PORTUGUESE CHICKEN</b> Half grilled chicken marinated in our own secret portuguese marinade	<b>R65</b>
<b>BEEF BURGER</b> Pure beef patty cradled on a bed of lettuce, tomato and onions served on a fresh toasted bun with chips	<b>R50</b>	<b>CHICKEN BREASTS</b> Grilled, with a touch of olive oil, also available with lemon and herb or peri-peri sauce	<b>R59</b>
<b>CHEESE AND BACON BURGER</b> Pure beef patty topped with cheese and crispy bacon, sat on a fresh toasted bun with lettuce, tomato, onions and our secret sauce	<b>R58</b>	<b>CHICKEN SCHNITZEL</b> Crumbed and lightly pan-fried	<b>R62</b>
<b>CHEESE AND CHILLI BURGER</b> Pure beef patty topped with feta cheese and jalapeño chilli, sat on a fresh toasted bun with lettuce, tomato, onions and our secret sauce	<b>R55</b>	<b>GRILLED CALAMARI HALF PORTION</b> Grilled Patagonian calamari tubes	<b>R41</b>
<b>CHICKEN BURGER</b> Tenderised chicken breast, served on a fresh toasted bun with chips	<b>R45</b>	<b>FULL PORTION</b>	<b>R72</b>
<b>V SOUP OF THE DAY</b> Ask your waiter for details	<b>R30</b>	<b>HAKE</b> Grilled in our famous lemon butter sauce	<b>R49</b>
<b>V Cheddar melt</b>	<b>R40</b>		
<b>V Spinach &amp; feta</b>	<b>R45</b>		
<b>Mince &amp; cheese sauce</b>	<b>R48</b>		

## spudds



# beverages

## Cold Beverages

Fresh fruit juices	R17
Soda Cans	R16
Appetizer, Grapetizer	R19
Still/Sparkling water 500ml	R15
Cordials	R6
Iced Tea	R20
Lemon / Peach	
Milkshakes	R18
Vanilla, Strawberry, Chocolate, Lime	
Bubblegum, Banana	
Red Bull	R30

## Hot Beverages

Filter Coffee	R14
Cappuccino	R16
Decaffeinated Cappuccino	R17
Espresso	R13
Double Espresso	R16
Macciatto	R15
Caffe Latte	R18
Decaffeinated Coffee	R15
Caffe Mocha	R16
Espresso with chocolate	
Milo, Horlicks, Hot Chocolate	R17
Tea (Five Roses, Rooibos)	R12
Herbal Infusion	R15
Camomile, Lemon, Blissfull Berry, Green Tea	

## Exotic Beverages

Irish Coffees	R25
Malibu and Frangelico	
Pedro's	R25
Irish, Kahlua, Frangelico, Peppermint	

## Smoothies

Iced Smoothies	R26
Cappuccino, Spiced Chai	
Real Fruit Smoothies	R26
Dairy Free Sorbets	R26
Mango, Strawberry	

## beers

### Imported Beer

PERONI	R19
WINDHOEK LAGER/LIGHT	R17
HEINEKEN	R20

We do not serve alcohol to anyone under the age of 18. No half portions. A service charge of 10% will be added to any tables serving 10 or more. All major credit cards are accepted here, but we regret no cheques. All prices are VAT inclusive. E&OE. All rights reserved, including right of admission. Any complaints or enquiries can be directed to: [info@woodlandscave.co.za](mailto:info@woodlandscave.co.za)

## wines

### House Wine

Glass 250ml	
<b>DRY WHITE / Douglas Green Chenin Blanc/Sauvignon Blanc</b>	Bottle R66
Glass R26	

<b>SEMI SWEET / Legacy Johannesburg</b>	Bottle R66
Glass R26	

<b>RED / Douglas Green Cinsaut / Pinotage</b>	Bottle R74
Glass R28	

<b>ROSÉ / Douglas Green Pinotage Rosé</b>	Bottle R74
Glass R26	

### White Blends

<b>BELLINGHAM SAUVIGNON BLANC CHARDONNAY</b>	R76
Lively lime and green pineapple bouquet layered with forthcoming ripe citrus, melon and pear drop aroma	

<b>GRAÇA</b>	R69
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### Chardonnay

<b>DURBANVILLE HILLS</b>	R105
Fresh peach and citrus aromas finely balanced by creamy vanilla flavours. Subtly-wooded, full-bodied and fruity	

### Semi-Sweet

<b>LEGACY JOHANNESBURGER</b>	R66
Enduringly popular, full-bodied lush semi-sweet blended white wine	

### Sauvignon Blanc

<b>DOUGLAS GREEN</b>	R85
This wine has an enticing nose of vanilla spice that can't quite hide tropical fruit aromas	

<b>SPIER</b>	R99
Pale green in colour and tropical aromas following through on the full-bodied, well balanced and lingering palate	

### Rosé

<b>GRAÇA ROSE</b>	R69
A delicate grapey taste with a lingering finish	

### Sparkling Wine

<b>J.C. LE ROUX</b>	R99
The first sparkling wine to offer both natural lightness and delicious full taste	

### Cabernet Sauvignon

<b>TALL HORSE</b>	R82
Dark red colour with sweet black fruit flavours	

### Merlot

<b>TALL HORSE</b>	R82
A deliciously sleek medium-bodied Merlot with a streak of lithe juicy cherry and plum fruit and a dash of well-integrated oak	



**WOODLANDS**  
*cafe.deli.convenience*

# breakfast favourites

<b>ONE EGG BREAKFAST</b> One egg, 2 rashers of bacon, tomato and toast	<b>R20</b>	<b>V VEGETARIAN BREAKFAST</b> Scrambled eggs, tomato, toast, pesto, feta and halloumi	<b>R38</b>
<b>ANCHOVY TOAST</b> Two slices of toast with anchovy spread, cucumber and tomato slices	<b>R19</b>	<b>BREAKFAST CROISSANT</b> Served with scrambled egg and bacon	<b>R30</b>
<b>ENGLISH BREAKFAST</b> Two eggs, 3 rashers of bacon, tomato, mushrooms and toast	<b>R35</b>	<b>CYPRIOI BREAKFAST</b> Tomato, 3 rashers of bacon, halloumi and two eggs and toast	<b>R35</b>
<b>GERMAN BREAKFAST</b> Two eggs, frankfurter, 3 rashers of bacon, tomato and two slices of toast	<b>R38</b>		

## french toast

two slices of toast

<b>CINNAMON FRENCH TOAST</b>	<b>R16</b>
<b>BACON FRENCH TOAST</b>	<b>R26</b>

## scrambled eggs not served with bacon

<b>PLAIN SCRAMBLED EGGS</b>	<b>R26</b>	<b>SCRAMBLED EGGS &amp; SALMON</b>	<b>R58</b>
<b>SCRAMBLED EGGS &amp; TOMATO</b>	<b>R28</b>	<b>V SCRAMBLED EGGS &amp; MUSHROOM</b>	<b>R35</b>

## omelette

served with bacon and two slices of toast

<b>ONE FILLING OMELETTE</b>	<b>R35</b>	<b>SELECTION OF FILLINGS</b> Cheese, Bacon, Ham, Tomato, Mushrooms, Onions, Salami, Spinach or Feta.
<b>TWO FILLING OMELETTE</b>	<b>R45</b>	
<b>THREE FILLING OMELETTE</b>	<b>R60</b>	

## for the healthy

<b>HEALTH TREAT</b>	<b>R35</b>
Assorted Fresh Fruit Slices, Crunchy Muesli, Low Fat Yogurt and Honey	

## sandwiches wrapps

SANDWICH FILLINGS	White Tramezzini	Brown	
<b>V Cheese and tomato</b>	<b>R22</b>	<b>R36</b>	<b>CAJUN CHICKEN</b> Tortilla wrapp filled with cajun chicken, cheese, tomato and basil mayonnaise
<b>Ham and cheese</b>	<b>R24</b>	<b>R37</b>	<b>CRISPY BACON</b> Tortilla wrapp filled with loads of crispy bacon, cheddar cheese, sautéed mushrooms, sliced avo and basil mayonnaise
<b>Ham, cheese and tomato</b>	<b>R28</b>	<b>R39</b>	<b>CHICKEN AND FETA</b> Tortilla wrapp spread with sweet chilli sauce, filled with grilled chicken strips, avocado and feta cheese
<b>Chicken mayo</b>	<b>R30</b>	<b>R40</b>	<b>V HALLOUMI</b> Tortilla wrap with sweet chilli sauce, grilled halloumi, pepperdews, avocado and sliced fresh tomato
<b>Bacon and egg</b>	<b>R28</b>	<b>R35</b>	<b>SALMON</b> Smoked Salmon, cream cheese, avocado and tomato
<b>Bacon, egg and cheese</b>	<b>R35</b>	<b>R38</b>	
<b>Bacon, mozzarella, avo</b>	<b>R35</b>	<b>R42</b>	
<b>Tuna mayo</b>	<b>R32</b>	<b>R42</b>	
<b>Savoury mince</b>	<b>R41</b>	<b>R42</b>	
<b>Cajun chicken, avo and mozzarella</b>	<b>R35</b>	<b>R44</b>	



## salads pasta

<b>V GREEK</b> Green salad tossed with tomato, feta cheese, olives and greek dressing	<b>R45</b>	<b>V NAPOLETANA</b> Italian plum tomatoes cooked with fresh basil	<b>R45</b>
<b>V GREEN SALAD</b> Green salad tossed with rocket and topped with avocado	<b>R46</b>	<b>V ARRABIATA</b> Tomato, garlic and fresh chilli	<b>R47</b>
<b>CYPRIOI SALAD</b> Green salad tossed with halloumi, avocado, bacon, olives and nuts	<b>R59</b>	<b>AL CHICKEN</b> Strips of chicken breast tossed with mushrooms, baby marrows, prepared in napoletana sauce	<b>R58</b>
<b>TUNA SALAD</b> Green salad tossed with tuna chunks, onion, butter beans, boiled egg and capers with a sweet balsamic dressing	<b>R55</b>	<b>PASTA AL FORNO - LASAGNA BOLOGNESE</b> Baked in a clay oven cooked with bolognese topped with creamy Béchamel, laced with mozzarella cheese	<b>R65</b>
<b>CAJUN CHICKEN SALAD</b> Thinly sliced cajun chicken breasts served with lettuce, feta, tomatoes with our famous dressing	<b>R55</b>	<b>BOLOGNESE</b> Italian sauce with ground fillet, a traditional recipe from the Province of Bologna	<b>R55</b>
<b>WOODLANDS CHICKEN SALAD</b> Pan seared chicken strips with crushed tomatoes, avocado and parmesan shavings with a Thai dressing.	<b>R59</b>	<b>ALFREDO</b> Pan fried mushrooms, ham, and onions in a creamy sauce	<b>R50</b>
<b>SALMON SALAD</b> Smoked salmon, cottage cheese, onion and capers with seasonal greens	<b>R65</b>	<b>CHICKEN ALFREDO</b> Pan fried mushrooms, chicken, and onions in a creamy sauce	<b>R48</b>
<b>SALAD CONTADINO</b> Rocket leaves, roasted butternut, avocado (when in season) beetroot, cajun chicken, feta, pumpkin seeds topped with sweet balsamic and soy dressing.	<b>R59</b>		

## pizza

<b>V FOCACCIA PIZZA BREAD</b> Garlic and herbs Garlic and mozzarella cheese, fresh tomato, olives	<b>R21</b>
<b>V MARGHERITA</b> Tomato and mozzarella cheese	<b>R34</b>
<b>REGINA</b> Ham and mushroom	<b>R43</b>
<b>HAWAIIAN</b> Pineapple and ham	<b>R49</b>
<b>QUATTRO STAGIONI</b> Ham, mushrooms, olives, salami, green pepper	<b>R49</b>
<b>V VEGETARIAN</b> Asparagus, mushroom, onions, green peppers and olives	<b>R63</b>
<b>SPICY CHICKEN</b> Spicy marinated chicken	<b>R55</b>
<b>AL GRECO</b> Spicy chicken, feta cheese, olives and green pepper	<b>R55</b>
<b>MEXICANA</b> Ground fillet, green pepper, onions and chilli	<b>R66</b>
<b>WOODLANDS PIZZA</b> Salami, mushroom, onions, olives, ham and garlic	<b>R63</b>
<b>PIZZA ROMA</b> Chicken strips, pepperdews and sliced avo	<b>R62</b>
	<b>R69</b>

Ready made meals available in our deli section

We prepare take aways and deliver free to your office

ask for our take-away menu



We prepare delectable platters for any occasion

## dessert

<b>ICE-CREAM AND FRUIT SALAD</b>	<b>R30</b>
<b>MALVA PUDDING</b>	<b>R35</b>
<b>ICE-CREAM WITH BAR-ONE SAUCE</b>	<b>R32</b>
<b>WAFFLES WITH CHOCOLATE SAUCE &amp; ICE CREAM</b>	<b>R33</b>