



# AMERICAN INTERNATIONAL SCHOOL OF CAPE TOWN

**MENU**

## BREAKFASTS

- FRUIT CUPS** **VEGAN** 25  
a selection of fresh seasonal fruit
- AVO TOAST** **VEGAN** 36  
avo, lemon juice, slice of low gi toast
- CHEESY EGG WRAP** 42  
free range scrambled eggs, white cheddar

## SANDWICHES

- TOASTED CHEESE SANDWICH** 28  
white cheddar
- TOASTED CHEESE & TOMATO SANDWICH** 30  
white cheddar, tomato
- TOASTED CHICKEN MAYO SANDWICH** 40  
free range chicken, yoghurt mayo dressing (contains egg)
- TOASTED CHICKEN & SRIRACHA MAYO SANDWICH** 40  
free range chicken, sriracha mayo (contains egg)
- TOASTED BOLOGNAISE PITA** 45  
beef bolognaise, white cheddar.  
Served on a toasted pita.
- PULLED CHICKEN & CHEDDAR PITA** 50  
free range chicken, white cheddar.  
Served on a toasted pita.

## SALADS

- PRINCESS SALAD** 58  
free range chicken, avo, carrot, rosa tomatoes, feta, greens, yoghurt mayo dressing (contains egg)
- NEW TUNA PASTA SALAD** 58  
free range chicken, avo, carrot, rosa tomatoes, feta, greens, yoghurt mayo dressing (contains egg)

## FROZEN YOGHURT

- NATURAL** 25
- PINA COLADA** 35  
coconut shavings, fresh pineapple

## WRAPS

- BEEF BURRITO WRAP** 50  
bolognaise, white cheddar, salsa, rice
- CHICKEN & CHEESE FLAT WRAP** 50  
free range chicken, white cheddar, yoghurt mayo dressing (contains free range egg)
- BBQ CHICKEN FLAT WRAP** 52  
free range chicken, white cheddar, salsa, moroccan sauce
- AVO FALAFEL WRAP** 58  
chickpea falafel, avo, lettuce, red cabbage, cucumber, yoghurt mayo dressing (contains egg)
- LITTLE PRINCESS WRAP** 58  
free range chicken, avo, feta, rosa tomatoes, carrot, greens, yoghurt mayo dressing (contains egg)
- CAJUN CHICKEN QUESADILLA** 96  
cajun free range chicken, white cheddar, salsa, spring onion, coriander
- STEAK & AVO QUESADILLA** 118  
grilled steak, avo, white cheddar, salsa, spring onion, coriander
- NEW PRINCESS WRAP** 114  
free range chicken, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo (contains egg)
- NEW HOT HONEY CHICKEN WRAP** 119  
hot honey free range chicken, avo, roasted corn salsa, cabbage, greens, salsa, creamy feta dressing
- NEW PRINCE WRAP** 125  
grilled steak, avo, feta, rosa tomatoes, carrot, greens, celery & onion mayo (contains egg)

**MAKE IT YOUR OWN**

SWAP FREE RANGE CHICKEN FOR FALAFEL  
ADD FALAFEL

+R12



# AMERICAN INTERNATIONAL SCHOOL OF CAPE TOWN

**MENU**

## HOT MEALS

<b>PIZZA SLICE OF THE DAY</b>	<b>25</b>
<b>BBQ PULLED CHICKEN PIZZA SLICE</b>	<b>28</b>
<b>POTATO WEDGES</b> served with BBQ mayo (contains egg)	<b>28</b>
<b>PIZZA CARNE</b> bolognaise sauce, tomato sauce, white cheddar	<b>28</b>
<b>NEW BOEREWORS ROLL</b> boerewors, tomato sauce, mayo (contains egg)	<b>50</b>
<b>BEEF BURGER</b> beef patty (contains egg), tomato, lettuce, bun	<b>58</b>
<b>CHICKEN BURGER</b> chicken fillet, tomato, lettuce, bun	<b>58</b>
<b>TERIYAKI CHICKEN POKE BOWL</b> teriyaki free range chicken, rice, avo, pineapple, carrot, cucumber, sesame, crispy onions, miso dressing	<b>58</b>
<b>NEW TERIYAKI CHICKEN NOODLE BOWL</b> teriyaki free range chicken, cucumber, carrots, egg noodles, sesame, sriracha mayo (contains egg), crispy onions, miso dressing	<b>58</b>

## SMOOTHIES

	SMALL	MEDIUM	LARGE
<b>NEW GRANADILLA LOLLY</b> granadilla, pineapple, banana, frozen yoghurt, pressed apple juice	<b>30</b>	<b>35</b>	<b>40</b>
<b>VITAMIN SEE</b> <b>VEGAN</b> mango, pineapple, orange juice, 500mg vit C & zinc	<b>30</b>	<b>35</b>	<b>40</b>
<b>MINT STRAWBERRY STINGER</b> strawberries, mint, mango, frozen yoghurt, pressed apple juice	<b>30</b>	<b>35</b>	<b>40</b>
<b>COCO CHOC</b> cacao, frozen yoghurt, coconut milk, milk	<b>30</b>	<b>35</b>	<b>40</b>
<b>ALL THE GREENS</b> <b>VEGAN</b> mango, cucumber, pineapple, celery, baby spinach, pressed apple juice	<b>30</b>	<b>35</b>	<b>40</b>
<b>G-BREEZE</b> <b>VEGAN</b> mango, strawberry, pineapple, apple juice, 500mg vit C & zinc, dates	<b>30</b>	<b>35</b>	<b>40</b>

## RAW JUICES

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

# 15 DAY ROTATION MENU

ALL MEALS  
R66

	MEAL OPTION 1	MEAL OPTION 2 VEGETARIAN	SMOOTHIES
<b>MONDAY</b> DAY 1	<b>BUTTA CHICKEN</b> served with rice	<b>BUTTA CURRY</b> served with rice	<b>C-BREEZE</b> <b>COCO CHOC</b>
<b>TUESDAY</b> DAY 2	<b>NEW BEEF BURRITO</b> served with side salad	<b>AVO FALAFEL WRAP</b> served with side salad	<b>COCO CHOC</b> <b>ALL THE GREENS</b>
<b>WEDNESDAY</b> DAY 3	<b>NEW PIZZA</b> 3 slices	<b>NEW PIZZA</b> 3 slices	<b>VITAMIN SEE</b> <b>MINT STRAWBERRY</b> <b>STINGER</b>
<b>THURSDAY</b> DAY 4	<b>BEEF LASAGNE</b> served with side salad	<b>LENTIL LASAGNE</b> served with side salad	<b>NEW GRANADILLA</b> <b>LOLLY</b> <b>MINT STRAWBERRY</b> <b>STINGER</b>
<b>FRIDAY</b> DAY 5	<b>BEEF OR CHICKEN BURGER</b> served with potato wedges	<b>BLACK BEAN &amp; MUSHROOM BURGER</b> served with potato wedges	<b>NEW GRANADILLA</b> <b>LOLLY</b> <b>COCO CHOC</b>
<b>MONDAY</b> DAY 6	<b>PASTA BOLOGNAISE</b> served with side salad	<b>LENTIL BOLOGNAISE</b> served with side salad	<b>NEW GRANADILLA</b> <b>LOLLY</b> <b>COCO CHOC</b>
<b>TUESDAY</b> DAY 7	<b>BBQ CHICKEN STRIPS</b> served with potato wedges	<b>VEGETARIAN NUGGETS</b> served with potato wedges	<b>NEW GRANADILLA</b> <b>LOLLY</b> <b>MINT STRAWBERRY</b> <b>STINGER</b>
<b>WEDNESDAY</b> DAY 8	<b>BEEF &amp; SALSA NACHO BAKE</b> served with sour cream & cucumber	<b>BLACK BEAN &amp; SALSA NACHO BAKE</b> served with sour cream & cucumber	<b>VITAMIN SEE</b> <b>MINT STRAWBERRY</b> <b>STINGER</b>
<b>THURSDAY</b> DAY 9	<b>NAPOLITANA CHICKEN PASTA</b> served with side salad	<b>NAPOLITANA PASTA</b> served with side salad	<b>COCO CHOC</b> <b>ALL THE GREENS</b>
<b>FRIDAY</b> DAY 10	<b>NEW BOEREWORS ROLL</b> served with potato wedges	<b>NEW VEGETARIAN SAUSAGE ROLL</b> served with potato wedges	<b>C-BREEZE</b> <b>COCO CHOC</b>

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LET'S LIVE