



all day favourites

STEAK ROLL

150g Steak served with fried onion and chips

STEAK PREGO ROLL

Marinated 150g sirloin steak in our secret prego sauce, served with chips (optional egg R4)

GRILLED STEAK FLAT BREAD

Basil mayo, sliced grilled sirloin, roast cherry tomatoes, cheddar cheese, grilled onions & rocket

POLLO GRECO FLAT BREAD

Chilli mayonnaise, grilled chicken breast, red onion, sliced tomato, feta cheese, rocket & cherry tomatoes

V HALLOUMI FLAT BREAD

Lettuce, grilled halloumi, grilled brinjals, grilled peppers, parmesan shavings & sweet chilli

CHICKEN PREGO ROLL

Marinated chicken breast in our secret prego sauce, served with chips

CHICKEN SCHWARMA

Pita bread filled with cabbage, humus, chicken strips, grilled aubergines and tzaziki served with chips

HALLOUMI AVO CHICKEN BURGER

Tenderised chicken breast, halloumi cheese and avo served on a fresh toasted bun

BEEF BURGER

Pure beef patty cradled on a bed of lettuce, tomato and onions served on a fresh toasted bun with chips

CHEESE AND BACON BURGER

Pure beef patty topped with cheese and crispy bacon, sat on a fresh toasted bun with lettuce, tomato, onions and our secret sauce

CHEESE AND CHILLI BURGER

Pure beef patty topped with feta cheese and jalapeño chilli, sat on a fresh toasted bun with lettuce, tomato, onions and our secret sauce

CHICKEN BURGER

Tenderised chicken breast, served on a fresh toasted bun with chips

V SOUP OF THE DAY

Ask your waiter for details

TRINCHADA

Strips of chicken pan-fried with garlic, onions, cream and prego sauce served with a Portuguese roll

RUMP PEPPERDEW

300g Rump steak filled with mozzarella cheese, feta cheese, pepperdews, mushrooms, grilled to your liking

RUMP (200G)

CURRY OF THE DAY

Spicy and Nice! Served with rice, poppadums and sambals

V HALLOUMI CHEESE

Goats milk cheese, deep fried, served with sweet chilli sauce and fresh lemon

CHICKEN LIVERS

Chicken livers with onion sautéed in white wine, prepared with or without peri-peri

BBQ CHICKEN WINGS

Chargrilled in our spicy BBQ sauce

½ TRADITIONAL PORTUGUESE CHICKEN

Half grilled chicken marinated in our own secret portuguese marinade

CHICKEN BREASTS

Grilled, with a touch of olive oil, also available with lemon and herb or peri-peri sauce

CHICKEN SCHNITZEL

Crumbed and lightly pan-fried

GRILLED CALAMARI

HALF PORTION

Grilled Patagonian calamari tubes

FULL PORTION

HAKE

Grilled in our famous lemon butter sauce

spudds

V Cheddar melt

V Spinach & feta

Mince & cheese sauce



beverages

Cold Beverages

Fresh fruit juices
Soda Cans
Appetizer, Grapetizer
Still/Sparkling water 500ml
Cordials
Iced Tea
Lemon / Peach
Milkshakes
Vanilla, Strawberry, Chocolate, Lime
Bubblegum, Banana
Red Bull

Hot Beverages

Filter Coffee
Cappuccino
Decaffeinated Cappuccino
Espresso
Double Espresso
Macciato
Caffe Latte
Decaffeinated Coffee
Caffe Mocha
Espresso with chocolate
Milo, Horlicks, Hot Chocolate
Tea (Five Roses, Rooibos)
Herbal Infusion
Camomile, Lemon, Blissfull Berry,
Green Tea

Exotic Beverages

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

Smoothies

Iced Smoothies
Cappuccino, Spiced Chai

Real Fruit Smoothies
Dairy Free Sorbets
Mango, Strawberry

beers

Imported Beer

PERONI
WINDHOEK LAGER/LIGHT
HEINEKEN

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@woodlandscafe.co.za

wines

House Wine

Glass 250ml

DRY WHITE / **Douglas Green Chenin Blanc/Sauvignon Blanc**

Glass Bottle

SEMI SWEET / **Legacy Johannesburger**

Glass Bottle

RED / **Douglas Green Cinsaut / Pinotage**

Glass Bottle

ROSÉ / **Douglas Green Pinotage Rosé**

Glass Bottle

White Blends

BELLINGHAM SAUVIGNON BLANC CHARDONNAY

Lively lime and green pineapple bouquet layered with forthcoming ripe citrus, melon and pear drop aroma

GRAÇA

Chardonnay

DURBANVILLE HILLS

Fresh peach and citrus aromas finely balanced by creamy vanilla flavours. Subtly-wooded, full-bodied and fruity

Semi-Sweet

LEGACY JOHANNESBURGER

Enduringly popular, full-bodied lush semi-sweet blended white wine

Sauvignon Blanc

DOUGLAS GREEN

This wine has an enticing nose of vanilla spice that can't quite hide tropical fruit aromas

SPIER

Pale green in colour and tropical aromas following through on the full-bodied, well balanced and lingering palate

Rosé

GRAÇA ROSE

A delicate grapey taste with a lingering finish

Sparkling Wine

J.C. LE ROUX

The first sparkling wine to offer both natural lightness and delicious full taste

Cabernet Sauvignon

TALL HORSE

Dark red colour with sweet black fruit flavours

Merlot

TALL HORSE

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

ONE EGG BREAKFAST

One egg, 2 rashers of bacon, tomato and toast

ANCHOVY TOAST

Two slices of toast with anchovy spread, cucumber and tomato slices

ENGLISH BREAKFAST

Two eggs, 3 rashers of bacon, tomato, mushrooms and toast

GERMAN BREAKFAST

Two eggs, frankfurter, 3 rashers of bacon, tomato and two slices of toast

V VEGETARIAN BREAKFAST

Scrambled eggs, tomato, toast, pesto, feta and halloumi

BREAKFAST CROISSANT

Served with scrambled egg and bacon

CYPRIT BREAKFAST

Tomato, 3 rashers of bacon, halloumi and two eggs and toast

french toast

two slices of toast

CINNAMON FRENCH TOAST

BACON FRENCH TOAST

scrambled eggs

not served with bacon

PLAIN SCRAMBLED EGGS

SCRAMBLED EGGS & SALMON

SCRAMBLED EGGS & TOMATO

V SCRAMBLED EGGS & MUSHROOM

omelette

served with bacon and two slices of toast

ONE FILLING OMELETTE

SELECTION OF FILLINGS

Cheese, Bacon, Ham, Tomato, Mushrooms, Onions, Salami, Spinach or Feta.

TWO FILLING OMELETTE

THREE FILLING OMELETTE

for the healthy

HEALTH TREAT

Assorted Fresh Fruit Slices, Crunchy Muesli, Low Fat Yogurt and Honey



sandwiches wrapps

SANDWICH FILLINGS White Tramezzini Brown

CAJUN CHICKEN

Tortilla wrapp filled with cajun chicken, cheese, tomato and basil mayonnaise

V Cheese and tomato

CRISPY BACON

Tortilla wrapp filled with loads of crispy bacon, cheddar cheese, sautéed mushrooms, sliced avo and basil mayonnaise

Ham and cheese

CHICKEN AND FETA

Tortilla wrapp spread with sweet chilli sauce, filled with grilled chicken strips, avocado and feta cheese

Ham, cheese and tomato

Chicken mayo

Bacon and egg

Bacon, egg and cheese

Bacon, mozzarella, avo

Tuna mayo

Savoury mince

Cajun chicken, avo and mozzarella

V HALLOUMI

Tortilla wrap with sweet chilli sauce, grilled halloumi, pepperdews, avocado and sliced fresh tomato

SALMON

Smoked Salmon, cream cheese, avocado and tomato



salads

pasta

V GREEK

Green salad tossed with tomato, feta cheese, olives and greek dressing

V NAPOLETANA

Italian plum tomatoes cooked with fresh basil

V GREEN SALAD

Green salad tossed with rocket and topped with avocado

V ARRABIATA

Tomato, garlic and fresh chilli

CYPRIT SALAD

Green salad tossed with halloumi, avocado, bacon, olives and nuts

AL CHICKEN

Strips of chicken breast tossed with mushrooms, baby marrows, prepared in napoletana sauce

TUNA SALAD

Green salad tossed with tuna chunks, onion, butter beans, boiled egg and capers with a sweet balsamic dressing

PASTA AL FORNO - LASAGNA BOLOGNESE

Baked in a clay oven cooked with bolognese topped with creamy Béchamel, laced with mozzarella cheese

CAJUN CHICKEN SALAD

Thinly sliced cajun chicken breasts served with lettuce, feta, tomatoes with our famous dressing

BOLOGNESE

Italian sauce with ground fillet, a traditional recipe from the Province of Bologna

WOODLANDS CHICKEN SALAD

Pan seared chicken strips with crushed tomatoes, avocado and parmesan shavings with a Thai dressing.

ALFREDO

Pan fried mushrooms, ham, and onions in a creamy sauce

SALMON SALAD

Smoked salmon, cottage cheese, onion and capers with seasonal greens

CHICKEN ALFREDO

Pan fried mushrooms, chicken, and onions in a creamy sauce

SALAD CONTADINO

Rocket leaves, roasted butternut, avocado (when in season) beetroot, cajun chicken, feta, pumpkin seeds topped with sweet balsamic and soy dressing.



pizza

V FOCACCIA PIZZA BREAD

Garlic and herbs
Garlic and mozzarella cheese, fresh tomato, olives

V MARGHERITA

Tomato and mozzarella cheese

REGINA

Ham and mushroom

HAWAIIAN

Pineapple and ham

QUATTRO STAGIONI

Ham, mushrooms, olives, salami, green pepper

V VEGETARIAN

Asparagus, mushroom, onions, green peppers and olives

SPICY CHICKEN

Spicy marinated chicken

AL GRECO

Spicy chicken, feta cheese, olives and green pepper

MEXICANA

Ground fillet, green pepper, onions and chilli

WOODLANDS PIZZA

Salami, mushroom, onions, olives, ham and garlic

PIZZA ROMA

Chicken strips, pepperdews and sliced avo

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

ICE-CREAM AND FRUIT SALAD

MALVA PUDDING

ICE-CREAM WITH BAR-ONE SAUCE

WAFFLES WITH CHOCOLATE SAUCE & ICE CREAM