

teas

a proper pot of loose leaf tea by "the brew tea co."

english breakfast / earl grey/decaf english breakfast 2.75
berry punch /green/ lemon and ginger / moroccan mint 2.75

bag tea's: rooibos / camomile /assam 2.75
red-bush cappuccino / latte 3.25
hot water & slice of lemon 0.95

coffees

americano / cappuccino / latte 2.75
extra shot of coffee 0.45
flatwhite 3.20
espresso 2.15 / double 2.40
macchiato 2.20/double 2.60
cortado 2.25
mocha 3.05
baby chino 0.95
pot of filter coffee 2.60
chai latte 3.60
syrops vanilla/caramel/hazelnut 0.35
milk soya/ almond / cream 0.35

chocolate

cadburys 3.05
luxury hot chocolate melt: white/ milk/ dark 3.85
add whipped cream 0.35

smoothies 3.95

berry energiser / tropical /coconut & strawberry
beetroot & raspberry / mighty green / veg & ginger twist

shakes 4.50

chocolate / vanilla / strawberry / banoffee / peanut butter
all served with cream and toppings

cold drinks

still and sparkling water small 1.95 / large 3.95
freshly squeezed orange juice 3.50
organic cloudy apple 2.95
big tom tomato spicy tomato juice 2.95
cranberry / tropical 2.25
coke/ diet coke / 7 up 2.50
fanta grape / cream soda 3.25
tonic / soda water 1.85
add lime cordial 0.35
sanpellegrino lemon / orange 2.75
fentimans botanically brewed
ginger beer 3.50 / wild english elderflower 3.50

please see winelist for all beers, booze and bubbles

opening hours
monday-saturday 8am- 5pm
sundays 9.30am-4pm

evening dining
friday & saturday evenings from 6.45pm
booking is advisable

open first thursdays of the month
for a fun evening event
(Feb to Nov)

please ask
us about
our evening
menu



catering & events

WEDDINGS
CORPORATE EVENTS
PRIVATE PARTIES

follow us
@thecapebeaconsfield



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www.thecapeonline.com
info@thecapeonline.com

BEAconsFIELD
THE
CAPE
EST 2001

pastries

croissant 2.95
with preserves and butter
almond croissant 3.25
pain aux raisin 2.95
pain aux chocolat 2.95

LOCAL
IS
LEKKER

early bird

Our eggs are local and free range

cape kitchen granola 5.95
with yoghurt, berry compote & drizzled with honey
bowl of porridge 5.25
organic creamy oats with a choice of toasted almonds,
berry compote, honey or banana
toast 2.95
two slices of toast of your choice served with butter & jam,
gluten free bread 75p extra
fruit scone 2.95
freshly baked with butter & jam
cape kitchen bran & berry muffin 3.95
(served warm)

breakfast (mon - sat till 12.00am / sun till 3.00pm)

eggs on buttered toast 4.95
two poached, fried or scrambled with choice of toast
the cape town 7.95
two poached or scrambled eggs served on toasted
cape seed bread with one rasher of grilled bacon,
grilled baby tomatoes and rocket
the greyton 4.25
two slices of cape seed bread with sliced avocado
the royale
toasted english muffin two soft poached eggs, topped
with home-made hollandaise sauce
smoked salmon 9.50
bacon or ham or spinach 8.75
the mandela 8.95
two soft poached eggs served on a potato rosti with
seared baby tomatoes, chorizo & a rasher of bacon
the elgin 9.50
potato rosti, sliced avocado, rocket, smoked salmon &
poached egg
the farmers breakfast 10.95
two fried eggs,boerewors, two rashers of grilled bacon,
fried banana, mushrooms, tomato & toast
the v 8.50
cape kitchen potato rosti, spinach, mushrooms, avocado,
tomato & baked beans (v)
french toast 6.95
with a homemade berry compote, greek yoghurt & honey

cape breads

sourdough / homemade cape seed bread
thick cut white / thick cut brown
available to order, allow 48hours

all day breakfast

the big five 8.95
two fried or scrambled eggs, two rashers of unsmoked bacon,
cumberland sausage, mushrooms, baby tomatoes & toast
three egg omelette 7.25
ham & cheese or spinach, cheese & mushroom
bacon sandwich 4.95
three slices of grilled bacon between two slices of farmhouse
granary or white bread
sausage sandwich 5.50
three grilled cumberland sausages between two slices of farmhouse
granary or white bread

cape kitchen collection

These are our signature dishes which are seasonal and fresh.
Everyday we love to design a deli which is healthy, fun and creative.
Make your own plate to suit your taste
10.95

Also available as a takeaway option
not available on sundays or bank holidays

salads

house salad 10.95
mixed leaves, avocado, feta, red onion, chargrilled
vegetables, olives & toasted pumpkin seeds with our house dressing
caesar 10.95
cos lettuce, warm chargrilled chicken breast, hard-boiled
egg, homemade croutons, parmesan shavings & caesar dressing
goats 10.95
mix leaf salad with char-grilled mediterranean vegetables
topped with warm goats cheese and our house dressing
malay 10.95
tempura king prawns, avocado, spring onions, mixed leaf salad, mango
corn and coriander salsa with a mild chilli dressing
south easter 10.95
warm teriyaki chicken breast with noodles,
shredded carrot,ginger, coriander & toasted sesame seeds

cape boards served from 11.30 to 15.00

beef burger 11.95
home-made 8 oz aberdeen angus beef burger on a brioche bun
with mayo & chips - add bacon or cheese for 1.50
skinny burger 10.95
no bun, large mixed salad with feta, onion, olives, pumpkin seeds & avo
add bacon or cheese for 1.50
boerewors burger 11.95
two char-grilled mini boerewors rings served on brioche bun with
homemade chakalaka, mayo & chips
sirloin 8 oz steak 14.95
served with chips and large mixed salad with feta, avo, onion, olives &
pumpkin seeds
sirloin 4 oz steak prego 11.50
sirloin steak strips served on a prego roll with mayo,
red onion chutney, rocket, tomato relish and chips

cape big bites

toasted sandwiches
sourdough/brown/white served with a small mix leaf salad

mushroom, spinach, red onion & melted mozzarella (v) 7.25
cheese & red onion 6.95
cheese & tomato 6.95
buffalo mozzarella, tomato & basil 7.25
cheese & ham 7.25
tuna melt 7.75
chicken mayo, red onion, bacon & cheese 7.75
cape kitchen club 8.75
chicken, tomato, bacon, egg, mayo and mixed leaves
add chips 2.50

sandwiches and wraps

open sandwiches

chargrilled chicken breast 8.50
with avocado, tomato, coriander & lime dressing.
prawn marie rose 8.50
with iceberg, avocado & coriander salad , ground black pepper
scottish smoked salmon 8.50
with avocado,cucumber, mint & dill creme fraiche
chicken ceasar 8.50
chicken breast, bacon, avocado, caesar dressing & parmesan

closed sandwiches

cape malay chicken and banana chutney 6.95
tuna mayo with spring onion 6.95
free range egg mayo & rocket 6.95
bacon lettuc & tomato 6.95

roosterbrood south african fire cooked bread roll

cumberland sausage 6.95
caramalised onion, cheese and wholegrain mustard mayo
smoked salmon 7.25
dill creme fraiche, avocado and rocket

extras

mushroom / tomato / baked beans/ 1 egg 1.00
bacon / sausage /spinach / avocado 1.50
cape kitchen rosti / boerewors 2.25
smoked salmon 3.50
chips 2.50

cake selection

cape kitchen cakes and sweet treats on display, cake slice 4.50

wheat free

homemade seed bread / crisp bread
quiche/ deli salads/ wheat free cake

Please note: no substitutes, changes will be charged accordingly

our food is prepared in a kitchen that uses nuts

please inform a staff member if you have any allergies or intolerances