

# the carlton café menu

☎ 012 460 7996 ✉ deli@carltoncafe.co.za 🐦 @carltoncafe 🍷 carltoncafedelicious 📍 we trade on mondays 07:30-16:00, tuesdays to fridays 07:30-17:00, saturdays 07:30-14:00

first things available 07:30-12:00

★ **ANCHOVY TOAST\* 45.00**  
two slices of grissone with butter and anchovies, mashed with fresh lemon and rosemary, on the side

**GRANOLA, FRUIT AND YOGHURT 63.00**  
our own granola made with dried fruit and nuts, served with a fresh, seasonal fruit salad and vanilla-bean infused yoghurt

**OMELETTE: TOMATO, SPINACH AND FETA 45.00**  
a three-egg omelette filled with tomatoes, spinach and feta cheese

**OMELETTE: BACON, MUSHROOM AND CHEDDAR 55.00**  
a three-egg omelette filled with bacon, fried mushrooms and cheddar cheese

**MENLO BREAKFAST 75.50**  
two poached eggs, steamed tenderstem broccoli, wilted spinach and sautéed mushrooms served with a spicy cashew nut and yoghurt dressing flavoured with dried coriander, cumin and cinnamon  
**ADD fried pancetta +30.00**

© **PUTU PAP AND BILTONG 85.00**  
house speciality for more than a decade: putu pap topped with mascarpone and chef's own fried beef biltong

© **SAVOURY FRENCH TOAST 90.00**  
french toast filled with mozzarella and cheddar cheese, dipped in a herbed egg custard and pan fried; served with two of chef's own maple-sage pork sausages and sautéed leeks

**BREAKFAST WRAP 90.00**  
a tortilla wrap filled with brekkie standards: scrambled eggs, bacon, cheddar, mushrooms and spinach, served with fried tomatoes on the side

**EGGS BENEDICT\*** with either pancetta **90.00** or salmon trout **100.00**  
chef's own buttermilk biscuit topped with either fried pancetta or smoked salmon trout, finished with two poached eggs and hollandaise sauce

d.i.y. breakfast options available 07:30-12:00

**D.I.Y. ENSEMBLES**  
compose your own breakfast or brunch from the list of options below

+ **BASICS**  
one croissant (served with butter) **+18.50**  
one slice of rye / low GI bread (served with butter) **+7.50**  
a 65g slice of our gluten free banting bread **+18.00**  
jam / preserve of the day / sweet chilli sauce **+6.50**

+ **NICE TO HAVE**  
grated cheddar cheese / mozzarella **+15.00**  
crispy fried bacon / two maple-sage pork sausages **+30.00**  
smoked rainbow trout **+65.00**

+ **SCRAMBLED EGGS**  
creamy scrambled eggs **+15.00**  
indian-style scrambled eggs with onion, spices, tomato and chillies **+30.00**

a cuppa and a scone

© **TEA / COFFEE + SCONE 45.00**  
a cup of dilmah tea (see HOT DRINKS), or a cup of filter coffee, served with a handmade scone, granadilla cream, strawberry jam and grated cheddar cheese [have a standard cappuccino or red cappuccino instead **+3.50**]

sarmies etc.

© **CARLTON TOASTED CHEESE AND ONION\* 75.00**  
a toasted grissone with balsamic caramelised onions and grilled haloumi cheese; served with tomato jam

★ **CARLTON SPICY CHICKEN MAYO\* 80.00**  
a toasted grissone with pan-fried turmeric-chilli marinated chicken strips, lemon and garlic mayonnaise, sweet chilli sauce and gherkins

**PULLED PORK OPEN SARMIE\* 90.00**  
pulled, slow-roasted pork belly topped with a spicy malagueta sauce and served on a slice of toasted ciabatta with a side serving of coleslaw made with apples, dried cranberries and toasted pumpkin seeds

**CARLTON SHORT RIB SARMIE\* 90.00**  
a toasted grissone with shredded beef short rib, slow-roasted in duck fat and moroccan spices, topped with preserved lemon, fried haloumi and chef's carrot chutney

**CAPE MALAY CHICKEN BURGER\* 90.00**  
flame-grilled butterflied chicken breast marinated in buttermilk, cape malay spices and caramelised onions served with chiffonade spinach and pineapple chutney on our handmade tahini buns with shoestring potato chips

© **BEEF BBQ BURGER\* 95.00**  
a handmade 100% pure beef patty topped with gouda and mozzarella cheese, crispy pancetta and caramelised red onions on a handmade tahini bun; served with shoestring potato chips and our own smokey tomato-barbecue sauce on the side

on the lighter side

© **MARMITE® TART 48.00**  
true menlo park nostalgia: a serving of old fashioned marmite® tart topped with a soft poached egg, caramelised onions and a parmesan crisp  
**ADD: chef's own beef biltong +25.00**

**CREAMY TOMATO PASTA 75.00**  
pasta shells tossed in a creamy sauce with garlic, sundried and roast cherry tomatoes, topped with a fresh tomato salad and champagne vinegar dressing

**THREE-CHEESE TART 80.00**  
a handmade three-cheese tart topped with a green bean salad and a date and orange dressing

**PERSIAN CHICKEN SALAD 98.00**  
pan-fried free range chicken breast fillets served on rocket and salad greens with a salsa of artichokes, olives, piquanté peppers and pecan nuts; topped with parsley, mint, cream cheese and a lemon-yoghurt dressing

★ indicates popular menu items that we have been serving since we first opened in 2002

© indicates popular items that our regular patrons keep asking for

★ an asterisk indicates that a gluten free, banting friendly bread is available with the dish at an additional R18 per 65g slice; we make ours with psyllium husks, almond flour, mixed seeds and egg

**alcohol:** we are licenced to sell alcoholic drinks from 10:00 - please refer to our wine list; we charge a corkage fee of R25 per bottle if you choose to BYO wine

**allergens:** please note that we use egg, dairy, wheat and nut products in our kitchen

**compliments & complaints:** we will gladly listen to feedback and queries; please address them to the manager on duty

carlton comforts

**CARAMELISED ONION AND ANCHOVY SPAGHETTI 75.00**  
spaghetti tossed with caramelised onions, anchovies and parmesan cheese with a hint of garlic

**EAT YOUR PLATE 85.00**  
a crisped tortilla plate with truffle-infused hummus, a poached egg yolk, aubergine marinated in green tahini sauce and a chopped salad made with cucumber, tomato and spring onion and a yoghurt and mint dressing

© **FISH AND CHIPS 75.00**  
white fish goujons deep-fried in our signature batter, served with shoestring potato chips and our own mayonnaise and smokey tomato-barbecue sauce

© **CONNY'S SOUTHERN FRIED CHICKEN 90.00**  
deep fried chicken breast strips rolled in chef conny's mix of herbs and spices; served with baby potato and mint pesto salad and a feta, yoghurt and mustard dipping sauce on the side

**SALMON FISHCAKE 110.00**  
a crumbed handmade norwegian smoked salmon and rainbow trout fishcake and a smoked snoek spring roll, served with our own ginger and sesame mayonnaise with your choice of either a side salad or shoestring potato fries

sweet things

© **CHOCOLATE BROWNIE 35.00**  
carlton's signature dark chocolate brownie [contains nuts] served with a scoop of our own chocolate ice-cream and a berry coulis

© **WHITE CHOCOLATE BLONDIE 35.00**  
carlton's signature white chocolate and macadamia nut blondie served with our own vanilla-bean ice-cream

**BAKED MILK TART 30.00**  
carlton's version of the south african classic

**A SLICE OF CHEESECAKE 40.00**  
cheesecake is one of our specialities:  
**FRIDGE CHEESECAKE:** gelatine-free, made with organic cream cheese and lemon zest in a butter and oats crust; served with berry coulis  
**BAKED NEW YORK CHEESECAKE:** a classic baked cheesecake with a brownie crust  
**OREO® BAKED CHEESECAKE:** crushed biscuits in a baked cheesecake with a caramel topping

**OTHER BAKES**  
please ask your waiter what is available

**delicious:** our delicatessen service moved to a new venue next door to the café. visit **Delicious The Food Shop** to order delicatessen fare and for take-aways, speciality ingredients and gifts

**payment:** we accept most major credit and debit cards; unfortunately we do not accept payment by cheque

**reservations:** table bookings are recommended; please respect the fact that we are unable to easily accommodate tables with more than eight patrons

**smoking:** this is entirely a no-smoking establishment

**variations:** we are unable to prepare variations on menu items; half portions are charged at 75% of menu prices

**wi-fi:** a free wi-fi connection is available to our patrons; please ask for the latest password

coffee • we use *Bean There* fair trade coffee

**COFFEE** filter / decaf / americano **16.50** • refill **9.00** • mug **20.00**

**CAPPUCCINO** classic / cream / decaf / skinny **20.00** • mug **28.50**

**ESPRESSO** single **15.50** • double **21.50**

**CAFFÈ LATTE 21.00**

**VANILLA COFFEE 25.00**  
espresso topped with vanilla froth

© **SWEET MASALA COFFEE 27.50**  
a sweet coffee, infused with cardamom, ginger and cinnamon, with milk froth

© **TAAI KOFFIE 27.50**  
coffee on a layer of condensed milk served in a glass

★ **RACHEL'S COFFEE 28.00**  
espresso laced with dark chocolate and frothed milk

tea

**DILMAH TEA 16.50**  
english breakfast / earl grey / rooibos / peppermint / vanilla / camomile / lemon-and-lime

**RED CAPPUCCINO 20.00** • mug **28.50**  
rooibos cappuccino topped with a drizzle of honey

**ROOIBOS CHAI LATTE 25.00**  
rooibos tea infused with our own mixture of spices, served in steamed milk

the house speciality

★ **CHILLI HOT CHOCOLATE** small **30.00** • large **48.50**  
a rich drink made with bitter chocolate and finished with a sprinkling of chilli

chillers etc.

★ **ROSEMARY LEMONADE CHILLER 25.00**  
chef's rosemary infused syrup and lemon juice topped with sparkling water

★ **GINGER-ALE CHILLER 25.00**  
chef's ginger syrup with a hint of chilli topped up with sparkling water

**ICED COFFEE 30.00**  
espresso blended with ice cubes, full cream milk and condensed milk

**GRANADILLA LEMONADE 30.00**  
granadilla pulp and orange juice topped up with sparkling water

**BERRY SMOOTHIE 39.50**  
mixed berries pulped with honey and cranberry juice, blended with yoghurt

★ **ROCK SHANDY 35.00**  
thirst quencher on the rocks: lemonade, soda water and a dash of fresh lemon juice finished with aromatic bitters

**STEINFURT PURE GRAPE JUICE 340ml 20.00**  
pure pressed red grape juice without sugar or preservatives

**FRUIT JUICE 24.50**  
orange / mango / strawberry

**PRESSED VEGGIE JUICE 250ml 30.00**  
orange, carrot, ginger & lemon / beetroot, carrot, apple, mint & lemon / pineapple, coconut water & lime / apple, cucumber, spinach, kale & celery

**BOS FLAVOURED ICE TEA 18.00**  
apple / berry / lemon / lime & ginger / peach

**MINERAL WATER, MIXERS & SODAS**  
sparkling / still water 500ml **14.00** sparkling water 1000ml **24.00**  
appletiser / red grapetiser 275ml **18.00**  
coke / coke light / coke zero / sprite / sprite zero 340ml **16.50**