

# REFRESHMENTS

## WARM YOU UP

Americano	R 38.00
Decaf Americano	R 42.00
Cappuccino	R 40.00
Decaf Cappuccino	R 44.00
Skinny Cappuccino	R 40.00
Espresso (single)	R 26.00
Espresso (double)	R 35.00
Macchiato (single)	R 34.00
Macchiato (double)	R 39.00
Flat White	R 42.00
Cortado	R 40.00
Coffee con Panna	R 42.00
Decaf con Panna	R 45.00
Red Cappuccino	R 40.00
Latte	R 40.00
Decaf Latte	R 44.00
Chai Latte	R 44.00
Dirty Chai Latte (shot of coffee)	R 46.00
Matcha Latte	R 50.00
Café Mocha (chocochino)	R 48.00
White Hot Chocolate	R 45.00
Dark Hot Chocolate	R 45.00
Affogato	R 40.00
Babychino	R 10.00

<b>EXTRA SYRUPS:</b>	R 12.00
Hazelnut, Vanilla, Gingerbread & Caramel	
Dairy free alternative	R 12.00
Extra Coffee Shot	R 15.00
Grande Size - extra	R 10.00

## TEAS

Ceylon Tea (Five Roses)	R 30.00
Rooibos	R 30.00
Chamomile   Green Tea	R 30.00
Green Tea & Mint   Earl Grey	R 30.00

## COOL YOU DOWN

Iced Latte	R 40.00
Iced Mocha	R 50.00
Iced Matcha Latte	R 50.00
Iced Strawberry Matcha Latte	R 55.00
Freezochino	R 60.00
Frosted Chai Latte	R 52.00
Frosted White Hot Chocolate	R 52.00
Frosted Dark Hot Chocolate	R 52.00

## SOMETHING SMOOTH

Caramel Peanut Butter	R 75.00
Banana Peanut Butter Bomb	R 75.00
Berry Smoothie	R 75.00

## MILKSHAKES

Strawberry Milkshake	R 60.00
Coffee Milkshake	R 60.00
Vanilla Milkshake	R 60.00
Chocolate Milkshake	R 60.00
Banana Milkshake	R 60.00
Bubblegum Milkshake	R 60.00
Choc Chip Milkshake	R 70.00
Brownie Milkshake	R 70.00

## CRUSHERS

Mint   Berry   Lemon	R 40.00
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## BOBA

Boba Iced Tea	R 60.00
assorted flavours	
Boba Spritzer	R 60.00
assorted flavours	

## THIRST QUENCHERS

Still Water	R 20.00
Sparkling Water	R 22.00
Sodas	R 30.00

*Indulge a little...*

We bake a variety of confectionery fresh daily, so take a look at our counter to see what delicious treats are available.

Because we bake from scratch, we control every step of the process to create superior quality, uniquely delicious baked goods — made with care, love, and attention to every detail. Because everything tastes better that way.

🌱 Vegetarian with dairy & egg

*A little note:*

Sit-down menu prices include the use of crockery, cutlery, dishes and table service, which is why pricing may differ from our takeaway menu. Prices valid from 1st April 2026. This price list supersedes any previous price lists or menus and prices are subject to change without notice. Some menu items may contain nuts or nut traces. Products may vary from store to store and items are subject to availability. When placing an order, please confirm which store you will collect from. Please note that images of menus may remain online indefinitely. This printed menu and its pricing take precedence over any menus, images, or pricing found online or elsewhere.



gbco.co.za



# SIT DOWN MENU



Chicken Wrap

SERVING SUGGESTION

# RISE AND DINE

**THE POWER STARTER** R 110.00  
Two eggs, grilled mushrooms, sautéed spinach, sliced fresh tomato, avo & toast.

**GO BIG OR GO HOME** R 135.00  
Two eggs, bacon, Italian griller, avo, grilled or fresh tomato & toast.

**BAGEL ME UP** R 95.00  
Freshly baked bagel, topped with scrambled eggs & baby spinach, grated cheddar cheese, crispy bacon and served with a side of zesty tomato salsa.

**BENNY & THE EGGS** R 105.00  
Lightly toasted roll topped with your choice of ham or bacon, two poached eggs and a rich and creamy hollandaise sauce.

**THE OG OF OMELETTES** R 79.00  
Three egg omelette with grated cheddar cheese, served with chips and toast (fillings of your choice extra).

**FRENCH TOASTED PERFECTION** R 95.00  
Soft and warm egg bread topped with a choice of

- Bacon, banana and maple syrup
- Strawberries, mozzarella, blueberry sauce and maple syrup.

**TOAST WITH THE MOST** R 79.00  
Choice of brown, white or health bread toast, topped with grated cheddar cheese, savoury mince & two fried or poached eggs.

**MORNING HUG IN A BOWL** R 59.00  
Slow-cooked oats topped with

- Peanut butter & banana drizzled with honey
- Greek yoghurt & honey served with strawberry sauce

**THE NATURE'S BOUNTY BOWL** R 68.00  
Plain Greek yoghurt, crunchy muesli, fresh seasonal fruits & honey.



Benny & The Eggs

SERVING SUGGESTION

# SMALL PLATES, BIG FLAVOUR

**IT'S A WRAP**  
Served with chips or a side salad.

**VEG** R 98.00  
Grilled halloumi, lettuce, sautéed veggies, sweet chilli and mayo.

**CHICKEN** R 98.00  
Grilled chicken strips, lettuce, tomato, feta, peppadews, mayo and sweet chilli.

**BEEF** R 110.00  
Grilled beef strips, lettuce, sautéed seasonal veggies and mayo.

**CRISPY, TOASTY TRAMEZZINI**  
Choice of Cheddar or Mozzarella.  
Served with chips or a side salad.

**Cheese and tomato** R 90.00  
**Ham and cheese** R 98.00  
**Ham, cheese and tomato** R 98.00  
**Chicken mayo** R 98.00  
**Bacon and cheese** R 102.00  
**Bacon, cheese and egg** R 110.00  
**Bacon and avo** R 110.00

Tramezzini is served standard with Mozzarella cheese. Fresh avo subject to availability.

**THE HEARTY MUNCH**  
Freshly made sandwiches served with chips or a side salad.  
Choice of brown, white, health, rye, panini or sourdough bread. Option to be toasted.  
Bread can be exchanged with a filled croissant. R 22.00

**Scrambled Egg & Cheddar** R 82.00  
**Smashed Avo & Feta** R 85.00  
**Caprese Sandwich** R 82.00  
**Cheddar & Tomato** R 58.00  
**Chicken Mayo** R 88.00  
**Chicken Mayo & Avo** R 98.00  
**Classic Tuna Mayo** R 88.00  
**Ham and Cheddar** R 62.00  
**Ham, Cheddar & Tomato** R 65.00  
**Bacon & Cheddar** R 78.00  
**Bacon, Avo & Tomato** R 88.00  
**Beef, Cheese & Onion** R 95.00  
**Pulled Beef & Cheese** R 102.00  
**The Club** R 110.00

**EXTRAS:**  
Tomato (fresh or grilled) R 6.00  
Single egg (fried or poached) R 10.00  
Spinach R 17.00  
Avocado (seasonal) R 25.00  
Grilled mushrooms R 15.00  
Grilled halloumi R 28.00  
Ham / Bacon / Macon R 22.00  
Large Italian Griller R 35.00  
Cheddar cheese R 18.00  
Full portion of chips R 30.00

# GEORGE'S FAVOURITES

**THE SMASH BURGER** R 120.00  
Freshly baked and lightly toasted bread roll, layered with grilled beef patty, gooey melted cheese, crisp lettuce, red onions, tomato, drizzled with home-made burger sauce and served with chips.

**THE CHICK BURGER** R 95.00  
Freshly baked and lightly toasted bread roll, layered with grilled chicken breast, crisps lettuce, red onions, tomato, drizzled with creamy mayo and served with chips.

**THE PREGO**  
Freshly baked Prego roll, grilled chicken fillet or 150g beef rump steak dipped in a mild Prego sauce and served with a choice of chips or salad.  
**Chicken** R 85.00  
**Beef** R 95.00

**A SLICE OF NICE** R 75.00  
A slice of home-made, freshly baked quiche, served with a side salad.  
Choice of:  
Biltong & Cheddar; Bacon & Cheese; Spinach & Feta; Ham, Cheese & Tomato

**THE PIE-FECT COMFORT** R 88.00  
Freshly baked pie, served with gravy and a side chips or salad  
Choice of:  
Steak, Peppersteak, Cornish, Chicken & Mushroom, Beef Curry, Creamy Spinach & Feta, Vegetable;

**Ham & Cheese or Venison Pie & Gravy,** R 95.00  
served with side chips or salad

**Cheese Griller Pie & Gravy,** R 110.00  
served with side chips or salad



SERVING SUGGESTION

The Pie-Fect Comfort

**BRUSCHETTA, BABY!**  
5 Slices toasted panini, spread with cream cheese, topped with baby spinach, stir fried mixed peppers, mayo drizzle and a choice of grilled chicken or beef strips.

**Veg** R 75.00  
**Chicken** R 90.00  
**Beef** R 95.00

# LEAFY DELIGHTS!

**THE CLASSIC CHICK** R 130.00  
Grilled chicken, avo, mixed leaves, red onions, cucumber, tomato and cubed feta with a creamy herb dressing.

**BACON ME CRAZY** R 130.00  
Bacon, feta and avo with mixed leaves, cucumber, red onions, tomato with a creamy herb dressing.

**THE HALLOUMI HARMONY** R 130.00  
Grilled halloumi, avo, mixed leaves, baby spinach leaves, cucumber, red onions, tomato, topped with sourdough croutons and creamy sweet chilli mayo dressing.

**TUNA ME STRAIGHT** R 130.00  
Tuna, mixed lettuce, avo, cucumber, red onions, tomato, topped with sourdough croutons and a creamy herb dressing.

# SWEET TREATS

Baked to Perfection and paired with a cup of Americano with hot or cold milk.

**A SCONE TO PICK** R 45.00  
Buttery scone, served with jam and cream.

**MUFFIN COMPARES TO YOU** R 55.00  
Freshly baked muffin, served with jam & butter.

**FLAKY & FABULOUS** R 55.00  
Golden plain croissant, served with jam & cheese.

**A CAKE AFFAIR** R 60.00  
Slice of George's delicious cake of the day.



A Cake Affair