




GUILT
— & CO. —

LUNCH

 @guiltandcoeatery

ANTIPASTO

| | |
|---|-----|
| Mussels Served in a creamy white wine sauce | R88 |
| Aubergine Parmigiana Oven baked egg plant Napolitana sauce Fior di Latte parmesan | R92 |
| Carpaccio Beef carpaccio avocado* | R86 |
| Gnocchi Served in a creamy three cheese sauce | R80 |
| Caprese Fior di Latte & tomato | R82 |

Platter Board

Focaccia | assorted Italian cold meats | meze tapas | Cheeses

Half R190 / Full R340

LIGHT MEALS

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| Jacket Potato crispy oven baked potato add Salmon Trout & whipped cream cheese | R108 |
| add Bacon, Danish feta & avocado* | R92 |
| Gratinated pancakes Sautéed baby spinach and button mushrooms, wrapped in savoury pancakes topped with cream & oven roasted | R82 |
| Jalapeño Quesadilla Grilled tortilla, filled with three cheeses, jalapeño peppers served with smashed avo* and sour cream | R88 |
| Flatbread Wood-fired flatbread topped with caramelised red onions, olives, Danish feta & rocket | R88 |
| Fillet Panini Panini topped with rocket, grilled fillet, tomato, caramelised red onions & sweet chili mayo | R108 |
| No Bun Burger Bed of greens, cherry tomatoes & caramelised red onions, drizzled with a wholegrain mustard & white cheddar sauce | |
| Beef | R96 |
| Crispy chicken | R92 |
| Guilty Beef Burger 200g beef burger patty served on a bed of greens, topped with grilled fillet strips, mature white cheddar, caramelised red onions Basil pesto & chili mayo | R139 |

TOASTIES

served on your choice of white, brown, rye or ciabatta with either chips or salad

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| Cheese | R38 |
| Anchovette, cucumber & tomato | R44 |
| Cheese & tomato | R48 |
| Ham, cheese & tomato | R52 |
| Chicken mayo | R58 |
| Bacon, feta & avo* | R58 |
| Tuna mayo | R58 |
| Bacon & egg | R52 |

SALAD

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| Italian Salad Greens, cherry tomatoes, cucumber, red onions, avo*, roasted peppers, olives & Bocconcini | R112 |
| Beef Fillet Salad Grilled fillet, greens, cherry tomato, red onions, caramelised strawberries, avocado & parmesan shavings | R138 |
| Greek Salad Greens, cherry tomatoes, red onions, olives, peppers, Danish feta, avocado* | R109 |
| Chicken Salad Grilled chicken breast, greens, red onions, cherry tomatoes, roasted peppers, haloumi cheese, avocado* | R118 |
| Tuna Salad Tuna, greens, cherry tomatoes, avo*, sweetcorn, carrots, roasted asparagus | R142 |

PIZZA

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| Margherita Tomato Fior di latte fresh basil | R82 |
| Four Seasons Tomato Fior di latte olives Italian ham mushroom artichokes | R139 |
| Prosciutto Di Parma Tomato Fior di latte parma ham rocket parmesan | R159 |
| Soppressata Tomato Fior di latte salami red onion chili | R132 |
| Greco Tomato Fior di latte streaky bacon avocado* olives Danish feta | R144 |

MAIN MEALS

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| Pepper Fillet 250g grilled fillet served with horseradish mash Pepper sauce | R199 |
| Fillet Rosti 200g grilled fillet, served on a potato rosti Sweet chili & Cream cheese puree | R189 |
| Parmesan Chicken Two lightly crumbed grilled parmesan chicken breast, served on a bed of wild rocket, cherry tomatoes and bocconcini balls - drizzled with basil pesto & balsamic glaze | R188 |
| Chicken Rosti 200g chicken breast, served on a potato rosti Sweet chili & Cream cheese puree | R179 |
| Hake Goujons Deep fried hake goujons, served with chips Tartare sauce | R118 |
| Argentinian Prawns Grilled prawns, served with chips or basmati rice Peri Peri sauce | R199 |

PASTA

Penne | Spaghetti | Tagliatelli

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| Carbonara Egg yoke cream bacon parmesan | R108 |
| Prawn Aioli Prawns tossed in a garlic butter & chili aioli | R149 |
| Bolognese Home made beef bolognese | R119 |
| Pesto Creamy basil pesto cherry tomato crispy bacon | R122 |
| Chicken Grilled chicken roasted butternut Greek feta rocket | R128 |
| Vegetarian Napolitana sauce olives cherry tomato parmesan | R112 |

SUSHI

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| Sashimi | 2 Pieces | Fashion Sandwich | 6 Pieces |
| Salmon | R70 | Salmon | R82 |
| Tuna | R68 | Prawn | R80 |
| | | Tuna | R78 |
| | | Vegetarian | R66 |
| Maki | 6 Pieces | | |
| Salmon | R76 | Nigiri | 2 Pieces |
| Prawn | R70 | Salmon | R76 |
| Tuna | R74 | Tuna | R74 |
| Avocado | R40 | Prawn | R72 |
| | | | |
| California Rolls | 8 Pieces | Hand Roll | 1 Piece |
| Salmon | R80 | Salmon | R76 |
| Tuna | R82 | Tuna | R74 |
| Prawn | R84 | Prawn | R72 |
| Vegetarian | R62 | Vegetarian | R62 |
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| Roses | 6 Pieces | | |
| Salmon Roses | R116 | | |
| Tuna Roses | R114 | | |

GUILTY PLEASURES

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| Blue Dragon (6 Pieces) Prawn tempura, avocado*, sweet chili mayo | R110 |
| Sensei (6 pieces) Salmon, avocado*, tempura veggies, mayo | R96 |
| Philadelphia (6 Pieces) Salmon, Philadelphia cream cheese, avocado* | R98 |
| Kaburi (6 Pieces) Tempura prawn, sun-dried tomato, caviar, salmon, caramelised red onion, mayo | R116 |
| Crunchy Taco (6 Pieces) Tempura prawn, mango, teriyaki sauce, mayo | R110 |
| Samurai (6 Pieces) Tuna, Salmon, avocado* & tempura veggies, mayo | R116 |
| Prawn Bombs (6 Pieces) Deep fried halloumi cubes, topped with tempura prawns & drizzled in a creamy chilli, ginger & garlic sauce | R107 |

ASSORTED PLATTERS

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| Eighteen Piece Tuna handroll (1), Salmon handroll (1), Salmon Nigiri (2), Prawn California rolls (4), Salmon California rolls (4), Tempura veg & avocado* California rolls (6) | R288 |
| Twenty Eight Piece Tuna handroll (1), Salmon handroll (1), Tuna Sashimi (2), Salmon Sashimi (2), Salmon Nigiri (2), prawn California rolls (6), Salmon California rolls (6), Tempura veg & avocado* rolls (8) | R444 |

HOT DRINKS

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| Cappuccino | R26 | Grande Cappuccino | R36 |
| Almond Milk Cappuccino | R40 | Grande Almond Milk Cappuccino | R48 |
| Soy Milk Cappuccino | R40 | Grande Soy Milk Cappuccino | R48 |
| Cappuccino w' Cream | R28 | Grande Cappuccino w' Cream | R38 |
| Cortado | R26 | Cafe Latte | R32 |
| Machiato | R16 | Red Cappuccino | R36 |
| Americano | R22 | Single Espresso | R14 |
| Double Espresso | R18 | Vanilla Coffee | R46 |
| Spiced Chai Latte | R48 | Hot Chocolate | R46 |
| Milo | R46 | Tea | R16 |
| Earl Grey | R18 | | |

COLD DRINKS

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| Fresh Pressed Juice - orange apple carrot pineapple add Ginger | R42 R12 | Summer Berry Smoothie Peanut Butter & Banana Smoothie | R72 R74 |
| Sodas | R22 | Mixers | R20 |
| BOS Ice Tea | R30 | Aqua Panna 250ml Still | R24 |
| Aqua Panna 750ml Still | R64 | San Pellegrino 250ml Sparkling | R24 |
| San Pellegrino 750ml Sparkling | R68 | Milkshakes | R36 |
| Frulata | R62 | Coffee Freezo | R48 |
| Spiced Chai Freezo | R48 | | |

COCKTAILS

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| Mimosa Prosecco, fresh pressed orange juice | R120 |
| Bloody Mary Tomato juice, vodka - garnished with deep fried halloumi, bacon & a pickle | R88 |
| Bellini Prosecco, peach puree | R98 |
| Margarita Altos Blanco Tequila, lime juice, Cointreau | R88 |

