

New!!

Nutrivita

JU-ICE LOLLY



- Vitality (Pineapple, Apple, Beetroot, Orange)
- Berry Blast (Pineapple, Mixed Berries, Apple)

R10.00

- Cloudy Apple
(100% Pure Apple)
- Pineapple
(100% Pure Pineapple)



Cold pressed juice, as an ice lollie.



24.10.2024

**Summer
is here
again!**



Seasonal Fruit Salad

Made fresh in our kitchen.

We use orange juice as a preservative.

**All our packaging products
are recycling friendly.**

New!!

Montagu Health Snack

- No added Sugar
- No Artificial Colourants and Flavourants



- No Preservatives
- Very High in Vitamin C

R 15.50

New!

THIRSTI

Waters



500ml Still & Sparkling

R 9.00

Natural Spring Water

500ml Berry & Lemon

R 12.00

Low KJ, Sparkling



Aug 2024

New



Meal in a Tub!!

R 32.00

Tofu & Fried Rice

(Vegan & Gluten Free)

**Long Grain Parboiled Rice
With Mixed Bell Peppers,
Carrots, Sweet Corn, Peas,
Onion & Tofu**

New Roll Topping!!

R27.00



Egg Mayo Roll

Crispy Roll filled with:

Freshly Boiled Eggs

Nola Mayonnaise

Shredded Lettuce

July '24

Friday Sale!!!

Cafeteria & Tuckshop



Every Friday:



All fresh & perishable
products,

will be sold at a



50% discount,

as of 12:15.



(Whole fruit not included)



Meal in a Tub*

(Available every day in the Tuckshop & Cafeteria)



Spaghetti Bolognese

**Mac & Cheese
(Vegetarian)**



**Butter Chicken Curry & Rice
(Gluten Free)**

**Chickpea Curry & Rice
(Vegan, Gluten & Soya free)**

**Hawaii Chicken Stir-fry
with Chinese Egg Noodles**

**Tofu Fried Rice
(Vegan & Gluten Free)**

***All served in 500ml EcoTubs with Biodegradable Cutlery**

Lunch in a Tub

Portion of the day's Lunch (no salad or dessert included)

Only available at Linga Longa after Lunch is served (+-13:25)

Filled Crispy Rolls

(Available every day in the Tuckshop & Cafeteria)



R27.00

Cheese & Tomato

(Cheese, Tomato, Lettuce)

Salami & Cheese

(Salami, Cheese, Cucumber, Lettuce)

Ham & Cheese

(Ham, Cheese, Cucumber, Lettuce)

Chicken Mayo

(Chicken, Nola Mayonnaise, Lettuce)

Egg Mayo

(Egg, Nola Mayonnaise, Lettuce)

Vegan

(Guacamole, Humus, Harissa Pesto,
Cucumber, Tomato, Lettuce)

Early Bird Special !!!



Cafeteria only

Mo - Fr / 07:00 - 10:30

Instant Jungle Oats (60g)

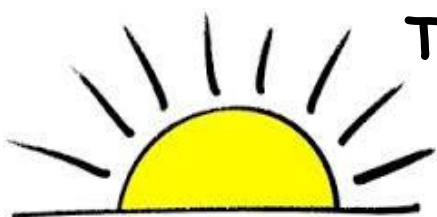
with Milk - R 14.00

Muesli or Pronutro (2 Scoops)

Various Cereals (3 Scoops)

with Milk - R 24.00

**Add instead of milk, 200ml of:
Yogurt + R 7.00 or Soy Milk + R 5.00**



**TA Containers are charged extra:
EcoBowl & Spoon - R 4.00**