



COUNTRY CAFE

BREAKFASTS

SERVED FROM 7AM - 11AM

BREAKFAST BOWLS

Turkish Eggs 55
Chilled spiced yoghurt, two poached eggs, drizzled with melted paprika butter, dressed with fresh coriander, served with a crusty wood fired ciabatta slice.

The Peloton Oats 39
Oats cooked in coconut milk, served with cinnamon butter, coconut flakes, chopped almonds & honey drizzle.

Trail Muesli Bowl 65
Homemade Pedal & Sprocket muesli, double thick yoghurt, fresh seasonal fruit, raisins, coconut flakes, honey drizzle & dusted with cinnamon.

FULL BREAKFASTS

Pedal Brekkie 85
Two fried eggs, sliced South African Russian sausage, baked beans, grilled tomato, bacon & mushrooms, served with crusty wood fired ciabatta slice.

Sprocket Wrap 65
Two fried eggs, bacon & basil mayo, served on a wood fired flat bread.

Flapjack Stack 95
Four flapjacks, lime yogurt foam, coconut flakes, raspberries, blueberries (seasonal) & honey. Finished with a dust of cinnamon & garnished with fresh mint.

Benedict 72
Two poached eggs, avo & wilted spinach served on a wood fired ciabatta slice. Finished with our homemade beurre-noisette hollandaise & garnished with fresh herbs. Want a little extra? Add bacon 20

ALL DAY BREAKFASTS

Breakfast Bun 65
One fried egg, South African Russian sausage, bacon, tomato & mushrooms. Finished with a drizzle of our homemade basil mayo & served on a brioche bun.

Bacon & Egg Bun 47
One fried egg, bacon, labneh & doritos. Finished with a drizzle of our homemade basil mayo, served on a brioche bun.

Lebanese 38
Tomato, cucumber, olives, labneh, hummus, za'atar flatbread & mint.

Smashed Avo Open Toastie 55
Smashed seasoned avo, danish feta, sprinkled toasted sesame seeds & fresh cilantro, served on a crusty wood fired ciabatta. Want a little extra? Add bacon 20 Add one egg 6

Egg Open Toastie 30
2 eggs, scrambled, poached or fried on a crusty wood fired ciabatta.

FOCCACCIA BREADS

Garlic Foccacia (v) 45
Olive oil, garlic & origanum
Herb Foccacia (v) 45
Olive oil & origanum
Za'atar Bread (v) 45
Olive oil, za'atar spice & origanum
Cheesy Garlic Bread 60
Olive oil garlic & mozzarella cheese

KIDDIES

Chicken strips & chips 50 Hawaiian pizza 39
Beef burger + chips 50 Ham pizza 39
Margherita pizza 35

LUNCH

SERVED FROM 11AM - 3PM

PIZZA

SERVED FROM 10AM - 4PM

Traditional handmade family dough recipe (30cm), baked in our wood fired oven

Margherita 75
Napolitana sauce & mozzarella

Ham 95
Napolitana sauce, ham & mozzarella

Regina 102
Napolitana sauce, ham, mushroom & mozzarella

Hawaiian 105
Napolitana sauce, ham, pineapple & mozzarella

Three Cheese 105
Napolitana sauce, cheddar, feta & mozzarella

Vegetarian 95
Napolitana sauce, olives, mushrooms, peppers, onions & mozzarella
No mozzarella (v)

F.A.B 130
Napolitana sauce, feta, avo, bacon & mozzarella

Four Seasons 120
Napolitana sauce, ham, mushrooms, olives, pepper & mozzarella

Drift 145
Napolitana sauce, ham, pepperoni, bacon, Russian & mozzarella

Pepperoni 105
Napolitana sauce, pepperoni & mozzarella

Argentinian Steak 130
Napolitana sauce, sauteed steak, onion chutney, mozzarella & dressed with chimchurri

Alabama Chicken 135
Napolitana sauce, shredded sauteed chicken breast, bacon, onion & mozzarella, drizzled with honey mustard

Chicken Doritos 150
Napolitana sauce, shredded sauteed chicken, cheddar cheese, doritos, avo & mozzarella with creme fraiche & chilli on the side

Mince Doritos 150
Napolitana sauce, mince, cheddar cheese, doritos, avo & mozzarella with creme fraiche & chilli on the side

Mexican 150
Napolitana sauce, mince, chilli, pepper, onion, cheddar, garlic, avo & mozzarella

Pizza Extras
Mushrooms, green pepper, olives, pineapple, tomato slices, onion, chimchurri 12
Chillies, garlic 7
Ham, pepperoni, bacon, russian, steak, chicken, mince 25
cheddar, feta, mozzarella, bacon, avo 20

SOMETHING SPECIAL

Pedal Peri-Peri Livers 75 45
Spicy chicken livers, in a rich creamy sauce, garnished with chives, fresh chilli and served with wood fired ciabatta. Available as a starter or main portion.

Cape Malay Chicken Curry 125
Chicken malay curry served with fresh coriander, deep fried onions, chilli and sesame seeds, served on a bed of basmati rice.

Rump Espetada 195
350g wood fired beef rump, served with truffle & parmesan roast potatoes, chargrilled courgettes, pap bites & smoor dipping sauce.

Chicken Espetada 125
350g wood fired chicken thighs, served with truffle & parmesan roast potatoes, chargrilled courgettes, pap bites & smoor dipping sauce.

BURGERS

Our homemade burgers come in two styles:

Choose your style:

The Traditional - Red onion, house pickles, homemade mustard mayo.

The Sando - Aioli coleslaw, house pickles, red onion

Choose your patty:

Beef Brisket Patty T 79 S 82
Homemade beef brisket patty wedged between a toasted brioche bun.

Chicken Breast T 85 S 88
Butterflied deep fried free range chicken breast wedged between a toasted brioche bun.

Falafel Burger 70
Falafel patty, tandoori paste and pickled carrot. Finished with fresh coriander and our homemade tandoori mayo, wedged between a toasted brioche bun.

Choose your burger extras

Double up Patty Beef 35 Egg 8
Double up Chicken 39 Bacon, Cheddar, Emmenthal 20
Double up Falafel 28 Avo

Sprocket Hotdog 65
Brioche hotdog bun, brokwurst sausage, salsa, crispy onions aioli and homemade ketchup served with our famous fries.

SIDES

Fries 25
Crispy fries, dusted with our secret seasoning.

Side Salad 20
Chopped lettuce, tomato, cucumber, red onion rings, drizzled with our homemade aioli dressing.

Onion Rings 15
Battered onion rings with a sprinkle of our secret seasoning.

Sweet Potato Wedges 35
Deep fried sweet potato wedges served with our tandoori mayo.

Truffle Parmesan Roasties 55
Roasted potatoes, truffle oil, parmesan cheese & fresh thyme.

Naked Cabbage (v) 35
Charred cabbage wedge, feta whip, gremolata, herb oil & dill.

Pap Bites 35
Deep fried pap squares with a homemade smoor dipping sauce

FLATBREADS / SALAD BOWLS

Our signature wood fired flatbreads or lettuce salad bowls.

Lamb 100
Homemade Pedal & Sprocket babaganoush, oven baked pulled lamb, pomegranate seeds (seasonal) dressed with fresh mint & splashes of balsamic vinegar, finished with our tahini dressing.

Falafel 70
Homemade Pedal & Sprocket falafel balls, hummus, spinach, olives, flame seared aubergine slices, finished with feta & drizzled with tahini dressing. No feta (v)

Chicken 95
Spiced yoghurt, sumac flavoured red onion slices, drizzled with tahini dressing & topped with fresh mint.

Beef 90
Succulent beef, chopped lettuce, onion, tomato and lashings of homemade hummus and tzatziki.

Asian Chicken Salad Bowl 125
Honey Soy Chicken served with Carrots, Mushroom, Cucumber, Red Cabbage, Quinoa and Barley. Dressed with an Asian Inspired Dressing, Avocado Whip, Coriander and Sesame Seeds.

WINGS

Our crispy fried chicken wings, tips 'n all tumbled in the sauce of your choice.

Indian Tandoori & spiced yoghurt dip 85
Lebanese Aioli & za'atar 85
Korean Traditional Gotcha (Gochujang) sauce roasted sesame seeds, spring onion & cilantro mayo 85
American Buffalo sauce & ranch dip 85

LIGHT BITES

Lamb Skewers 100g 85
Charred lamb skewers, labneh & lime served on a wood fired flat bread.

Chicken Skewers 100g 65
Charred chicken skewers, labneh & lime served on a wood fired flat bread.

Beef Skewers 100g 70
Charred beef skewers, labneh & lime served on a wood fired flat bread.

Rump Tapas 110
200g Grilled rump steak, za'atar labneh & chimichurri served with potato roasties.

Calamari 89
Fried calamari served with our homemade coriander mayo.

Halloumi Bites 69
Halloumi cheese coated in panko crumbs, served with homemade sweet chilli sauce.

Hispi & Falafel (v) 65
Charred cabbage, falafel balls, tahini dressing & sesame seeds.



**PEDAL
&
SPROCKET**
COUNTRY CAFE

HOT DRINKS

	Short 250ml	Reg 350ml
Cappuccino <i>Espresso, steamed milk & a thick layer of foam</i>	28	35
Americano <i>Espresso with hot water</i>	20	25
Espresso Single shot of espresso		19
Double shot espresso		24
Cortado Double shot espresso 1 to 1 ratio milk to espresso	34	
Flat White <i>Double shot espresso, steamed milk & a thin layer of foam</i>	34	
Hot Chocolate / White Hot chocolate <i>Steamed milk with your choice of traditional or white hot chocolate</i>		40
Café Mocha <i>Choice of hot chocolate & espresso with steamed milk</i>		42
Latte <i>Espresso, steamed milk & a thin layer of foam</i>		33
Flavoured Latte <i>Traditional latte with your choice of flavour added hazelnut, salted caramel, butter toffee or vanilla</i>		42
Chai Latte <i>Chai with steamed milk & thin layer of foam</i>		35
Chai Mocca <i>Chai, espresso with steamed milk & thin layer of foam</i>		42
5 Roses Ceylon Tea	25	
Rooibos Tea	25	
Extra Teabag	7	
Milk Alternatives <i>Soya or Almond</i>	12	
Add to your Beverage		
<i>Add fresh cream</i>	10	
<i>Add espresso shot</i>	9	
<i>Add decaf shot</i>	9	
<i>Add syrup: hazelnut, salted caramel, vanilla, butter toffee</i>	10	
<i>Extra frappe scoop</i>	20	
<i>Glass of milk</i>	17	

ASK YOUR WAITRON FOR OUR ALCOHOL BEVERAGE MENU

CHILLED DRINKS

	500ml
Iced Coffees	
Americano <i>Espresso poured over ice, topped up with cold water</i>	35
Latte <i>Espresso with cold milk poured over ice & a thin layer of foam</i>	37
Flavoured Latte <i>Espresso with cold milk poured over ice, a layer of foam, with a shot of flavour, Hazelnut, salted Caramel or Vanilla.</i>	42
Creamy Freezos <i>Creamy blended freezo with your added flavour</i>	
<i>Creamy Berries</i>	57
<i>Creamy Mango</i>	57
Fruit Freezos <i>Dairy free fruit crush</i>	
<i>Red Berries</i>	50
<i>Mango</i>	50
<i>Lemonade</i>	50

	35	45
Milkshakes <i>Vanilla, Strawberry, Chocolate, Bubblegum</i>		

	57	57	57	57
Gourmet Shakes				
BarOne <i>Barone chocolate sauce, ice cream, topped with cream & chocolate sauce.</i>				57
Peanut Butter & Banana <i>Peanut butter, banana, ice cream, topped with cream & banana.</i>				57
Honey Toffee Nut <i>Honey, butter toffee, toasted almonds, salted caramel, ice cream, topped with cream & a honeyed almond wafer.</i>				57
Espresso <i>Double shot espresso, ice cream & topped with cream.</i>				57
Death By Chocolate <i>Nutella, chocolate sauce, whispers & ice cream, topped with oreos & cream.</i>				57

	25	30	26	25	22	22	22	22
Soft Drinks								
<i>Cold Drink Cans 300ml</i>	25							
<i>Coke, Fanta, Sprite, Creme Soda, Coke / Sprite Zero (Sugar Free)</i>		30						
<i>Appletiser, Red Grapetiser</i>		26						
<i>Peach / Lemon Iced teas</i>				25				
<i>Schweppes Lemonade</i>					22			
<i>Tonic Water</i>						22		
<i>Soda Water</i>							22	
<i>Gingerale</i>								22

Fruit Juice (350ml) <i>Mango, Orange, Apple, Fruit Cocktail</i>	30
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Water <i>Still & Sparkling 500ml</i>	15
<i>Still & Sparkling 1.5L</i>	32

CRISPY WAFFLES

PLAIN JANE <i>Golden syrup</i>	R55
SMOOTH OPERATOR <i>Golden syrup, cream / ice cream</i>	R70
NUTTY CREAM <i>Cream / ice cream, chopped almonds, choc sauce</i>	R80
MELLOW CHOC <i>Cream / ice cream, marshmallows, oreos, choc sauce</i>	R80
BEACH BUM <i>Cream / ice cream, banana, chopped almonds, caramel sauce</i>	R85
DEATH BY CHOC <i>Nutella, flake, whispers, chopped almonds, choc sauce</i>	R110



Ask your waitron about create your own waffle art

Allergen Disclaimer

Attention customers with food allergies. Please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat. While we take steps to minimize risk and safely handle the foods that contain potential allergens, please be advised that cross contamination may occur.