



BREAKFAST

Ⓡ Fresh fruit salad | coconut shavings | flaked almonds

- low fat plain yoghurt | wheat-free muesli
- mixed berry coulis
- the whole shebang

Ⓡ Organic rolled Oats soaked in Apple juice | cranberries | pumpkin seeds | coconut shavings | flaked almonds

- fresh banana slices | berry coulis
- natural low fat yoghurt
- (cooked oats also available - enquire from waiter)

Whole wheat Buttermilk Pancakes NEW!

- cinnamon banana | maple syrup
- seasonal berries | berry coulis
- bacon

Old English Breakfast served with toast

- 2 eggs of your choice | beef sausage | bacon | button mushrooms | grilled tomato
- avocado
- lean mince

Express Breakfast

- 1 egg | bacon | grilled tomato | toast

Express Health breakfast

- rye toast | hummus | rocket | avocado | poached egg

Lean Mince on Toast

- scrambled or fried eggs
- avocado | rocket

Zing! Signature Scrambled

- smoked salmon trout | danish feta | avocado | rocket | rye or low GI toast

Breakfast in a basket NEW!

- rye toast | spinach | poached egg | salmon | basil pesto
- hollandaise sauce

Three egg omelette or scrambled eggs

- egg white omelette or egg white scrambled eggs
- selection of fillings or toppings**
- cheddar cheese | mozzarella cheese | feta | tomato | peppers
- caramelised onions | rocket | roasted veg | avo | sun dried tomato | spinach
- bacon | ham | halloumi cheese
- smoked salmon trout

All day veggie Breakfast

- low GI bread | hummus | grilled tomato | mushrooms | avocado | rocket
- poached egg
- grilled halloumi cheese

Eggs Benedict | white or wholewheat English muffin

- two poached eggs | english muffin | hollandaise sauce | wilted spinach
- country ham
- smoked salmon

LUNCH

Starters

Soup of the day

served with your choice of bread or toast and butter

Ⓡ Spicy Thai Vegetable Wraps | spinach | carrots | cabbage | sprouts | pineapple & almond maple sauce

Salmon Fishcakes NEW!

fishcakes | wasabi ginger tartar sauce

Cajun Grilled Calamari Salad NEW!

Zing! side salad | cajun grilled calamari

Bobotie spring rolls NEW!

mango chutney | onion marmelade | tomato chilli jam

Salads

Ⓡ Zing! gourmet green | baby lettuce leaves | cucumber | cherry tomatoes | carrot ribbons | grated beetroot | mixed peppers | sprouts | toasted seeds with cranberry mix

Zing! Caesar Salad NEW!

cos lettuce | pecorino cheese | crispy bacon | croutons | ceasar dressing
chicken
hot seared Salmon

Free range Chicken breast salad

Zing! green salad | lemon and herb chicken breast | avocado | honey and mustard dressing

Seared Norwegian Salmon salad

Zing! green salad | seared salmon | cucumber ribbons | avocado | capers | yoghurt herb dressing

Beef Fillet salad

150g Green Peppercorn fillet strips | caramelised onions | pecorino shavings | avocado | balsamic glaze

- add Feta

- add halloumi

Mexican warm bean salad NEW!

organic greens | beans | spicy tomato sauce | guacamole | tzatziki

Gourmet Burgers

white, whole wheat or rye roll | mixed lettuce | grilled tomato | caramelised onions

- **Lamb burger** - homemade red onion, cumin & mint patty | mango chutney | tzatziki NEW!

- **Beef burger** - homemade lean mince patty | tomato chili jam

- **Chicken burger** - lemon & herb chicken breast | basil pesto

- **Vegetarian burger** - homemade butternut and lentil patty | guacamole

Take it up a level and add:

- grated cheddar | mozzarella cheese | pineapple slice
- grilled halloumi | bacon | guacamole

Served with French fries or a Zing! Side salad

WHAT WE BRING TO THE TABLE

grass fed & hormone free meat • breads made with stone ground flour • raw & natural honey • free range chicken • organic sugar • homemade food • organically grown lettuce & sprouts • hormone free milk & yoghurt • organic and fair trade teas & coffee • sun dried, natural Kalahari salt • non-irradiated herbs & spices • organic wheat free noodles • raw food • gluten and sugar free biscuits • no preservatives & additives • delicious & decadent real food • PASSION!

ZING! LITIOUS!



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Pasta's:

Penne | Linguini or

- organic wholewheat spaghetti
- organic wheat free noodles

Choose from the following sauces:

- homemade grass fed beef bolognaise sauce
- napolitana sauce | cherry tomatoes | basil | kalamata olives | sundried tomatoes
- chicken strips
- free range chicken strips | creamy, white wine mushroom sauce | sun dried tomato pesto
- prawns | chilli | creamy napolitana sauce **NEW!**
- norwegian salmon | lemongrass coconut sauce | fresh coriander



Open Sandwiches or Wraps:

ciabatta, low GI seed, wrap or rye bread | lightly toasted

- free range lemon and herb chicken breast | guacamole | lettuce | sprouts
- pastrami | wholegrain mustard mayo | pecorino | **NEW!** onion marmalade | rocket | gherkins
- smoked salmon trout | cream cheese | avocado | cucumber ribbons | yoghurt herb dressing
- roasted mixed vegetables | hummus | rocket | danish feta

french fries or Zing! side salad

Toasted sarmie selection

stone ground white | brown | low GI seed bread | rye bread

- chicken mayo | free range chicken breast | homemade mayo
- caprese | mozzarella cheese | fresh tomato | basil pesto
- mature cheddar | tomato | country smoked ham
- fried egg | bacon | mozerella cheese
- lean mince | cheese



FROM THE GRILL

One side order and small green salad included with the following dishes:

Lamb chops

tzatziki | cucumber yoghurt & mint

Seared Salmon fillets

wasabi ginger mayo

Sirloin/Fillet steak

green peppercorn glaze | creamy mushroom sauce

lemon & herb grilled free range chicken breast

Sides:

- wasabi mash potatoes
- french fries | crushed kalahari salt & black pepper
- brown rice | sundried tomatoes | feta | corn | fresh herbs
- Zing! side salad
- roasted mixed vegetables | basil pesto
- roast sweet potato wedges
- stir fried green vegetables with coconut oil **NEW!**

Famous ZING! Curries

- chickpea and vegetable curry **NEW!**
- green thai chicken curry
- lamb and cononut curry



Sweet things

Please see our selection of homemade cakes

- croissants | selection of two jams | grated cheddar cheese
- cranberry & pecan crunchie - wheat & sugar free
- homemade All Bran & Cranberry rusks - gluten & sugar free
- belgian chocolate brownie | vanilla cream or ice cream

Ⓡ • RAW dessert of the day

Ⓡ • chocolate macaroons (wheat, sugar & dairy free)

Ⓡ • RAW Cacao & sprouted Buckwheat cluster

Ⓡ = RAW FOOD - unprocessed, uncooked, have not been heated above 45 C. Pure plant food and free from any animal products, dairy, wheat & sugar

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LIVELINESSZEST OOMP!