## **SALADS**



KGC Chef's Salad mixed lettuce, broccoli, grated carrots, crushed almonds, tomato, potato, sprouts, a slice of wholegrain toast. Choose from fried goat cheese or feta cheese. half 260 / full 450

**Sesame Salad** Shredded Carrot, Cabbage, peppers; celery, and toasted sesame & flax seeds, with a Japan-inspired creamy sesame soya dressing - yes it's Japan inspired

410

**KGC Ceasar Salad** Mixed lettuce, Ceasar Dressing with anchovy, Shaved Kodai Parmesan Add Grilled Chicken

420

150

**Rocket, Fruit & Honey Salad** A large salad with rocket and/or other lettuces according to availability, onion, apple, carrot, seasonal fruit and topped with fine South Indian goat's cheese, warmed with nuts, honey & mustard vinaigrette.

450

## **SANDWICHES**

Egg Sandwich - boiled eggs, alfalfa or organic microgreens, mayonnaise on sliced bread	190
KGC Special - Kodai Parmesan Cheese, Rocket lettuce, basil olive oil, grilled in flatbread	230
Chicken Cheese Salad Sandwich - roast chicken, lettuce, cheddar, mustard on sliced bread	260
Pesto Cheddar Melt - Pesto, melted cheddar, tomato on a grilled flatbread	240
Chutney Sandwich - Kothmir and mint chutney with cucumber on sliced bread	190
Cheddar & Pickle - Cheddar and sweet pickle, lettuce and tomato on sliced bread	220
Cheese and Tomato - Cheddar, sliced tomato on sliced bread with a bit of mayo	180
Ham & Cheese Classic - Ham, cheddar, and a bit of mayo, on a grilled flatbread	310
Rasta Sandwich - Plain Omelette, kothmir, onion, tomato, green chilli - grilled - like on the street	290
B.L.T Bacon, Lettuce and Tomato with a bit of mayo	310
Med Humous and crunchy vegetables	230
KGC Club Sandwich lettuce, mayo, chicken, tomato, cucumber, bacon, fried egg, in toast.	350

Please note: Mayonaisse can be replaced by butter upon request where desired.

**EXTRAS** Plain Toast 30 • Feta / Parmesan / goat's cheese 120 • Cheddar 100 • Boiled Egg 50 • Grilled Chicken (Breast) 150 • Ham 150 • Bacon 150 • Organic microgreens 150 • Butter 10