



WE ARE OPEN

Mon - Thu
8 AM - 4 PM

Fri - Sat
8 AM - 7 PM

Sun
8 AM - 2 PM

MAKE A RESERVATION

079 538 4722
thetable.carmel@ethnosmi.org

BREAKFAST

Table Breakfast R 85

2 eggs, 2 bacon, beef sausage, mushrooms, tomato, chips and toast

Cheese Griller Breakfast R 80

Cheese griller, 2 eggs, 2 bacon, tomato, chips and toast

Mini Table R 49

1 egg, 2 bacon, tomato, chips and toast

Brekkie Bun R 55

Bun with egg, bacon, cheese, caramelised onion, tomato and chips

Classic Omelette R 75

Cheese, bacon, mushroom and a bun of your choice

Garden Omelette R 75

Cheese, spinach, feta, peppadew and a bun of your choice

TOASTIES

SERVED WITH CHIPS, SALAD OR VEGGIES

Chicken Mayo R 65

Pulled Pork R 65

Bacon, cheese and tomato R 65

Spinach Pesto Grilled Cheese R 70

Mediterranean R 70

pesto, peppadew, spinach, sundried tomato, olives and cheese

QUICHE

SERVED WITH CHIPS, SALAD OR VEGGIES

Spinach and Feta R 55

Pulled Pork R 55

Bacon and Mushroom R 55

BURGERS

Table Beef R 95

Homemade beef patty (150g), lettuce, tomato, gherkin, caramelised onion, bacon, homemade smokey BBQ sauce served with chips

Table Chicken R 90

Grilled chicken breast (150g), lettuce, tomato, gherkin, caramelised onion, bacon, homemade smokey BBQ sauce served with chips

CHIPS

Regular (250g) 25

Large (450g) 45



WE ARE
OPEN

Mon - Thu
8 AM - 4 PM

Fri - Sat
8 AM - 7 PM

Sun
8 AM - 2 PM

MAKE A
RESERVATION

079 538 4722
thetabel.carmel@ethnosmi.org

SALADS

Table R 80

Greens, dried cranberries, olives, feta, tomato, carrot, chickpeas, cucumber and croutons

1/2 Table R 50

Couscous R 65

Couscous, carrots, peas, fried onion, olives and rocket

1/2 Couscous R 40

Side Salad R 20

ADD +

Chicken R 25

Halloumi R 25

CHICKEN

PERI PERI OR LEMON AND HERB

**1/4 Chicken chips or salad
and a bun** R 70

CAKES

Carrot R 55

Chocolate Ganache R 50

Cheese Cake Variety R 60

SUNDAY LUNCH AT THE TABLE

Join us every Sunday for a delicious lunch, perfect for a relaxed family outing. **Bookings are essential to ensure you don't miss out!**

Keep an eye out for our special offerings throughout the year, designed to surprise and delight. **We look forward to welcoming you soon!**



WE ARE
OPEN

Mon - Thu
8 AM - 4 PM

Fri - Sat
8 AM - 7 PM

Sun
8 AM - 2 PM

MAKE A
RESERVATION

079 538 4722
thetabel.carmel@ethnosmi.org

HOT DRINKS

R L

Americano	R 26	R 32
Espresso Single	R 20	
Espresso Double	R 25	
Cappuccino	R 32	R 38
Café Latte	R 33	
Café Mocha	R 36	
Flat White	R 33	
Dirty Chai	R 42	
Chai Latte	R 36	
Rooibos Latte	R 33	
Rooibos Cappuccino	R 32	R 38
Hot Chocolate	R 36	
White Hot Chocolate	R 36	
Tea / Rooibos	R 26	

ADD +

Almond Milk	R 12
Nolac Milk	R 10
Extra Espresso Shot	R 12
Cream	R 12

ICED COFFEE & TEE

Iced Americano	R 26
Iced Latte	R 33
Iced Spanish Latte	R 42
Hazelnut syrup, condensed milk, topped with iced milk and a shot of espresso	
Iced Tea/Rooibos	R 26

VIETNAMESE

Vietnamese Coffee	R 35
Strong drip coffee with sweetened condensed milk	
Coconut Coffee	R 45
A shot of espresso with creamy coconut milk	
Avocado Smoothie	R 50
Creamy avocado blended with coconut milk	





WE ARE
OPEN

Mon - Thu Fri - Sat Sun
8 AM - 4 PM 8 AM - 7 PM 8 AM - 2 PM

MAKE A
RESERVATION

079 538 4722
thetabel.carmel@ethnosmi.org

MILK SHAKES

Strawberry	R 45
Mango	R 45
Chocolate	R 45
Coffee	R 45
Tropical Fruits	R 45
Oreo	R 45
White Oreo	R 45
Chai	R 45

COLD DRINKS

Soft Drinks	R 19
Tizers	R 22
Ginger Beer	R 20
Fruit Juice	R 20

