

Breakfast

Granola or Cereal Bowl 70 | 56
your choice of breakfast cereal with fresh milk

Lox & Bagel 135 | 108
smoked salmon, cream cheese, lettuce, tomato & capers

Avocado on Wholewheat Toast 85 | 68
open faced, crushed avocado, crispy wholewheat toast

Israeli Shakshuka 125 | 100
israeli salad, olives, pickles, tahini & toasted pita

Buckwheat Pancakes 65 | 52
organic maple syrup, fresh berries

Two Eggs & Toast 65 | 52
Sunny side up, scrambled or Poached, toast & butter

Seven Zero Big Breakfast 125 | 100
two eggs any style, oven roast potato, sautéed mushrooms, vegetarian sausage

Omelette 90 | 70
regular or white with choice of extras
cheddar, tomato, mushroom or lox

*Breakfast is available from opening
Time until Mid-Day*

Non Members Price | JCC Members Price

Salads

Greek Salad 160 | 128

Romaine lettuce, red onions, cucumbers, bell peppers, tomatoes, black olives & feta

Tuna Nicoise salad 190 | 152

seared tuna, greens, tomato, french beans, egg, avocado & olives

Chef Weekly Salad

check the blackboards for this weeks special

Salad bar 155 | 125

every Wednesday lunch times

Wraps & Bagel

*All wraps & bagels come with
Oven Baked Sea Salt Potato Wedges*

Mediterranean wrap 120 | 96

grilled vegetables, sundries tomato, pesto, rocket,
Goats cheese, wholewheat wrap

Loc & Bagel 135 | 108

smoked salmon, cream cheese, lettuce, tomato, red onion & capers

Avocado, Home cured Salmon Wrap 170 | 136

crushed avocado, dill salmon, tomato, toasted pine nuts
Wholewheat wrap

Tuna Melt 100 | 80

open faced, country white or rye bread
Monterey Jack or mozzarella

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Pizza

Seven zero 14 inch pizza

Classic Margarita 160 | 128

tomato sauce, mozzarella

Roast Vegetable 170 | 136

tomato or pesto sauce, roast peppers, pumpkin, mushrooms, garlic & mozzarella

The Spicy Mexican 170 | 136

tomato sauce, jalapeno, peppers, monterey jack & mozzarella

Make Your Own Pizza 170 | 136

Tomato or Pesto

with choice of 2 toppings;

tuna, anchovy, onion, olives, peppers, pineapple

Pasta

Spaghetti & Tomato Sauce 135 | 108

homeade tomato sauce, cherry tomatoes, basil & shaved parmesan

Linguini Pesto 145 | 116

homemade basil pesto, toasted pine nuts, garlic, parmesan

Spaghetti Puttanesca 135 | 108

Homemade tomato sauce, cherry tomatoes, black & green olives, capers
Option to add chilli for a spicy zing!

Chefs Weekly Pasta

check the blackboards for this weeks tasty creation

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Mains

Traditional Israeli Shakshuka 125 | 100

israeli salad, olives, pickles, tahini & toasted pita

Felafel Platter 130 | 104

two kinds of felafel, Israeli salad, hummus tahini, olives, pickles, toasted pita

Roast Salmon Fillet 205 | 164

pan roasted salmon with mediterranean vegetables

Fish Tikka 190 | 152

indian spiced fish with brown basmati rice & chuchumber salad

Chef Weekly Special

check the blackboards for this week special

Desserts

Häagen-Dazs Ice Cream 35 | 28

New York Baked Cheesecake 70 | 56

Fresh strawberries

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Kids Menu

Kids menu suitable for children 10 and under

Omelette 60 | 48

omelette topped with melted cheese

Twist & Tive Pasta 65 | 52

spiral pasta with tomato sauce & melted cheese

Kids Fish Goujons 65 | 52

Breaded fish fillet goujons served with french fries

Salmon Skewers 85 | 68

pan fried salmon with israeli salad
& thousand island dressing

Cheese and Tomato Pizza 60 | 48

No green, Just pizza!

Mac N Cheese 65 | 52

Creamy cheese sauce with macaroni pasta

Vegetable sticks 35 | 28

Homemade Fries 40 | 32

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