



Trading hours at both Cafés

Chelsea Wynberg & Constantia Uitsig

Monday – Saturday

8am to 5pm

Sundays

9am to 4pm

Book your celebration with us!

Visit our website www.fourandtwentycafe.co.za for our Breakfast, Brunch, Lunch & Afternoon Tea Set Menus for groups up to 30 guests!

Sweet and Savoury Catering lists available as well!



Breakfast served all day

SPRING into Summer Breakfast Bowl

R102

Vanilla Seed 'Panna Cotta – Style' Yoghurt,
Honey-Roasted Cashew Nut & Mixed Seed Granola,
Fresh Seasonal Fruit, Orange Segments, Lime Curd,
Pineapple, Apple and Mint Salsa, Honey & Poppy Seed Glaze

APPLEY EVER AFTER Flapjacks

R128

Fluffy Lime-infused Flapjacks, Apples cooked in a
Cinnamon and Star Anise Caramel, Caramelised Apple Puree,
Mascarpone and a sprinkling of Frosted Pecan Nuts

Crispy Bacon + R38

SHAKE-A-LEG Shakshuka

R132

Two Poached Eggs in a Spiced Tomato Smoor,
Pan-fried Bratwurst Sausage, Cheesy Cream Sauce,
Wilted Baby Spinach, Tempura Kale Leaves

Served with toast on the side

SPICY MINCE ON TOAST

R132

Spicy Savoury Beef Mince, Smokey Aubergine & Feta Whip Poached Egg,
Fresh Mint and Basil Raita, Pine Nut Crumble

Served on Toasted Sourdough

*may substitute Toast for an Extra Poached Egg

*may substitute Egg for Avo

no charge
+R9 supplement

“Sing a Song of Sixpence, a Pocket full of rye”



FRITTATA-licious!

Enjoy for Breakfast, Brunch or Lunch

Our frittatas may be described as an ‘open omelette’ ...
3 eggs whisked up with a choice of 3 flavour combinations

Veggie Frittata

R98

Portobellini Mushrooms, Confit Baby Tomatoes,
Baby Spinach, Sliced Avo, Danish Feta Cheese,
Caramelised Onions, Confit Garlic, Fresh Chives,
Spring Onions and Wild Rocket Drizzled with Balsamic Glaze

Rainbow Trout Frittata

R168

Rainbow Trout, Dill Cream Cheese, Caramelised Onions,
Confit Garlic, Fresh Dill, Baby Spinach, Wild Rocket Leaves Lemon and Lime

Chorizo Frittata

R158

Chorizo Napoli Slices, Portobellini Mushrooms,
Danish Feta, Confit Baby Tomatoes, Baby Spinach,
Caramelised Onions, Confit Garlic and Wild Rocket Leaves

All Frittatas are served with a choice of either:
Toasted Sourdough brushed with Herb Butter | Baby Leaf Salad

“Four & Twenty Blackbirds Baked in a Pie”



BENEDICT FAVOURITES

Eggs Be.Licious R92
Two Poached Eggs on Toast
Confit Baby Tomatoes, Classic Hollandaise Sauce

Crispy Bacon + R38

Smoked Rainbow Trout + R68

toasted sourdough | 70% rye | sweet potato gluten free
R6 supplement for the gluten free bread

Eggs Be.Lean * *banting friendly* R102
Two Poached Eggs served on a Truffled Aubergine & Mushroom Rosti,
Confit Baby Tomatoes, Yoghurt Hollandaise

Crispy Bacon + R38

Smoked Rainbow Trout + R68

Eggs Be.Oriental * *banting friendly* R102
Two Poached Eggs, Pan-fried Exotic Mushrooms,
Buttery Edamame Beans, Umami Hollandaise

Sesame Crusted Crispy Bacon + R38

Smoked Rainbow Trout + R58

Green Eggs & Ham R132
Two Poached Eggs, Dijon-brushed Sourdough,
Fresh Basil Hollandaise, Pan-Crisped Hickory Ham
& Fresh Baby Rocket Leaves

*“When the Pie was opened, the Birds began to Sing,
Wasn’t that a dainty dish to serve before the King?”*



CREATE YOUR OWN

FRESHLY BAKED *served fresh or toasted*

Sourdough 70% Rye	R14
Sweet potato gluten free	R20
Butter Croissant Bagel	R28

FRENCH TOAST *per slice*

Sourdough dunked in custard and fried in butter served with golden syrup	R34
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SCRAMBLED EGGS with butter & cream	R36
Crispy Bacon	R38
Bratwurst <i>pan-fried</i>	R52
Chicken Breast FREE RANGE <i>pan-fried</i>	R38
Hickory Ham SOFT or PAN-CRISPED	R38
Smoked Rainbow Trout ribbons	R68
Avo SLICED (when in season)	R34
Confit / Raw Baby Tomatoes	R22
Portobellini Mushrooms <i>pan-fried</i>	R30
Hollandaise Sauce	R48
Basil Pesto	R28
‘Chillicious’ Chilli Sauce	R18
Mature Cheddar	R30
Boerenkaas <i>matured for 6 months</i>	R32
Gorgonzola	R34
Emmenthaler <i>soft and mild & grated</i>	R22
Feta <i>Danish-style</i>	R28
Cream cheese	R34
Belnori Goats Chevre <i>creamy & mild</i>	R52

“The King was in in counting house, counting out his money”



LUNCH SPECIALTIES

MAN-SIZED Fish Cakes Golden & Crispy R220
with a Sultry Trio of Dipping Sauces
Served with a Side Salad of Tender Mixed Leaves,
Sweet Red Onion and Apple salsa

Red Pepper Relish | Tartare Sauce | Chive & Lime Hollandaise

Smashin' Jammin' Beef Burger R180
2 x 100g Beef Mince Smash Burger Patties on a
Brioche Bun with Salad Leaves, Bacon Jam,
Silky Gorgonzola Crème & Honey and Mustard Aioli
Served with Crispy Pommes Persillade
potatoes with parsley and garlic

Green Goddess Pesto Pasta R178
Home Made and Hand Cut Tagliatelle tossed in Basil Pesto, Pan-fried Chicken,
Artichokes, Feta, Pine nuts, Blistered Baby Tomatoes, Spicy Olive Chimichurri
& Fresh Rocket

PREFER NO CHICKEN? (V)
Substitute for Pan-fried Portobellini Mushrooms, no problem!

"The Queen was in her parlour, eating bread and honey"



**Creamy Coconut, Chicken
& Spicy Red Lentil Soup** R142

Chunky Style Soup with Baby Spinach, Herbed
Yoghurt Drizzle, Crispy Ginger & Toasted Almonds

Served with a Home-made Focaccia Bread topped with
Red Pepper Soffritto & Emmenthaler Cheese

TRY OUR 'JUST AS DELICIOUS' VEGAN VERSION! R104
with a Herbed Coconut Milk Drizzle and no Chicken or Emmenthaler Cheese added

Crispy Katsu-Style Chicken Stack R162

Toasted Sourdough, Smashed Avo, Crispy Panko-coated Chicken
dunked in Sticky Hoisin & Spicy Sriracha,
Sesame seeds, Spring onions

Topped with a Fresh Salad of Cucumber, Carrot, Jalapeño, Coriander & Pomegranate Glaze

ON THE SIDE

Thick Cut Potato Chips R78
With Parmesan & Truffle Aioli

"The maid was in the garden, hanging out the clothes"



Betty's Bagel R136
Olive & Chilli Jam, Rocket, Brie, Pan-fried Chicken Breast,
Honey & Mustard Aioli

SEXY Bagel R168
Seductively smeared with Dill Cream Cheese,
Pickled Fennel Bulb, Smoked Rainbow Trout Ribbons,
Wild Rocket and Crispy Capers

Avo Sumptuous R98
Smashed Avo, Crispy Bacon, Balsamic Glaze
Served with Toast of your choice

Ham & Cheese Toastie R98
Sourdough, Dijon & Wholegrain mustard, Hickory Ham,
Cheesy Bechamel, Emmenthal, Honey & Mustard Glaze
served with a Baby Side Salad

F&T Reuben Sandwich R158
Toasted & Oven Baked Sourdough Sandwich
Packed with Beef Pastrami, Emmenthaler Cheese, Cabbage,
Apple & Creamy Horseradish Slaw
served with Mustardy Gherkins and a Baby Side Salad
Push up your sleeves, this is going to get messy!

toasted sourdough | 70% rye | sweet potato gluten free
R6 supplement for the gluten free bread



SALADS

Wynberg Waldorf Salad (V)

R128

Tender Mixed Leaves, Julienne Apples, Shaved Celery,
Red onion, Gorgonzola, Smoked Pecan Nuts,
Sumac-dusted Croutons & Honeyed Aioli

ADD ON SOME WARM, SLICED CHICKEN BREAST!

Pan-fried Free Range Chicken Breast

+ R38 supplement

Crispy Katsu-Style Chicken Salad

R164

Chicken dunked in a Sticky Hoisin & Spicy Sriracha Glaze,
Sliced Avo, Pomegranate and Sesame seeds on a bed of
Mixed Salad Leaves, Fresh Cucumber, Carrot,
Spring Onion, Jalapeño and Coriander Dressing

Warm Salad of Lentils & Aubergine (V)

R126

Warmed Salad of Lentils, Roasted Aubergines, Griddled Artichokes,
Blistered Baby Tomatoes, Danish Feta,
Red Onion, Red Wine Vinegar & Cumin Vinaigrette,
Fresh Rocket

TRY OUR VEGAN VERSION!

Substitute Feta for Sliced Avo

+ R14 supplement

*You can still find the 'The Calamari Salad'
on the menu at Four and Twenty Café -Uitsig*

"And down came a blackbird and pecked off her nose"



FOUR & TWENTY SCONES

served warm with butter

Classic Vanilla Bean Scone

R62

Served with Chantilly Crème & a choice of one of our
Home-made Seasonal Fruit Preserves

Strawberry, Raspberry & Apple Jam | Lime Curd |
Citrus Marmalade | Lemon Curd

Caramelised Onion, Danish Feta,

R64

Spinach & Thyme (V) served with homemade
Onion Marmalade and/or Beetroot Orange & Chilli Relish

Bacon, Boerenkaas & Thyme

R68

served with homemade
Onion Marmalade and/or Beetroot Orange & Chilli Relish

FOUR & TWENTY MUFFINS

served warm with butter

Blueberry Muffin Almond Streusel

R44

Banana Muffin Cocoa Streusel

R42

Bran Muffin Pecan Streusel

R44

Dear Beloved Four & Twenty Customer

Although we indicate that some of our products are

Gluten free, Vegan and Banting friendly, they are prepared in kitchens where gluten, nuts and dairy are used



FOR THE KIDDIES

Our recommendations for what your little ones may like



RAINBOW FRUIT SKEWER

with seasonal fruit dipping sauce

R32



DECORATE YOUR OWN BISCUIT!

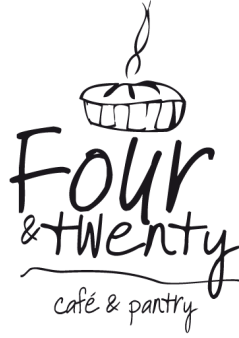
Choose a Vanilla Biscuit from our selection of shapes
and get creative with two colourful royal icing piping bags

icing contains egg white

R48

Have a look at our lovely selection of scones and muffins available at the pastry counter!





KIDDIES MENU

all-day breakfast

BIG BOY BREAKFAST BOWL

Vanilla Seed & Honey Yoghurt, Toasted Oats,
Mixed Nuts & Seed Granola,
Fresh Seasonal Fruits & Berries

R85

EGGIE ON TOAST

One Free-range Scrambled Egg *with a choice of either*
Crispy Bacon or Sliced Avo
served on Sourdough / Rye Toast

R85

FRENCH TOAST

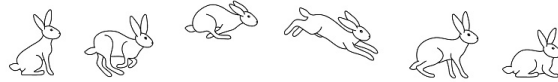
WITH CREAMY DREAMY & HONEY

Slice of Sourdough dunked in Custard, fried in butter
served with Mascarpone & drizzled with Honey
with a choice of Sliced Bananas OR Fresh Berries

R85



FOUR & TWENTY CAFÉ



lunch

MAC 'N CHEEZ

Macaroni noodles, Cheezy Sauce & Cheezy Topping

R65

Add Crispy Bacon Bits +R24

create your own!

Butter Croissant	R28
Bagel	R28
Sourdough	R14
SCRAMBLED EGGS with butter & cream	R36
CRISPY Bacon	R38
Chicken Breast FREE RANGE <i>pan-fried</i>	R38
Hickory Ham SOFT or PAN-CRISPED	R38
Avo SLICED (when in season)	R34
Cream cheese	R32
Grated cheese (soft & mild)	R22
FRENCH TOAST <i>per slice</i>	R34
Sourdough dunked in custard and fried in butter served with golden syrup	