

The logo for 'Ecco' is written in a lowercase, cursive-style font. The letters are black and have a fluid, interconnected appearance. The 'e' and 'c's are particularly stylized, with the 'c's having a small loop at the end. The logo is centered within a white circular background.

ecco

IL CAFFÈ

ECCO @ M-KEM

# Breakfasts



## Sunrise Breakfast

R65

*Eggs (fried, scrambled or poached),  
2 rashers of bacon, sliced tomato,  
1 slice of toast and a small 250ml cup of coffee  
THE BEST START TO YOUR DAY!*

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## French Toast

R45

*Two slices of French toast topped with  
grilled bacon smothered with delicious maple syrup*

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## Bacon & Cheese Omelette

R70

*2 egg omelette served with a slice of  
brown or white toast*

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## Mushroom & Cheese Omelette

R70

*2 egg omelette served with a slice of  
brown or white toast*

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## Crushed Avo on Rye or Sourdough Toast

R70

*Keep it simple and healthy with this delicious  
super food & artisan bread. Add your choice of  
protein by including poached egg and a couple  
of slices of bacon*

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## Salmon & Cream Cheese Bagel

R85

*Your choice of plain or sesame seed bagel.  
Real bagels, real flavor, real simple and healthy food*

## TOASTED SANDWICH MEALS

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*Brown or white toast and served with side chips.  
A tried and tested favorite light meal.  
Perfect for breakfast or lunch.*

### Chicken Mayo with Chips

R55

### Chicken Mayo

R35

### Bacon & Cheese with Chips

R60

### Bacon & Cheese

R40

NEW

# Gourmet Open Sandwiches



*Served on freshly baked Sourdough or rye breads,  
using only Free-Range Chicken and the freshest  
produce available from farm to table*

**Chicken Mayo,  
Garlic Cucumber,  
Red Onion** **R85**

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**Lemon Grilled Chicken,  
Avocado & Feta** **R85**

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**Bacon, Avo Rocket, Feta** **R85**

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**Roasted Veg, Basil Pesto,  
Rocket, Parmesan Shavings** **R70**



**WE DO CATERING**

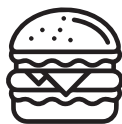
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**TEL ORDERS: 021 948 5708**  
**WHATSAPP ORDERS: 063 704 6271**

**f** ECCO IL CAFFE    **t** ECCO\_IL\_CAFFE    **ig** ECCO\_IL\_CAFFE

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Upstairs @ M-Kem, 224 Durban Road, Bellville  
Cape Town, 7530

# Gourmet Burgers & Wraps



## **Crispy Fried Chicken Burger** **R95**

*Chicken fillet submerged in butter milk, then tossed in spicy flour, deep fried twice until golden crispy and delicious. Served in a sesame seed roll topped with crunchy slaw, roast garlic mayo and lettuce and served with a side of hand cut chips*

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## **Hungry Hog Pure Beef, Bacon & Cheese Burger** **R95**

*120g beef burger topped with two rashers of grilled bacon and topped with delicious, melted cheese, and served with a side of hand cut chips*

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## **Prego Steak Wrap** **R85**

*An Ecco classic. Delicious steak strips pan fried in our home made and mouthwatering Prego sauce served with lettuce, tomato, cucumber, and red onion served in a lightly toasted tortilla wrap*

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## **Tandoori Spiced Chicken Wrap** **R85**

*Another Ecco favorite. Tender chicken breast marinated in our own tandooris and harissa spices. Served with finely sliced Avo and yoghurt and finished off with rocket and slivers of cucumber in a lightly toasted tortilla wrap*

## **ECCO HOT CHIPS**

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**Half Chips (200g) **R25****

**Full Chips (400g) **R35****

# Salads



## Thai Steak Salad

R95

*Mixed leaf salad, carrot, boiled Egg, English cucumber, red onion and cocktail tomatoes, with grilled tenderised steak strips, tossed in delicious exotic Asian spice marinade*

## MR. M' CHICKEN SALAD

R90

*Garden salad with mushrooms, carrots, peppers, avocado and grilled chicken deliciously seasoned and covered with toasted pumpkin and sunflower seeds*

## Cajun Chicken & Bacon Corn Salad

R85

*Tender Cajun-spiced grilled chicken fillet, served with mixed leaves, red onion, cocktail tomatoes, boiled egg, sweet corn and crispy bacon pieces*

## Green Bean Salad

R75

*Green beans and zucchini tossed with mustard seeds, red onion and cocktail tomatoes, stir fried with olive oil and a touch of garlic & completed with Danish feta, green peas and baby spinach*

## Traditional Greek Village Salad

R70

*Slices of English cucumber tossed with cocktail tomatoes, red onions and completed with soft creamy feta and Kalamata style, black olives. Served in the traditional village style, without lettuce, but rather a simple sprinkling of cold pressed virgin olive oil*

# Cakes & Bakes



**Please see in store for our  
daily selection**

# Coffee is our Passion



***So as far as we are concerned Coffee is a food group***

*At Ecco, please feel free to indulge your taste buds with our premium 100% Arabica house blend. Our coffee beans originate from Central and South America, Brazil and Africa. Our beans are "fluid bed roasted" guaranteeing consistency and are freshly roasted to order, for Ecco, by our own in-house Italian master roaster.*

Espresso (60ml)	22
Machiato (70ml)	24
Americano (250ml/350ml)	24/28
Cortado (150ml)	24
Flat White (250ml)	28
Latte (350ml)	32
Mocha (350ml)	35

## **OTHER HOT STUFF**

Chai (350ml)	35
Dirty Chai (350ml)	35
Red Chai (350ml)	35
Hot Chocolate (350ml)	35
Toni Glass Herbal Teas	25
Ceylon / Rooibos Teas	20

## **SMOOTHIES (350ML)**

Honey Nutter	55
Berry Blast	55
Caribbean Crush	55
Green Bomb	55

## **ICED STUFF**

Iced Mocha	45
Iced Chai	45
Iced Hot Chocolate	45
Iced Red Mocha	45

## **COLD STUFF**

Assorted Sodas	16
Cappy Juice	20
Bos Iced Tea	28
Sir Juice	25/28
Cold Pressed Juice Shot	25
Sterri Stumpies	18
Appletizer / Grapetizer	28
Red Bull	28
Mineral Water (Still / Sparkling)	16