

# kids menu

	Kilojoules	Calories	Protein g	Fat g	Sat Fat g	Cholesterol mg	Carbs g	Sodium mg	dairy	wheat	eggs
BAMBINO B/FAST	2134	508	29.1	36.8	12.6	338	1.1	1187	x	x	x
CHEESE SANDWICH	2798	666	18.2	34.7	9.9	68	36.6	742	x	x	
CHEESE TOMATO	2835	675	18.6	34.7	9.9	68	37.7	744	x	x	
HAM CHEESE	2958	704	24.1	36.2	10.4	82	36.9	1171	x	x	
CHICKEN MAYO	3331	793	22.9	45.2	10.1	60	40.6	911	x	x	
BEEF BURGER	3671	874	38.7	45.3	12.5	144	43.6	873	x	x	
CHICKEN BURGER	3081	734	42.1	27.8	4.6	87	43.6	806	x	x	
HOT DOG	2866	682	21.9	26.9	4.5	63	43.9	1557	x	x	
BOLOGNAISE	1973	470	39.8	13.8	5.5	88	37.0	85		x	
CHICKEN STRIPS	2489	593	41.4	25.6	5.3	324	44.7	519		x	x
BAMBINO SHAKE	1056	251	6.5	15.6	9.4	55	21.7	99	x		
ICE CREAM FLOAT	605	144	0	0.2	0.1	1	35.2	25	x		
FRUIT JUICE	535	127	0.3	0	0	0	31.3	58			



# menu nutritional information



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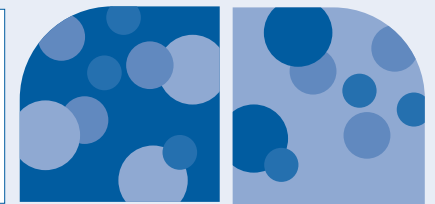


## continental passion

Dulcé Franchise Outlets Nationwide  
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Visit [www.dulce.co.za](http://www.dulce.co.za)

\*All food prepared in our kitchens may contain traces of nuts.  
All nutritional breakdowns include sauces and dressings where applicable

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## General Kilojoule Reference Guide

Dulce Café is committed to promoting a healthy lifestyle to all our valuable customers. With this objective in mind, we have decided to provide our customers with enough nutritional information on all our menu items with which to make an informed decision on which menu items to choose for your specific nutritional requirements. We trust that you will find this information useful, and that Dulce Café can help in some small way to ensure that you lead a happy, long and healthy life.

	Average Weight (kg)	Height (cm)	Average Energy requirement/ day (kj)
Boys & Girls 4-8 years	22	118	7 316
Boys 9-13 years	44	147	9 572
Girls 9-13 years	40	148	8 698
Boys 14-18 years	64	174	13 238
Girls 14-18 years	57	163	9 946
Males 19-30 years	76	176	12 881
Females 19-30 years	61	163	10 093
Males 31-70 + years	76	176	12 881
Females 31-70 + years	61	163	10 093

### Product and nutritional information subject to change

Whilst Dulce Café has provided the nutritional values of our menu items, we advise our valued customers to use their own discretion when utilizing this information for their own specific nutritional requirements.

## hot drinks

	Kilojoules	Calories	Protein g	Fat g	Sat Fat g	Cholesterol mg	Carbs g	Sodium mg	dairy	wheat	eggs	nuts	alcohol
FILTER COFFEE	140	33	2.0	2.0	1.0	20	2.8	26	x				
MACCHIATO	584	139	5.0	6.0	3.0	10	20.1	75	x				
AMERICANO	204	49	0	0	0	0	12.0	0					
IRISH COFFEE	897	214	5.1	12.3	7.4	40	20.8	85	x				x
ESPRESSO	204	49	0	0	0	0	12.0	0					
TEA	66	16	1.0	1.0	0.5	20	1.2	12	x				
ROOIBOS	66	16	1.0	1.0	0.5	20	1.2	12	x				
CAPPUCCINO	658	157	5.3	6.0	3.1	20	21.2	87	x				
CHOC CAPPUCCINO	1218	290	2.0	5.0	1.0	0	65.0	210	x				
TOFFEE CAPPUCCINO	1428	340	5.0	12.0	10.0	5	55.0	170	x				
CHANTILLY CAPPUCCINO	897	214	5.1	12.3	7.4	40	20.8	85	x				
ICE CAPPUCCINO	658	157	5.3	6.0	3.1	20	21.2	87	x				
ICE BIANCO	658	157	5.3	5.6	3.1	20	21.2	87	x				
WHITE CHOC CREME BRULEE	1428	340	1.0	12.0	12.0	0	59.0	290					
CLASSIC HOT CHOC	1075	256	6.1	6.3	3.6	36	41.0	156	x				
CHILLA CHOC STICK	855	203	11.0	27.4	15.8	34	41.0	144	x				
CAFE MOCHA	1386	330	7.0	12.0	12.0	0	49.0	240	x				
MILK	800	190	8.0	7.4	4.1	9	23.3	180	x				
HOT CHOC	1075	256	6.1	6.3	3.6	36	41.0	156	x				
HORLICKS	800	190	8.0	7.4	4.1	9	23.3	180	x				
LATTE	790	188	7.0	7.3	4.1	20	23.6	111	x				
VANILLA CHAI LATTE	1302	310	5.0	8.0	7.0	0	58.0	250	x				
TOFFEE LATTE	1428	340	5.0	12.0	10.0	5	55.0	170	x				
CHOC LATTE	1218	290	2.0	4.5	1.0	0	65.0	210	x				
WHITE CHOC LATTE	1428	340	1.0	12.0	12.0	0	59.0	290	x				



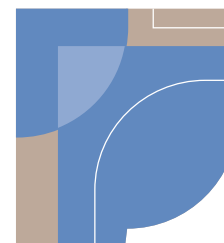
## cold drinks

	Kilojoules	Calories	Protein g	Fat g	Sat Fat g	Cholesterol mg	Carbs g	Sodium mg	dairy	wheat	eggs	nuts	alcohol
HORLICKS SHAKE	2339	557	13.6	31.7	19.0	110	57.4	273	x				
TRADITIONAL ICED COFFEE	1811	431	5.6	31.5	22.0	86	37.9	79	x				
MILO FREEZE	3067	730	17.2	42.7	27.5	115	82.4	270	x				
LEMON CHILLA	1760	419	3.8	17.0	10.5	64	65.5	87					
MILKSHAKE	2186	520	9.8	27.8	16.8	100	58.3	218	x				
ICE CREAM FLOAT	1323	315	2.5	11.3	7.0	43	50.7	63	x				
MILO SHAKE	2339	557	13.6	31.7	19.0	110	57.4	273	x				
FRULLATA - ICE CREAM	1900	452	5.6	23.7	14.0	85	54.0	105	x				
FRULLATA - YOGHURT	814	194	6.7	3.7	1.6	11	31.7	118	x				
FRUIT JUICE	728	173	0.3	0	0	0	42.5	78					
smoothies													
STRAWBERRY BANANA - REAL	929	221	1.5	0.2	0.1	0	49.3	19					
RASPBERRY APPLE - REAL	1007	240	1.7	0.8	0.1	0	48.1	15					
WILDBERRY HONEY - REAL	929	221	1.5	0.2	0.1	0	49.3	19					
MANGO - CRUSH	671	160	0.2	0	0	0	41.0	0					
STRAWBERRY CREAM - CRUSH	568	135	0.2	0	0	0	35.0	2					
GRANADILLA - CRUSH	818	195	0.6	0.2	0	0	47.0	1					
BERRY - CRUSH	457	109	0.2	0.1	0	0	28.0	1					
CINO FREEZE	1344	320	7.0	11.0	9.0	5	52.0	320					
CHOCOLATE	1218	290	2.0	4.5	1.0	0	65.0	210					
FUDGE CARAMEL	1428	340	5.0	12.0	10.0	5	55.0	170					
WHITE CHOC FREEZO	1428	340	1.0	12.0	12.0	0	59.0	290					
STRAWBERRY	1260	300	0	3.5	3.5	0	70.0	230					
TROPICAL	1302	310	1.0	7.0	7.0	0	65.0	50					
PINA COLADA	1302	310	1.0	7.0	7.0	0	65.0	180					
WHITE MINT CHOC	1428	340	1.0	12.0	12.0	0	59.0	290					
PEANUT BUTTER	1428	340	1.0	12.0	12.0	0	59.0	290				x	
ROMANY CREAM	1344	320	5.0	11.0	9.0	0	55.0	230	x			x	



## breakfast

	Kilojoules	Calories	Protein g	Fat g	Sat Fat g	Cholesterol mg	Carbs g	Sodium mg	dairy	wheat	eggs	nuts	alcohol
EARLY BIRD	2964	706	38.1	51.6	16.0	610	7.5	1358	x	x	x		
SUNRISE	4039	962	69.1	66.4	25.6	464	7.5	1525	x	x	x		
BREAKFAST WRAP	2294	546	114.3	30.0	10.8	595	111.2	872	x	x	x		
BOND STREET	4596	1094	58.4	69.7	21.2	671	39.5	1540	x	x	x		
CONTINENTAL	3636	866	46.8	63.3	20.7	635	12.3	2076	x	x	x		
OMELETTE (PLAIN)	1685	401	29.0	22.2	6.9	835	6.0	417	x	x	x		
HEALTHY WAY	2261	538	13.8	16.0	1.6	10	75.9	234	x			x	
FRENCH TOAST	3574	851	40.7	44.3	14.6	625	41.4	1483	x	x	x		
TOAST AND PRESERVES	715	170	5.3	1.6	0.3	30	1.8	295	x	x			
EGGS BENEDICT	1045	249	22.9	15.2	4.5	559	4.4	602	x	x	x		
HASHBROWN B/FAST	2676	637	38.1	43.7	14.5	610	6.0	1280	x	x	x		
HALOUMI B/FAST	1953	465	26.5	35.5	13.5	572	17.3	778	x	x	x		
DULCE DUO	6981	1662	97.7	113.9	40.5	1281	58.8	4070	x	x	x		
CROISSANT (PLAIN)	1110	264	5.8	14.2	0	36	26.8	273	x	x	x		
SCONE	1907	454	9.4	18.7	4.6	62	60.0	370	x	x	x		
MUFFIN	1701	405	10.5	10.5	1.5	0	72.0	590	x	x	x	x	
BREAKFAST SMOOTHIE	1961	240	6.0	9	1.2	6	30.4	114	x			x	





## sandwiches

	Kilojoules	Calories	Protein g	Fat g	Sat Fat g	Cholesterol mg	Carbs g	Sodium mg	dairy	wheat	eggs	nuts	alcohol
CHEESE AND TOMATO	3388	807	27.3	45.5	16.2	107	38.2	916	x	x			
BACON AVO FETA	4589	1093	35.5	74.0	22.9	109	37.1	1943	x	x			
CHICKEN MAYO	3331	793	22.9	45.2	10.1	60	40.6	911	x	x	x		
SESAME CHICKEN	4620	1100	50.8	65.7	15.7	110	41.3	1146	x	x			
BACON AND EGG	4439	1057	44.1	66.9	19.0	625	37.4	1692	x	x	x		
CORONATION CHICKEN	4540	1081	27.8	58.7	17.9	67	78.6	1032	x	x	x		
MUSHROOM SPINACH AND FETA	2935	698	19.3	35.4	10.5	58	44.6	1048	x	x			
HAM CHEESE TOMATO	2985	711	24.3	36.2	10.4	82	37.7	1172	x	x			

## tramezzini

CHEESE AND TOMATO	3350	798	28.8	51.3	16.0	77	71.0	770	x	x			
BACON AVO FETA	5176	1232	44.6	93.1	28.8	110	69.7	1944	x	x			
CHICKEN MAYO	4152	989	37.1	68.1	17.7	74	74.8	1048	x	x	x		
SESAME CHICKEN	5535	1318	60.7	91.6	22.1	117	78.3	1317	x	x			
BACON AND EGG	5524	1315	62.0	96.0	28.2	652	69.6	2172	x	x	x		
CORONATION CHICKEN	4923	1172	36.6	73.2	22.9	69	110.8	841	x	x	x		
MUSHROOM SPINACH AND FETA	3389	807	28.6	49.9	15.5	59	79.7	1052	x	x			
HAM CHEESE TOMATO	3589	855	37.5	53.6	16.7	98	71.5	1413	x	x			



## pizza

	Kilojoules	Calories	Protein g	Fat g	Sat Fat g	Cholesterol mg	Carbs g	Sodium mg	dairy	wheat	eggs	nuts	alcohol
MARGARITA	2138	509	25.9	23.7	10.0	31	50.9	952	x	x	x		
REGINA	2524	601	38.7	26.8	12.2	59	52.8	1815	x	x	x		
CAJUN CHICKEN	3466	825	55.2	41.9	15.2	80	58.2	1013	x	x	x		
BACON AVO FETA	4762	1134	53.4	78.5	31.5	110	53.9	2330	x	x	x		
VEG	2977	709	34.4	37.0	18.2	59	60.7	1369	x	x	x		
MEXICAN	3481	829	60.9	35.8	16.7	119	65.9	1658	x	x	x		
HAWAIIAN	2581	614	37.7	26.7	12.2	59	57.5	1810	x	x	x		
SESAME CHICKEN	2910	693	53.8	27.0	12.2	80	60.2	1010	x	x	x		
MIGHTY MEATY	4665	1111	56.7	75.8	28.2	128	52.0	1962	x	x	x		

## desserts

MUD CAKE	2004	477	6.2	22.9	12.3	104	61.1	203	x	x	x	x	
WAFFLE - SYRUP	1823	434	6.9	18.8	8.7	77	62.2	358	x	x	x	x	
WAFFLE - CARAMEL BANANA	2182	520	10.5	21.7	10.5	87	71.7	353	x	x	x	x	
WAFFLE - CHOC FUDGE	2310	550	10.1	31.1	16.5	77	60.5	345	x	x	x	x	
WAFFLE - FRUIT SALAD	1911	455	7.4	19.8	8.5	77	63.9	309	x	x	x	x	
PANCAKE - CARAMEL BANANA	4314	1027	20.9	46.2	10.9	139	130.4	676	x	x	x	x	
PANCAKE - APPLE CINNAMON	5586	1330	26.0	68.3	7.0	188	146.6	1138	x	x	x	x	
PANCAKE - CINNAMON SUGAR	4648	1107	20.2	54.0	7.0	152	132.0	860	x	x	x	x	
ICE CREAM SCOOP	733	174	2.5	12.0	7.3	43	17.0	39	x				
FRUIT SALAD	1157	275	3.7	12.9	7.0	43	37.0	46	x				
BANANA SPLIT	3290	783	11.2	48.3	31.1	132	77.0	135	x				
ICE CREAM CHOC DUO	1461	348	5.0	23.3	14.3	86	32.7	79	x			x	

## wraps

	Kilojoules	Calories	Protein g	Fat g	Sat Fat g	Cholesterol	Carbs g mg	Sodium	dairy mg	wheat	eggs	nuts	alcohol
CHICKEN	4209	1002	156.6	55.5	16.3	140	96.3	984	x	x	x		
BEEF	3705	882	148.0	45.9	15.0	185	96.7	651	x	x	x		
VEG	2816	670	124.9	26.4	11.6	88	106.6	848	x	x	x		

## baked potatoes

BACON FETA MUSHROOM	4914	1170	71.0	73.6	36.6	208	54.1	1937	x	x			
VEG	3824	910	54.7	44.2	26.2	157	68.2	979	x	x			
SPINACH SUNDRIED TOMATO	3106	739	51.6	23.9	10.4	95	63.1	1502	x	x			
BUTTERNUT SESAME CHICKEN	5718	1361	96.2	75.3	31.0	206	69.6	1463	x	x			

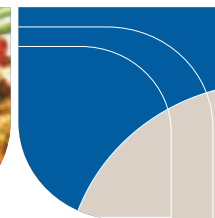


## pasta

	Kilojoules	Calories	Protein g	Fat g	Sat Fat g	Cholesterol mg	Carbs g	Sodium mg	dairy	wheat	eggs	nuts	alcohol
POLLO PASTA	4998	1190	53.0	65.6	54.6	59	79.9	257	x	x	x		x
ALFREDO	5387	1283	36.3	87.5	62.2	53	76.3	967	x	x	x		x
ARRABIATA	2122	505	20.8	7.7	2.2	8	72.5	244	x	x			
MEATBALL	4524	1077	96.2	23.4	10.2	140	72.4	312		x	x		
BUTTERNUT	5540	1319	21.4	97.9	32.5	8	84.0	204	x	x	x		
POLLO PRIMAVERA	3279	781	51.5	11.1	3.1	59	89.2	348	x	x	x		
POLLO PASTA - BOWL	2884	687	41.2	35.0	27.7	54	41.0	156	x	x	x		x
ALFREDO - BOWL	2697	642	18.2	43.8	31.1	26	38.3	484	x	x	x		x
ARRABIATA - BOWL	1061	253	10.4	3.8	1.1	4	36.3	122		x	x		
MEATBALL - BOWL	2262	539	48.1	11.7	5.1	70	36.2	156		x	x		
BUTTERNUT - BOWL	2770	660	10.7	48.9	16.2	4	42.0	102	x	x	x		
POLLO PRIMAVERA - BOWL	2116	504	40.8	7.2	2.0	54	52.7	201	x	x	x		

# salads

	Kilojoules	Calories	Protein g	Fat g	Sat Fat g	Cholesterol mg	Carbs g	Sodium mg	dairy	wheat	eggs	nuts	alcohol
GREEK	3169	755	59.8	27.0	14.5	129	14.4	868	x		x		
CHEFS	3989	950	87.5	37.0	17.3	178	12.9	918	x		x		
BOMBAY	4966	1182	70.6	50.4	18.7	117	57.5	598	x	x	x	x	
BUTTERNUT	3716	885	23.4	66.0	7.3	28	52.9	446	x				
MED CHICKEN	4317	1028	83.5	18.5	3.6	122	75.0	84	x	x	x		
AVO HALOUMI	4258	1014	26.1	90.6	17.8	54	17.9	821	x	x		x	
BILTONG BLUE CHEESE	3462	824	26.7	74.5	9.1	47	11.3	690	x			x	
SALMON	4211	1003	43.5	25.4	6.7	165	16.4	1822	x		x		
GREEK - BOWL	2488	592	51.4	15.8	7.5	101	9.8	447	x		x		
CHEFS - BOWL	3230	769	79.1	23.4	9.8	150	8.8	497	x		x		
BOMBAY - BOWL	4720	1124	69.4	50.2	18.7	117	47.5	590	x	x	x	x	
BUTTERNUT - BOWL	3196	761	66.0	14.2	7.2	28	29.1	435	x				
MED CHICKEN - BOWL	3270	779	76.9	11.8	2.5	122	38.6	78	x	x	x		
AVO HALOUMI - BOWL	3490	831	16.3	78.1	10.2	27	11.8	416	x	x		x	
BILTONG BLUE CHEESE - BOWL	3086	735	19.4	70.0	6.6	31	7.6	459	x		x	x	



# speciality dishes

	Kilojoules	Calories	Protein g	Fat g	Sat Fat g	Cholesterol mg	Carbs g	Sodium mg	dairy	wheat	eggs	nuts	alcohol
ZORBA	1968	469	36	21.9	15.2	66	13.3	231	x	x			
CAFE GRILL	7154	703	62	91.2	30.8	142	118.6	1593	x	x			
LA ZINGERA	5918	1409	57	88.2	22.7	135	87.9	1118	x	x	x		
STEAK ROLL	5403	1287	49	55.4	13.6	161	96.1	1047		x			
SCHNITZEL	2850	679	16	43.0	20.9	52	49.9	426	x	x			
DULCE RUMP	4759	1133	82	57.6	20.5	246	40.2	634	x				
OPEN STEAK	3250	774	40	47.4	12.6	162	18.1	779	x	x			
OPEN CHICKEN	2574	613	41	28.4	4.1	98	18.1	703	x	x			
OPEN VEG	3410	812	23	48.6	12.6	69	34.0	2098	x	x			
SPEDINI	5146	1225	82	58.85	7.4	138	55.3	1006					
BUTTER CHICKEN	3442	820	45	29.7	15.7	118	68.7	438	x				

# burgers

BEEF	5146	1225	51.4	60.4	15.6	171	80.6	981		x	x		
CHICKEN	4116	980	46.9	34.6	5.1	87	80.6	926		x	x		
GOURMET	7418	1766	79.1	108.0	33.8	260	81.9	2112		x	x		
BEEF - DOUBLE	6864	1634	88.2	90.0	27.2	312	80.6	1097		x	x		
CHICKEN - DOUBLE	4803	1144	79.1	38.4	6.1	144	80.6	986		x	x		

