










EAT BOWLS




Bowls




Ubuntu   109
Crispy bacon, cheddar, egg, avo/guacamole, pickled red onion, mustard mayo, cherry tomatoes, cucumber on a lettuce & cabbage salad base

Chicky Pea   109
Grilled free-range chicken, crispy chickpeas, avo/guacamole, pickled red onion, mustard mayo, cherry tomatoes, cucumber, on a lettuce & cabbage salad base

Asian Chicken Bowl    129
Grilled free-range chicken, edamame beans, corn, cherry tomatoes, cucumber, coriander, black sesame seeds, kewpie mayo, crispy onions, "chilli, garlic, ginger & soy" dressing on a lettuce & cabbage salad base

Chimichurri Steak Bowl   129
Grilled BBQ steak strips, fior di latte mozzarella, cherry tomatoes, spinach, cucumber, pickled red onion, chimichurri dressing, charcoal mayo, on a lettuce & cabbage salad base


Mexican Bowl    129
Cumin spiced beef mince, corn, red kidney beans, cherry tomatoes cheddar, avo/guacamole, sour cream, nacho chips, pickled red onion, sliced jalapeno's on a lettuce & cabbage salad base


Butternutter Bowl    109
Roast butternut, toasted pumpkin seeds, spinach, feta, peacon nuts, sun-dried tomatoes, "garlic & herb" mayo dressing on a lettuce & cabbage salad base


DRINKS



Water, Still or Sparkling 250ml 18
300ml Soft drinks assorted 24
Appetizer, Grapetizer, Peach or Lemon Ice Tea 30
1.5L Coke, 1.5L Coke Zero 38


SIDES

Sides  All sides are Vegetarian


Chips  44

Sweet potato chips  44


Green Salad   40

American Slaw  40

Red cabbage, white cabbage, carrot, mayo

Spicy Asian slaw  40


Red cabbage, white cabbage, carrot, soy, garlic, chili, ginger, mayo, black sesame seeds

Chilli popper each  25

KIDDIES MENU


All our kiddies pizza bases are approximately 21 cm in size

Pizzas

Margherita  69
Tomato base, mozzarella cheese

Hamlet 75
Tomato base, mozzarella cheese, ham

Leelo 75
Tomato base, mozzarella cheese, ham, pineapple

Veggie  89
Tomato base, mozzarella cheese, butternut, feta

Burgers - All burgers served with chips

Mini Moo 89
Beef patty, lettuce, tomato, mayo

Chicken Little 89
Free-range chicken patty, lettuce, tomato, mayo

Add on a slice of cheese (R12) Add on streaky bacon (R15)


Mini Me Meals




Chicken Nuggets 75
Free-range chicken nuggets with chips

Spag Bol 89
Our take on a spaghetti bolognese for the kids

SWEET DESSERTS

Chocolate Mousse 36
Decadent chocolate mousse, made in-house, topped with cream

Chocolate Brownie  39
Freshly baked in-house chocolate chunk brownie

Low-Carb Keto Cheesecake Cup    44
Creamy, sugar free no bake cheesecake with a toasted almond crumb, made in-house. Less than 5.2g net carbs per portion.

DID YOU KNOW?

Dough Boys is our manufacturing division? Scan to check out their Pizza base products.



This Menu is available from the 1 May 2025- T&C's apply.
Please specify that you are taking a deal when ordering. Regrettably no substitutions / swap outs are permitted.
Add-ons are accepted but will result in a price change. Minimum order of R120 to qualify for free delivery.
Avo is subject to availability.



eat **OUT**
THE
BOX

HANDCRAFTED FOOD
Serving the best quality hand-crafted food to your door.

DEALS

Please specify the deal when ordering.

T's & C's apply

ALL WEEK DEALS

(Tuesday - Sunday)

Fresh & Healthy - 269

2 Salad Bowls & a Rasta Pita

Burger & Bowl - 269

1 Burger & 1 Salad bowl

with a choice of two 300ml Soft drinks

MID WEEK DEALS

(Sunday - Thursday)

Two Pizzas - 269

2 Pizzas

ADD a Margherita for R89

Two Burgers - 269

2 Burgers with chips



Two Neapolitan pizzas - 299

2 Neapolitan Style Pizzas

Two'sday Pizza Deal - 269

2 Pizzas with a choice of two Desserts

& a choice of two 300ml Soft drinks

Only available on a Tuesday



ADD a Dessert for R29 to any deal

ADD a 1.5L Soft drink for R29 to any deal

Order Online: www.eatoutthebox.co.za - Tel: 087 354 3618

Please see our website for trading times. We are closed Mondays.

Address: 70 Constantia Main road, Wynberg 

Free Delivery

Open Tuesday - Sunday, closed on Mondays

EAT PIZZAS

All our hand-crafted pizzas are approximately 30cm

Choose between our Wheat, Gluten friendly (25) or Keto cauliflower pizza base (25)
 Swop Mozzarella for Vegan Mozzarella on any vegetarian pizza (25)

Light and Crunchy

- Garlic** 55
Garlic pita, EVOO
- Kwaai** 89
Garlic pita, balsamic onion, feta, EVOO
- Caprese** 89
Garlic pita, mozzarella, slice tomato, fresh basil, EVOO, balsamic vinegar
- Rasta** 99
Garlic pita, feta, tomato, rocket, EVOO, avo/guacamole

Classic EOTB Pizzas

- Margherita** 109
Tomato base, mozzarella
- Island Style** 144
Ham, fresh pineapple
- WestCoast Custom** 149
Sun-dried tomatoes, garlic, onion, feta
- Reginald** 155
Ham, black mushroom
- B.F** 155
Bacon, Feta
- Feeshy** 149
Anchovies, crispy capers, pickled red onion, garlic
- The Pepperoni Pizza** 159
Tomato base, mozzarella cheese, pepperoni
- Cape Doctor** 165
Bacon, feta, peppadews
- Three little pigs** 189
Ham, bacon, salami
- Kiff n Kuku** 168
Free-range chicken, peppadews, balsamic onion
- Greek** 189
Baby spinach, olives, feta, roasted red pepper, onion
- Mad Cow** 189
Mincemeat, onion, green pepper, crispy jalapenos

Make Your Own - Start with a Classic Margherita (109)

- +Garlic, Chilli, Onion, Spinach, Green Pepper, Tomato, EVOO, 14
Toasted Pumpkin Seeds, Toasted Sunflower Seeds, Red Onion, Crispy Onions, BBQ Drizzle, Tomato Base
- +Ham, Fresh Pineapple, Sliced Jalapeno Chillies, Caramelised 22
Onion, Crispy Capers, Balsamic Onion, Pickled Red Onion, Pickles, Hot Honey, Parmesan, Cherry Tomatoes, Balsamic Vinegar

Eat Your Heart Out Pizza

- Joey's** 195
Salami, mushrooms, onion, green pepper, fresh tomato
- Mediterranean** 194
Salami, artichokes, roasted red pepper, olives
- Veggie Patch** 154
Roast butternut, toasted pumpkin seeds, feta, baby spinach sun-dried tomatoes
- Funky Chicken** 189
Free-range chicken, brie, balsamic onion
- Pomodoro e Basilico** 169
Mozzarella, cherry tomato, basil pesto, feta
- Carne** 189
BBQ steak strips, feta, caramelised onions, garlic, crispy onions
- Spaniard Pizza** 199
Locally made Chorizo sausage, garlic, green pepper, red onion cherry tomatoes,
- Fentestic** 189
Bacon, brie, fig
- Lemone** - Blanco base (no tomato base) 159
EVOO base, grilled free-range chicken, lemon, garlic, spinach

Neapolitan Style Pizza's

48hr fermented Neapolitan style dough, hand stretched, topped with Italian tomato & Fior Di Latte mozzarella - 28cm

- Neapolitan Margherita** 125
Italian tomato base, fior di latte mozzarella, fresh basil, EVOO
- Pepperoni & Hot Honey** 174
Pepperoni, "garlic & red chilli" hot honey, italian tomato base, fior di latte mozzarella
- The Tourist** 189
Grilled free-range chicken, brie, caramelised onions, italian tomato base, fior di latte mozzarella
- Parma** 194
Prama style ham, rocket, balsamic reduction, italian tomato base, fior di latte mozzarella, parmesan cheese
- Ortolana** 174
Artichokes, Spinach, garlic, sun-dried tomatoes, italian tomato base, fior di latte mozzarella

- +Roast Butternut, Olives, Basil, Rocket, Basil Pesto, Feta, Avo/Guacamole, Roasted Red Pepper, Black Mushroom, Peppadews, Anchovies, Crispy Jalapeno, Cheddar, Sun-Dried Tomato, Artichokes 27
- +Fig, Bacon, Free-Range Chicken, Salami, Pepperoni, Brie, Mincemeat, Blue Cheese, Mozzarella, Steak Strips, Chorizo Vegan Mozzarella 36

EAT BURGER

Choose between our gourmet sesame burger roll or Low-carb keto burger roll (25)
 All burgers served with Rosemary salt or Fire spice chips (2).

Standard Burgers

- House Burger** 139
Beef, free-range chicken or vegetarian patty, with lettuce, mustard mayo, tomato, pickle garnish
- Hangover** - Best seller since 2010 169
Beef patty, cheddar cheese, balsamic onion, streaky bacon, with lettuce, mustard mayo, tomato, pickle garnish
- Joe Burger** 164
Beef patty, blue cheese, streaky bacon, avo/guacamole, with lettuce, mustard mayo, tomato, pickle garnish
- Kamakazi** 164
Beef patty, streaky bacon, avo/guacamole, wasabi mayo, with lettuce, tomato, pickle garnish
- Southern Crunch** 149
Crispy panko crumbed, free-range chicken breast with american slaw, pickles & peri mayo
- Argento** 169
Beef patty, fior di latte mozzarella, pickled red onion, chimichurri sauce, charcoal mayo, with lettuce, tomato, pickle garnish

- Hot Honey Burger** 154
Crispy panko crumbed free range chicken breast, dunked in hot honey with garlic & red chilli, melted brie cheese, fresh rocket, tomato, onion, pickled garnish.

- The Keto Burger** 169
Beef patty, streaky bacon, cheddar cheese, mustard mayo, lettuce, tomato, onion garnish on a low-carb burger roll served with american slaw instead of chips

SMASH BURGER RANGE

- Smashing BBQ burger** 144
Two beef patties smashed on the flattop griddle with cheddar cheese, smokey BBQ sauce, onion & pickles, served on a toasted Brioche Bun with mustard mayo and tomato
- Bacon Jam Smash** 157
Two beef patties smashed on the flattop griddle with bacon jam, cheddar cheese, smokey BBQ sauce, crispy onions, pickles served on a toasted Brioche bun with mustard mayo
- Mexicana Smash** 164
Two chilli and cumin spiced beef patties smashed on the flattop griddle, cheddar cheese, avo/guacamole, sliced jalapeno chilli, nacho chip crumbs, spicy tomato relish

All our meals are hand-crafted to order, made with love and we use only the finest quality ingredients available.

Our poultry products are free-range, our meats & vegetables are sourced locally. Our packaging is eco-friendly with no single-use plastic packaging.

