

## EAT BOWLS

### Bowls

**Ubuntu**   119  
Crispy bacon, cheddar, egg, avo/guacamole, pickled red onion, mustard mayo, cherry tomato, cucumber on a lettuce & cabbage salad base

**Chicky Pea**   119  
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**    136  
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**   136  
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**    136  
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**    119  
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 19  
300ml Soft drinks assorted 25  
Appetizer, Grapetizer, Peach or Lemon Ice Tea 32  
1L Coke, 1L Coke Zero 39

## SIDES

**Sides**  All sides are Vegetarian

**Chips**  46

**Sweet potato chips**  48

**Green Salad**   42

**American Slaw**  42

**Spicy Asian slaw**  42

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

**Chilli popper each**  28

## KIDDIES MENU

All our kiddies pizza bases are approximately 21 cm in size

### Pizzas

**Margherita**  74  
Tomato base, mozzarella cheese

**Hamlet** 79  
Tomato base, mozzarella cheese, ham

**Leelo** 79  
Tomato base, mozzarella cheese, ham, pineapple

**Veggie**  94  
Tomato base, mozzarella cheese, butternut, feta

**Baby B.F** 94  
Tomato base, mozzarella cheese, bacon, feta

**Burgers** - All burgers served with chips

**Mini Moo** 94  
Beef patty, lettuce, tomato, mayo

**Chicken Little** 94  
Free-range chicken patty, lettuce, tomato, mayo

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

### Mini Me Meals

**Chicken Nuggets** 84  
Free-range chicken nuggets with chips

## SWEET DESSERTS

**Chocolate Mousse** 38  
Decadent chocolate mousse, made in-house, topped with cream

**Chocolate Brownie**  40  
Freshly baked in-house chocolate chunk brownie

**Low-Carb Keto Cheesecake Cup**    45  
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 March 2026- 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 - 289**

2 Salad Bowls & a Rasta Pita

**Burger & Bowl - 289**

1 Burger & 1 Salad bowl

with a choice of two 300ml Soft drinks

### MID WEEK DEALS

(Sunday - Thursday)

**Two Pizzas - 289**

2 Pizzas

ADD a Margherita for R104

**Two Burgers - 289**

2 Burgers with chips



**Two Neapolitan pizzas - 310**

2 Neapolitan Style Pizzas

**Two'sday Pizza Deal - 289**

2 Pizzas with a choice of two Desserts

or a choice of two 300ml Soft drinks

Only available on a Tuesday



**ADD a Dessert for R32 to any deal**  
**ADD a 1L Soft drink for R32 to any deal**

Order Online: [www.eatoutthebox.co.za](http://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 base (25)   
Swop Mozzarella for Vegan Mozzarella on any vegetarian pizza (25)

## Light and Crunchy

- Garlic Pita**   58  
Garlic pita, EVOO
- Kwaai**   94  
Garlic pita, balsamic onion, feta, EVOO
- Caprese**   94  
Garlic pita, mozzarella, slice tomato, fresh basil, EVOO, balsamic vinegar
- Rasta**    104  
Garlic pita, feta, tomato, rocket, EVOO, avo

## Classic EOTB Pizzas

- Margherita**  115  
Tomato base, mozzarella
- Island Style** 154  
Ham, fresh pineapple
- WestCoast Custom**  159  
Sun-dried tomatoes, garlic, onion, feta
- Reginald** 164  
Ham, black mushroom
- B.F** 164  
Bacon, Feta
- Feeshy** 157  
Anchovies, crispy capers, pickled red onion, garlic
- The Pepperoni Pizza** 167  
Tomato base, mozzarella cheese, pepperoni
- Cape Doctor**  175  
Bacon, feta, peppadews
- Three little pigs** 199  
Ham, bacon, salami
- Kiff n Kuku** 176  
Free-range chicken, peppadews, balsamic onion
- Greek**  199  
Baby spinach, olives, feta, roasted red pepper, onion
- Mad Cow**  199  
Mincemeat, onion, green pepper, crispy jalapenos

## Make Your Own - Start with a Classic Margherita (115)

- + Garlic, Chilli, Onion, Spinach, Green Pepper, Tomato, EVOO, 16  
Toasted Pumpkin Seeds, Toasted Sunflower Seeds, Red Onion, Crispy Onions, BBQ Drizzle, Tomato Base
- + Ham, Fresh Pineapple, Sliced Jalapeno Chillies, Caramelised 24  
Onion, Crispy Capers, Balsamic Onion, Pickled Red Onion, Pickles, Hot Honey, Parmesan, Cherry Tomatoes, Balsamic Vinegar

# Eat Your Heart Out Pizza

- Joey's** 209  
Salami, mushrooms, onion, green pepper, fresh tomato
- Mediterranean** 209  
Salami, artichokes, roasted red pepper, olives
- Veggie Patch**  159  
Roast butternut, toasted pumpkin seeds, feta, baby spinach sun-dried tomatoes
- Funky Chicken** 199  
Free-range chicken, brie, balsamic onion
- Pomodoro e Basilico**  179  
Mozzarella, cherry tomato, basil pesto, feta Pesto Princesa
- Carne**  199  
BBQ steak strips, feta, caramelised onions, garlic, crispy onions
- Spaniard Pizza** 209  
Locally made Chorizo sausage, garlic, green pepper, red onion cherry tomatoes
- Fentestic**  199  
Bacon, brie, fig
- Lemone** - Blanco base (no tomato base) 169  
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**  129  
Italian tomato base, fior di latte mozzarella, fresh basil, EVOO
- Pepperoni & Hot Honey**   189  
Pepperoni, "garlic & red chilli" hot honey, italian tomato base, fior di latte mozzarella
- The Tourist**  199  
Grilled free-range chicken, brie, caramelised onions, italian tomato base, fior di latte mozzarella
- Parma**  209  
Parma style ham, rocket, balsamic reduction, italian tomato base, fior di latte mozzarella, parmesan cheese
- Ortolana**  189  
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 29
- + Fig, Bacon, Free-Range Chicken, Salami, Pepperoni, Brie, Mincemeat, Blue Cheese, Mozzarella, Steak Strips, Chorizo Vegan Mozzarella 38

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

# 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** 145  
Beef, free-range chicken or vegetarian patty, with lettuce, mustard mayo, tomato, pickle garnish
- Hangover**  - Best seller since 2010 179  
Beef patty, cheddar cheese, balsamic onion, streaky bacon, with lettuce, mustard mayo, tomato, pickle garnish
- Joe Burger**  179  
Beef patty, blue cheese, streaky bacon, avo, with lettuce, mustard mayo, tomato, pickle garnish
- Kamakazi**  179  
Beef patty, streaky bacon, avo, wasabi mayo, with lettuce, tomato, pickle garnish
- Southern Crunch**  159  
Crispy panko crumbed, free-range chicken breast with american slaw, pickles & peri mayo
- Argento**   179  
Beef patty, fior di latte mozzarella, pickled red onion, chimichurri sauce, charcoal mayo, with lettuce, tomato, pickle garnish
- Hot Honey Burger**   164  
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**   179  
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** 149  
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**  169  
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**     174  
Two chilli and cumin spiced beef patties smashed on the flattop griddle, cheddar cheese, avo, sliced jalapeno chilli, nacho chip crumbs, spicy tomato relish