

EAT BOWLS

Bowls

Ubuntu   123
Crispy bacon, cheddar, egg, avo/guacamole, pickled red onion, mustard mayo, cherry tomatoes, cucumber on a lettuce & cabbage salad base

Chicky Pea   123
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    141
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   141
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    141
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    123
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 20
300ml Soft drinks assorted 26
Appletizer, Grapetizer, Peach or Lemon Ice Tea 33
1L Coke, 1L Coke Zero 41

SIDES

Sides  All sides are Vegetarian

Chips  48

Sweet potato chips  50

Green Salad   44

Lettuce, tomato, pickled red onion, cucumber

American Slaw  44

Red cabbage, white cabbage, carrot, mayo

Spicy Asian slaw  44

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

Chilli popper each  29

KIDDIES MENU

All our kiddies pizza bases are approximately 21cm in size

Pizzas

Margherita  77
Tomato base, mozzarella cheese

Hamlet 82
Tomato base, mozzarella cheese, ham

Leelo 82
Tomato base, mozzarella cheese, ham, pineapple

Veggie  97
Tomato base, mozzarella cheese, butternut, feta

Baby B.F 97
Tomato base, mozzarella cheese, bacon, feta

Burgers - All burgers served with chips

Mini Moo 97
Beef patty, lettuce, tomato, mayo

Chicken Little 97
Free-range chicken patty, lettuce, tomato, mayo

Add on a slice of cheese (R13) Add on streaky bacon (R16)

Mini Me Meals

Chicken Nuggets 82
Free-range chicken nuggets with chips

SWEET DESSERTS

Chocolate Mousse 40
Decadent chocolate mousse, made in-house, topped with cream

Chocolate Brownie  42
Freshly baked in-house chocolate chunk brownie

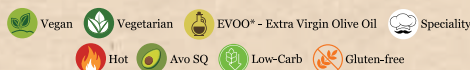
Low-Carb Keto Cheesecake Cup    47
Creamy, sugar free no bake cheesecake with a toasted almond crumb, made in-house. Less than 5.2g net carbs per portion.

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 - 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 (30) or Keto cauliflower pizza base (30)
Swop Mozzarella for Vegan Mozzarella on any vegetarian pizza (30)

Light and Crunchy

Garlic Pita		60
Garlic pita, EVOO		
Kwaai		97
Garlic pita, balsamic onion, feta, EVOO		
Caprese		97
Garlic pita, mozzarella, slice tomato, fresh basil, EVOO, balsamic vinegar		
Rasta		108
Garlic pita, feta, tomato, rocket, EVOO, avo		

Classic EOTB Pizzas

Margherita		119
Tomato base, mozzarella		
Island Style		159
Ham, fresh pineapple		
WestCoast Custom		164
Sun-dried tomatoes, garlic, onion, feta		
Reginald		169
Ham, black mushroom		
B.F		169
Bacon, Feta		
Feeshy		162
Anchovies, crispy capers, pickled red onion, garlic		
The Pepperoni Pizza		173
Tomato base, mozzarella cheese, pepperoni		
Cape Doctor		181
Bacon, feta, peppadews		
Three little pigs		205
Ham, bacon, salami		
Kiff n Kuku		182
Free-range chicken, peppadews, balsamic onion		
Greek		205
Baby spinach, olives, feta, roasted red pepper, onion		
Mad Cow		205
Mincemeat, onion, green pepper, crispy jalapenos		

Make Your Own - Start with a Classic Margherita (119)

- + Garlic, Chilli, Onion, Spinach, Green Pepper, Tomato, EVOO, 17
Toasted Pumpkin Seeds, Toasted Sunflower Seeds, Red Onion, Crispy Onions, BBQ Drizzle, Tomato Base
- + Ham, Fresh Pineapple, Sliced Jalapeno Chillies, Caramelised 25
Onion, Crispy Capers, Balsamic Onion, Pickled Red Onion, Pickles, Hot Honey, Parmesan, Cherry Tomatoes, Balsamic Vinegar

Eat Your Heart Out Pizza

Joey's		216
Salami, mushrooms, onion, green pepper, fresh tomato		
Mediterranean		216
Salami, artichokes, roasted red pepper, olives		
Veggie Patch		164
Roast butternut, toasted pumpkin seeds, feta, baby spinach sun-dried tomatoes		
Funky Chicken		205
Free-range chicken, brie, balsamic onion		
Pomodoro e Basilico		185
Mozzarella, cherry tomato, basil pesto, feta		
Carne		205
BBQ steak strips, feta, caramelised onions, garlic, crispy onions		
Spaniard Pizza		216
Locally made Chorizo sausage, garlic, green pepper, red onion cherry tomatoes		
Fentestic		205
Bacon, brie, fig		
Lemone - Blanco base (no tomato base)		175
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		133
Italian tomato base, fior di latte mozzarella, fresh basil, EVOO		
Pepperoni & Hot Honey		195
Pepperoni, "garlic & red chilli" hot honey, italian tomato base, fior di latte mozzarella		
The Tourist		205
Grilled free-range chicken, brie, caramelised onions, italian tomato base, fior di latte mozzarella		
Parma		216
Parma style ham, rocket, balsamic reduction, italian tomato base, fior di latte mozzarella, parmesan cheese		
Ortolana		195
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 30
- + Fig, Bacon, Free-Range Chicken, Salami, Pepperoni, Brie, Mincemeat, Blue Cheese, Mozzarella, Steak Strips, Chorizo Vegan Mozzarella 40

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 (27)
All burgers served with Rosemary salt or Fire spice chips (2).

Standard Burgers

House Burger		150
Beef, free-range chicken or vegetarian patty, with lettuce, mustard mayo, tomato, pickle garnish		
Hangover - Best seller since 2010		185
Beef patty, cheddar cheese, balsamic onion, streaky bacon, with lettuce, mustard mayo, tomato, pickle garnish		
Joe Burger		185
Beef patty, blue cheese, streaky bacon, avo, with lettuce, mustard mayo, tomato, pickle garnish		
Kamakazi		185
Beef patty, streaky bacon, avo, wasabi mayo, with lettuce, tomato, pickle garnish		
Southern Crunch		164
Crispy panko crumbed, free-range chicken breast with american slaw, pickles & peri mayo		
Argento		185
Beef patty, fior di latte mozzarella, pickled red onion, chimichurri sauce, charcoal mayo, with lettuce, tomato, pickle garnish		
Hot Honey Burger		169
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		185
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		154
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		175
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		180
Two chilli and cumin spiced beef patties smashed on the flattop griddle, cheddar cheese, avo, sliced jalapeno chilli, nacho chip crumbs, spicy tomato relish		