

ALL DAY BEVERAGES

SHAKES

125.00

Mint Strawberry Malt

Chocolate Banana Malt

Chocolate Cookie Cream

Mint Chocolate Chip Cookie

Vanilla

(Ask for sugar free option)

Espresso Banana

Praline

(Honey Toasted Nuts)

Peanut Butter & Vanilla

Mississippi Mud

Apple Crumble

Chocolate Broken Brownie

Strawberry Malt Shake

Mango Oatmeal Shake

Digestive Cookie Shake

Choconana

Marshmallows Shake

Vanilla & Gems

Chocolate KitKat

Choco Oreo

Vanilla Oreo

SMOOTHIES

125.00

Very Berry

Pomegranate Banana

Cherry Banana

Mango Oatbran

Kiwi Banana

Orange Oatbran

Pineapple Banana

Musk Melon, Mint & Honey

Strawberry Honey

Guava, Basil & Rocksalt

Papaya Melon & Honey

Apple, Cinnamon & Honey

Mango Berries

Watermelon, Grapes & Honey

Cucumber & Apple

Blueberries & Orange

JUICE BLENDS

135.00

FRESH JUICES

125.00

Citrus 'N' Wheatgrass

Orange

Papaya, Ginger & Mint

Pomegranate

Pomegranate, Orange 'N' Basil

Pineapple

Papaya, Ginger & Mint

Watermelon

Pomegranate, Pineapple & Lemon

Apple

Carrot, Orange & Ginger

Carrot

Apple, Carrot & Wheatgrass

Guava, Grapes, Rocksalt & Basil

Carrot, Papaya, Honey & Corriander

Guava, Carrot, Lemon & Mint

Apple, Pomegranate & Basil

Pineapple, Ginger & Mint

Guava & Wheatgrass

Apple, Cinnamon & Honey

Carrot, Guava & Grapes

Apple, Cucumber & Mint

QUENCHERS

Fresh Lime
100.00

Red Bull
135.00

Diet Coke
100.00

TEAS

50.00

Assam

Darjeeling

Earl Grey

Soft Beverages
75.00

Mineral Water
60.00

COFFEE

(HOT)
60.00

Cappucino

Espresso

Cafe Latte

Americano

COFFEE

(COLD)
100.00

Affogato

Iced Cafe Latte

Frappuccino

English Breakfast Tea
(Ask for flavous)

Camomile

Jasmine

Green Tea

Cardamom

ICED TEAS

100.00

Lemon

Green Mint

Peach

THRU DAY BREAKFAST

Served Till 6pm

Fresh Morning Bakeries

Choice of any 3 of our morning bakeries from the Bake Shop with a cup of Cappuccino

175.00

- **Bowl of Cereals**

with Syrup, Hot/ Cold Milk & Nuts

125.00

French Toast

Choice of Sweet or Savory

125.00

- **Toasts with Preserves**

100.00

- **Fresh Fruits Platter**

with Syrup or Cream

175.00

The Pancake Stack

4 Fresh Cinnamon Raisin Pancakes with choice of Maple, Honey or Whipped Cream with a shot of Espresso

175.00

Eggs to Order

Choice of Three Farm Fresh Eggs Cooked your way

Served with Choice of Country Potato Wedges/ Hash Browns with Ham or Bacon & Choice of Bread.

175.00

Omelettes Made To Order

Served with 3 slices of fresh or toasted Brown or White Bread, Butter & Jam,
Hash Brown Potatoes & Grilled Tomatoes

Choice of :

Spanish Omelette

Masala Omelette

Mexican Omelette

Make your own

175.00

Bangers And Mash

4 Grilled Smoked Chicken Sausages over a bed of Buttery Mash Potatoes with
Caramelized Onion & Gravy. Add extra Jalapenos

225.00

Grilled Meat Platter

Mixed meat platter of Grilled Fish, Cold Cuts, Chicken Breast, Breakfast Bacon,
Chicken Liver with Bread, Hash Brown & Black Pepper Sauce

275.00

SOUPS @

Vegetable	115.00
Chicken	145.00
Seafood	175.00

Spinach & Cheese Soup with Corn Niblets

- **Baked Onion Soup**

A country style French Onion Broth flamed with Brandy (Optional)

- **Tomato, Jalapeno Soup**
with Country Style Croutons!

Chunky Minestrone Soup (Vegetable/ Roast Chicken)

Tom Yum

(Vegetable/ Chicken/ Sea Food)

Lemon Coriander Soup (Vegetable/ Chicken)

Dim Sum Soup

(Vegetable/ Chicken)

Man Chow Soup

(Vegetable/ Chicken/ Sea Food)

Hot & Sour Soup

(Vegetable/ Shrimps/ Chicken or Crab Meat)

Sweet Corn Soup

(Vegetable/ Shrimps/ Chicken or Crab Meat)

Double Boiled Chicken Noodles Soup

SALADS @

Vegetable	145.00
Chicken or Egg	175.00
Seafood	225.00

- **Corn, Jalapeno & Cheese Salad**

Salad of Corn Niblets, Jalapeno Slices, Assorted Lettuce with Cheddar Cheese, Tomato & Bell Peppers

- **Classical Greek**

Chunky Diced Spring Vegetables in Lemon Oregano Olive Oil dressing loaded with Feta Cheese

- **Som Tam**

Shredded Papaya Salad with a traditional Thai Chilli Vinegar Dressing

Caesars

Traditional recipe with Croutons, Parmesan Cheese & our special Caesar dressing
Optional add ons - Bacon/ Roast Chicken

Gado Gado

(Vegetable/ Egg)

Yam Woon Sen

(Vegetable/ Chicken/ Prawn)

Larb Kai

Chicken Mince and Peanut Salad Tempered with Basil and Red Chillies

Parmesan Grilled Chicken Salad

Niscoise

The forever young French recipe with Lettuce, Onion Rings, Tomato Quarters, Green Beans, Boiled Egg, Capers, Olives, Chunky Tuna and Creamy Vinaigrette Dressing

THE TC COMMUNITY SALAD

Very Vegetable

Serves Two People!!!

Tomato, Cucumber, Bell Peppers, Assorted Lettuce, Mozzarella, Cheddar, Feta, Olives, Gherkins, Jalapeno and Toasted Nuts with Thousand Island Dressing

195.00

THE TC COMMUNITY SALAD

Fully Loaded

Serves Two People!!!

Tomato, Cucumber, Bell Peppers, Assorted Lettuce, Chopped Roast Chicken, Salami, Ham, Crispy Bacon, Olives, Gherkins, Jalapeno and Toasted Nuts with Creamy Mustard Herb Vinaigrette

225.00

LAMB & PORK @ 275.00

Crispy Konji Lamb

Lamb Dry Chilly Oil

Roasted Pork Dry Chilly

Pork Coins with Honey

Spare Ribs with Bar Be Que Sauce

Meat Balls in Pepper BBQ sauce

FISH & SEAFOOD @ 325.00

Prawn's Salt and Pepper

Golden Fried Prawns

Hainanese Prawns in Fiery Hot Sauce

Grilled Prawns with BBQ Sauce

TC Shrimp Sesame Toast

Golden Fried Fish Fingers with Hot Garlic Sauce

Sliced Sole Chilly

Fish Fingers with Spicy Aioli

STARTERS @

VEGETARIAN @ 195.00

Vegetable Sesame Toast

Vegetable Spring Rolls

Vegetables/ Crispy Corn Salt & Pepper

Honey Chilli Shredded Potatoes

Chilli Cottage Cheese

Crisp Onion Rings

Golden Fried Baby Corn

Freshly Baked Dough Balls with Dips

Oven Baked Mini Potatoes

with Paprika, Garlic & Sea Salt

Cheese Panzarotti with Devilled Salsa

Volcano of Veg Nachos

Garlic Bread

CHICKEN @ 275.00

Dragon Spring Rolls

Chilli Chicken

Spiced Schezwan Chicken Strips

Kaichi Chicken Wings

Grilled Chicken Suvlaki

Volcano of Chicken Nachos

SKEWERS @

Vegetable	195.00
Chicken or Egg	275.00
Seafood	325.00

- **Spicy Cottage Cheese Skewers**

- **Mixed Vegetable Skewer**

Chicken Satay with Spicy Peanut Sauce

Pork Satay with Spicy Peanut Sauce

Prawns Satay

DIM SUM @

Vegetable	175.00
Chicken or Egg	195.00
Seafood	275.00

Bao

(Choice of **Char Sui Tofu**/ Chicken/ Pork)
(2 Big Pieces)

Sui Mai

(**Pak Choy and Black Mushroom**/ Chicken & Leek.
Prawn)
(4 Pieces)

Har Kaw Dumpling

also known as Crystal Dim Sum because of their
specialized Translucent Skins
(**Corn Cream**/ Chicken/ Prawn)
(4 pieces)

Kothe (Pan Seared Dumplings)

(**Mushroom**/ **Corn & Bamboo Shoot**/ Chicken)
(4 Pieces)

Szechuan Chicken Dim Sums

(4 Pieces)

SANDWICHES @

Vegetable	195.00
Chicken or Egg	225.00
Fish	245.00

- **Mushrooms on Toast**
- **Baked Beans on Toast**
- **The Hearty Cottage Cheese Baguette**
Bar-be-Qued Cottage Cheese
- **Trio of Bruschetta – Tomato, Corn & Cheese**

The TC Club

(Choice **Vegetable** / Chicken)

The TC Burgers

Served with Potato Wedges & Salad, Choice of **Vegetable** / Chicken

Roast Chicken on Rosemary Focaccia

Oven Roasted Chicken with Black Pepper, Mozzarella, Romaine, Tomato with Spicy Aioli, in toasted Focaccia

Euro Sandwich

Salami, Pepperoni & Bacon in Toasted Ciabatta with Mustard Celery Mayo & Olives

Lettuce, Ham And Cheese

Grilled Sandwich of Lettuce, Ham & Edam Cheese in Ciabatta Bread with Mustard Mayo

Crispy Fish Croissant Sandwich

Tuna Melt Sandwich

PIZZAS @

Vegetable	225.00
Chicken/ Salami/ Sausage	275.00
Sea food	350.00

Optional add Egg to any Pizza

- **Pizza Margherita**

- **Pizza Spinachi**

Fresh Spinach, Mozzarella & lots of Garlic

- **Grilled Vegetable & Lettuce Pizza**

Onions, Mushrooms & Corn with Jalapeno Pizza

- **Pizza Quattro Fromaggio**

- **Pizza Quattro Stagioni**

Four Seasons Pizza with Mushrooms, Bell Pepper, Zucchini & Corn

- **Cottage Cheese Hawaiian**

Pizza Pollo Arabiatta

Pulled Roasted Chicken, with Spicy Tomatoes

Pizza Pollo con Piccante

Tomatoes, Chicken with Fresh Red Chillies

Pizza Pollo Affumicato con brie

Smoked Chicken, Tomato, Brie & Red Onions

Pizza Pepperoni

Pizza Salsisia

Loads of Sliced Sausages!

Seafood Pizza

GRILLED MAINS @

Vegetable	245.00
Chicken/ Fish	325.00
Jumbo Prawns	550.00

**Cottage Cheese Steak with Jack Daniel
BBQ Sauce**

- **Grilled Spinach & Corn Crepes with
Jalapeno & Tomato**

**Char Grilled Vegetables with Devilled
Salsa**

Half Chicken with Devilled Sauce

**Cheese Stuffed Chicken with Burnt
Honey & Port Wine Sauce**

**Blackened Fish with Pineapple & Rum
Sauce**

Grilled Sole Fillet with Spicy Aioli

**Grilled Jumbo Prawns with Spicy
Tomato Sauce**

EUROPEAN MAINS @

Vegetable 245.00

Chicken/ Fish 325.00

- **Multi Mushroom Stroganoff**

Served with Herbed Rice

- **Baked Cottage Cheese Steaks**

Crusted with Macadamia Nuts & Parmesan Cheese
with Mustard Sauce

- **Mixed Vegetables Lasagne**

- Penne Arrabiata

- Spaghetti Alfredo

- **Fusilli Aglio Olio Peperoncino**

Chicken Lasagne

Good Old Italian Classic, Served with toasted
Garlic bread

Chicken Panquette

Chicken Breast with Pistachio Covered with puff &
Baked. Served with a Burnt Honey & Port Wine
Sauce


Penne with Chicken in a Spicy Tomato Cheese Sauce

Spaghetti Carbonara

Spaghetti with Meat Balls

TC Fish & Chips

ORIENTAL MAINS @

Meal in a Bowl is a Concept at  where you can pick any main dish. Add your favourite Rice/ Noodle. We Don't Care if you have it alone or share it (let's Rock)



Vegetable 250.00

Chicken 275.00

Meats 295.00

Seafood 350.00

VEGETABLE

Shredded Potato in Hot Garlic Sauce

Oriental Vegetables in Sweet & Sour Sauce

Vegetables in Thai Red/ Green Curry

Stir Fried Broccoli in Black Pepper Oyster Sauce

Cottage Cheese Kung Pao

Eggplant & Chinese Beans in Black Bean Sauce

Stir Fry Chinese Greens in Light Soya

Broccoli, Babycorn, Pok Choy with Spicy Hoisin Sauce

CHICKEN

Chicken in Thai Red/ Green Curry

Kung Pao Chicken

**Stir Fried Chicken with Thai Chillies &
Basil**

General Tso's Chicken

**Sliced Chicken & Black Mushroom in
Burnt Chilly with Wine Sauce**

MEATS

Shredded Lamb in Hot Garlic Sauce

Sliced Lamb in Ginger Spring Onion

Diced Pork Schezwan Sauce

Pork Sweet & Sour Sauce

Char Sui Pork

SEAFOOD

Standing Pomfret with Chilly Bean Sauce

Whole Snapper in Hot Garlic Sauce

Prawn in Thai Red Curry/ Green Curry

Prawn in Hot Garlic Sauce

RICE AND NOODLES @



- **Steam Rice**
90.00

Fried Rice with Vegetable / Egg / Chicken / Mixed
155.00

- **Pineapple Fried Rice**
155.00
- **Chilly Garlic Noodle**
155.00

Hakka Noodles with Vegetable / Egg / Chicken / Mixed
155.00

Sub Cum Rice
(Choice of Vegetable / Chicken)
225.00

Pan Fried Noodles with Vegetable / Chicken / Mixed
225.00

Pad Thai Noodle
(Choice of Vegetable / Chicken)
195.00

Chopsuey
(Vegetable / Chicken)
195.00

Mee Goreng
255.00

Nasi Goreng
275.00

DESSERTS @

125.00

Hot Chocolate Fudge

Fruit Salad Sundae

Oreo, Broken Brownie Sundae

Blueberry Muffin Sundae

Tira Misu

Apple Pie

Seasonal Fruit Cheese Cake

TC Banana Split

Walnut Brownie

Chocolate Mousse

Chocolate Fondant

Chocolate Mud Pie