



## THE NUTS & BOLTS OF IT ALL:

The Salty Dog in collaboration with the parents of Selborne Rowing and Clarendon Rowing are proud to present your menu options for the packed breakfast and lunch options for the ECRA Regatta. The cost of the breakfast pack is R50 and the Lunch Pack is R70.

Place your order on the attached menu sheet and we will make sure it is packed and ready for collection at your specified time:

1. Please print your name, crew (u15 / u16 / opens) and school;
2. Select one meal, one nibble and one thirst quencher from each section by ticking in the column. (Breakfast section and Lunch Section) this will ensure that you have a breakfast pack and a lunch pack. **Please note that items are NOT INTERCHANGEABLE BETWEEN THE BREAKFAST AND LUNCH MENU.**
3. Hand in your order form to your coach.
4. Coaches to please stipulate collection time for pre-orders and to include a contact name and number for orders.
5. Payments for meal packs are to be made to ELBA, bank details on regatta entry notice. Please use ref: MEALS
6. **Order forms and proof of payment to be sent to: [vincent@postnet.co.za](mailto:vincent@postnet.co.za) by no later than **FRIDAY 19 OCTOBER 2018****

If you have any queries please contact:

- Belinda McMahon - 082 832 8340
- Natalee Hallgren - 082 657 3629
- Kim Muller - 083 650 6415



## ECRA ON THE GO MENU

SCHOOL: \_\_\_\_\_ NAME: \_\_\_\_\_ CREW: \_\_\_\_\_

<b>BREAK-TO-GO-FAST MENU: Please select one meal, one nibble and one thirst quencher for your breakfast meal pack COST R50 per pack</b>	✓
<b>SALTY'S AMERICAN BREAKFAST STACK</b> EGG, MINCE AND CHEESE SANDWICHED BETWEEN AMERICAN STYLE PANCAKES	
<b>SALTY'S PROTEIN POWER CUPS (2 PER PORTION)</b> EGG CUPS FILLED WITH BACON, CHEESE AND CHIVES AND BAKED TO PERFECTION.	
<b>EGG &amp; BACON ROLL</b>	
<b>NIBBLES ON THE SIDE:</b>	
<b>MORE'SH MUFFINS</b>	
<b>YOGHURT &amp; FRUIT</b>	
<b>THIRST QUENCHERS:</b>	
H2O	
FRUIT JUICE (FJ) / STERI STUMPIE (SS) please indicate FJ or SS in column	
<b>PACKS A PUNCH LUNCH: Please select one meal, one nibble, one thirst quencher for your lunch pack COST R70 per pack</b>	✓
<b>PULLED PORK BUNS</b> BBQ PULLED PORK, CRISP AND CRUNCHY COLESLAW ON FRESHLY BAKED BUN	
<b>MED SANDWICH</b> CRISPY GREENS, HAM, CHEESE AND TOMATO SANDWICHED BETWEEN FRESHLY BAKED BAGUETTE <b>VEGETARIAN OPTION</b> —LOSE THE HAM AND ADD AVO (INDICATE WITH V IN THE COLUMN)	
<b>CHICKEN PASTA SALAD</b> LAYERED PASTA SALAD, TOMATOES, RED PEPPERS, CUCUMBER, AND CHICKEN WITH CREAMY HERB SALAD DRESSING	
<b>NIBBLES ON THE SIDE:</b>	
<b>CHOCOLATE BROWNIES</b>	
<b>PVM BAR (CHOCOLATE—C OR STRAWBERRY—S)</b>	
<b>THIRST QUENCHER:</b>	
H2O	
ICE TEA (IT) / STERI STUMPIE (SS) please indicate IT or SS in column	