



RUSH EXTREME SPORTS TEAMBUILDING

- A COURT MONITOR WILL TAKE YOUR COMPANY AROUND FOR A 45 MINUTE STRUCTURED TEAM BUILDING.
- PLEASE BRING ALONG COMFORTABLE CLOTHING - THIS IS PHYSICAL!
- A PRIVATE SPACE WILL BE AVAILABLE FOR YOUR TEAM TO STORE THEIR BELONGINGS. FILTERED WATER AND HIGH SPEED WIFI WILL BE AT YOUR DISPOSAL

STRUCTURE

24 PAX PER HOUR - LARGER GROUPS WILL BE SPLIT UP
ACTIVITIES CAN BE CHANGED AROUND AS NEEDED

1. MAIN COURT

10 MINUTES WARM UP ON MAIN COURT. BASIC TECHNIQUES OF USING A TRAMPOLINE WILL BE COVERED. YOU ARE IN SAFE HANDS!

2. EXTREME DODGEBALL

STRATEGY AND COMMUNICATION ARE KEY TO SUCCESS IN THIS GAME! AN INSANELY FUN ACTIVITY THAT WILL TEST YOUR HAND EYE COORDINATION!

WATER BREAK

3. FOAM PIT TAG & RACE

RACING THROUGH THE FOAM PIT IS A CHALLENGE! TAG YOUR TEAMMATE TO FINISH FIRST! MORAL SUPPORT WILL GO A LONG WAY HERE!

WATER BREAK

PLEASE NOTE: TEAM BUILDINGS CAN ONLY BE BOOKED DURING OFF-PEAK TIMES.
(TUES - THURS & FRI BEFORE 2PM)

4. ROCK CLIMBING

FOR THOSE THAT LOVE A 1 vs 1 CHALLENGE!
STRAP ON YOUR HARNESS AND RACE TO THE TOP! FASTEST TIME WINS

5. TOWER CHALLENGE

CHALLENGE YOUR TEAM TO BUILD THE TALLEST TOWER! BUT...THERE ARE LIMITED FOAM BLOCKS SO YOU MUST ACT FAST!

6. BATTLE BEAM

ARE YOU READY TO DO BATTLE WITH YOUR BOSS? REMAIN FOCUSED AND BE THE LAST PERSON STANDING!

FREE JUMP WITH REMAINING TIME
20% DISCOUNT ON SLUSHIE IN THE CAFE

R220_{pp}*
1 HOUR TEAM BUILDING

R305_{pp}*
2 HOURS TEAM BUILDING

*INCLDES RUSH NON-SLIP SOCKS



CATERING OPTIONS

CAPPUCCINOS TOASTED SANDWICHES

HAM & CHEESE

TOASTED HAM AND CHEESE SANDWICH ON WHITE OR BROWN

R95

CHICKEN MAYO

TOASTED CHICKEN AND MAYONNAISE SANDWICH ON WHITE OR BROWN

R76

TOMATO CHEESE

TOASTED CHEESE AND TOMATO SANDWICH ON WHITE OR BROWN

R76

BACON, AVO & MOZZARELLA

TOASTED BACON, AVOCADO AND MOZZARELLA SANDWICH ON WHITE OR BROWN

R95

CAPPUCCINOS SAVOURY PLATTER

(SERVES 6-8)

STARTER PLATTER

HALLOUMI CHEESE, CRUMBED MUSHROOMS, CHICKEN STRIPS, CRUMBED SPICY WINGS, FOCACCIA BREAD-GARLIC & HERB

R500

MUFFINS & SCONES PLATTER

BLUEBERRY, CARROT, CHOCOLATE, CAPPUCCINO AND BUTTER SCONES - SERVED WITH BUTTER AND JAM

R450

DILLA PLATTER

MINCE DILLA, CAJUN CHICKEN, CHEESY DILLA, 2X CHICKEN MAYO SANDWICH, 2 X CHEESE SANDWICH -SERVED WITH CHIPS

R600

MEATY PLATTER

PERI PERI WINGS, LEMON AND HERB WINGS, BBQ WINGS, CHICKEN STRIPS, WORS CUTS, RIBLETS - SERVED WITH CHIPS

R700

CAPPUCCINOS LARGE PIZZA OPTIONS

HALF AND HALF

MARGARITA/
TROPICANA

MOZZARELLA WITH A TOMATO BASE/ HAM,
PINEAPPLE & MOZZARELLA

R115

MEXICANA/REGINA

PEPPERONI & MOZZARELLA/ TOMOTO BASE &
MOZZARELLA

R145

PEPERONI/MARGARITA

BOLOGNAISE SAUCE, PEPPERS, ONION, JALAPENOS,
FRESH AVO* & MOZZARELLA/ HAM, MUSHROOM &
MOZZARELLA

R130

CLASSIC PIZZAS

THREE CHEESE

MOZZARELLA, FETA & CHEDDAR WITH GARLIC

R105

VEGETARIAN

MUSHROOMS, KALAMATA OLIVES, ARTICHOKEs,
ONION, GREEN PEPPERS, GARLIC, MOZZARELLA
& OREGANO

R135

ITALIAN CHICKEN &
MUSHROOM

MOZZARELLA, CHICKEN STRIPS,
MUSHROOMS, GARRLIC, ROSEMARY & FETA

R140

MARGHERITA

A CLASSIC TOMATO-BASED PIZZA WITH
OREGANO & MOZZARELLA

R95

GOURMET OPTIONS

MILANO

BACON, AVO & MOZZARELLA

R150

BBQ CHICKEN

CHICKEN BREAST COOKED IN BBQ SAUCE,
PEPPERS, ONION AND MOZZARELLA

R148

CAPPOS SPECIALE

BEEF SAUSAGE, SALAMI, HAM, OLIVES,
MUSHROOMS, GREEN PEPPER, ONION &
MOZZARELLA

R169

SWEET-CHILLI BEEF

BEEF STRIPS COOKED IN SWEET-CHILLI SAUCE,
PINEAPPLE, PEPPERS & MOZZARELLA

R149

CAPPUCCINOS KIDDIES MEALS

CHICKEN STRIPS

GOLDEN BATTERED CHICKEN BREAST STRIPS,
SERVED WITH CHIPS

R55

KIDDIES BURGER
(BEEF/CHICKEN)

BEEF OR CHICKEN BURGER SERVED WITH CHIPS

R52

KIDDIES MARGARITA
PIZZA

A CLASSIC TOMATO-BASED PIZZA WITH OREGANO
& MOZZARELLA

R45

KIDDIES HAM AND PINE
PIZZA

A TOMATO BASED PIZZA, HAM, PINEAPPLE &
MOZZARELLA

R50

WIMPY GREENSTONE (SERVES 6-8)

BITE-SIZE SAVOURY
PLATTER

CHEESE & JALAPENO QUESADILLAS,
CHICKEN STICKS, PORK CHEESE GRILLERS,
BOEREWORS BITES, BBQ PORK RIBLETS,
CHICKEN WINGS, ONION RINGS, MUSTARD MAYO AND
SIPPING SAUCE

R500

JOHN DORY'S

(SERVES 6-8)

SEAFOOD AND MEAT
PLATTER

CALAMARI STRIPS, RIBS, CHICKEN WINGS, PRAWNS, HAKE
NUGETS

R500

SAVOURY PLATTER

STICKY CHICKEN WINGS, RIBLETS, CRUMBED CHICKEN
STRIPS, CRUMBED MUSHROOMS

R500

JOHN DORYS PIZZA

CHICKEN & CHEESE, CHICKEN & MUSHROOM,
BACOND & CHEESE, MARGARITA

R500

SPUR STEAK RANCHES

(SERVES 6-8)

BIG BEAR PLATTER

150G CRUMBED BEEF STRIPS, 10 CHICKEN NUGGETS,
BUFFALO WINGS(FULL PORTION), 250G WORS, 400G
PORK RIBLETS, 200G CRUMBED MUSHROM

R700

WARRIOR PLATTER

200G CRUMBED MUSHROOMS, 125G CALAMARI STRIPS, 8
VIENNAS, 400G PORK RIBLETS, BUFFALO WINGS(FULL
PORTION)

R650

MUCHACHOS

ALL FOOD IS HALAAL

BITE-SIZE PLATTER

CHICKEN BURGERS, BBQ CHICKEN WINGS, CHICKEN
STRIPS, CHIPS, DIPPING SAUCES

R550

MUCHACHOS BAMBINO
OPTIONS

JOSE - CHICKEN FILLET BURGER/PEDRO - BEEF
BURGER/SPEDDY - 4X BATTERED CHICKEN STRIPS

R70

KRISPY KREME DOUGHNUTS

ORIGINAL GLAZED

R18

DOZEN ORIGINAL GLAZED

R150

ASSORTED

R23

DOZEN ASSORTED

R200

GOURMET

R28

DOUBLE DOZEN ORIGINAL
GLAZED

R265

RUSH CAFE'S REFRESHMENTS

JUICE 1L

R40

LIPTON ICE TEA

R17

COLD DRINK 2L

R30

COLD DRINK CAN

R20

SPARKLING WATER

R15

COFFEE

R25

STILL WATER

R15

CAPPUCCINO

R30

ENERGADE

R18

CHOCOLATES

R20 - R30

OROS

R15

CHIPS

R10- R25

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