

DRINKS COFFEE AND HOT CHOCOLATE

Cappuccino ... 595

Latte ... 695

Long Black ... 525

Flat White ... 695

Mocha ... 765

Macchiato Shot of espresso, shot of hot milk ... 475

Macchiato Double ... 575

Vienna Coffee Black coffee, whipped cream on top ... 735

Espresso ... 450

Espresso Double ... 550

Affogato Double espresso shot, scoop of vanilla gelato ... 1270

Decaffeinated Coffee ... 565

Hot Chocolate ... 325

Vienna Chocolate Hot chocolate, whipped cream on top ... 350

Turmeric Latte The ultimate health kick combining turmeric, various spices, frothy milk and honey to maximise the anti-inflammatory and health giving properties of this drink (orange is the new black!) ... 325

Extra shot ... 450

We use Prema milk but also have soya, homemade almond milk and skim milk available

TEA – LOOSE LEAF

Our imported, organic loose leaf teas are served in teapots meaning that the taste is far better than any tea made from a tea bag. We believe that tea is an experience not to be rushed (3.5 – 4 cups per pot)

Black Tea Loafology house blend of black and Earl Grey tea leaves served with milk or lemon

half pot ... 295 | full pot ... 445

Green Tea Delicate tasting green tea unlike any other

half pot ... 295 | full pot ... 445

Licorice and Peppermint Caffeine free blend of licorice root and peppermint to create a naturally sweet and refreshing drink

half pot ... 295 | full pot ... 445

Peppermint Caffeine free peppermint leaves that is fresher and finer than any tea bag mint you have tasted

half pot ... 295 | full pot ... 445

Rooibos A nutrient rich blend of rooibos (a native South African shrub) that gives a unique flavour. Naturally caffeine free

half pot ... 295 | full pot ... 445

Spicy chai Malty, black Assam tea with an aromatic blend of cardamom pods, cinnamon, ginger and vanilla served with hot milk

half pot ... 295 | full pot ... 445

Camomile Tea Aromatic flowers of camomile to calm nerves & leave you feeling relaxed

half pot ... 295 | full pot ... 445

Tulsi Rose Tea The herb tulsi combined with rose petals provides antioxidants & aims to relieve tension

half pot ... 295 | full pot ... 445

Mixed Tea

half pot ... 395 | full pot ... 750

COLD DRINKS

Iced Coffee Espresso, milk, vanilla gelato topped with whipped cream ... 895

Iced Latte Espresso and milk served over ice ... 725

Iced Chocolate Decadent chocolate, milk, vanilla gelato topped with whipped cream ... 725

Mocha Frappe Espresso, chocolate and milk blended with ice ... 925

Caramel Frappe Espresso, homemade caramel sauce and milk blended with ice ... 925

Iced Tea Black tea, lemon and a dash of sugar served over ice ... 195

Peach Iced Tea Black tea and organic peach served over ice ... 350

Lemongrass Ginger Iced Tea Organic lemongrass and ginger combined with black tea served over ice ...295

Frozen Lemonade ... 250

Fresh Lime (combination of fresh lemon juice and sprite) ... 295

Coke / Sprite ... 195

Diet Coke / Sprite ... 195

FRESH JUICES AND MOCKTAILS

We source seasonal organic fruit, or as organic as possible, for our juices that are 100% fresh fruit or vegetable and contain no added concentrates, water or artificial additives

Seasonal Fresh Juices Ask your waiter what's in season

Mint Margarita Organic mint, homemade syrup and crushed ice ... 345

Carrot, Apple and Ginger Juice

A health kick combination

Regular ... 495 | Large ... 625

Carrot Juice

Regular ... 325 | Large ... 495

Clean Green Smoothie Antioxidant mix of kale or other leafy greens, cucumber, banana and apple juice

Regular ... 550 | Large ... 695

Refreshing Lemon Grass & Rosemary Cooler Organic lemon grass and rosemary, dash of sugar and lime poured over ice

Regular ... 230 | Large ... 315

SHAKES AND LASSI

Banana shake ... 375

Banana and date shake ... 425

Chocolate ... 850

Vanilla ... 850

Organic frozen mango ... 475

Lassi – using natural, unsweetened yoghurt sweet/salty ... 275

Frozen mango, mint or turmeric lassi ... 450

WATER AND SPARKLING INFUSIONS

Still water

small ... 80 | large ... 140

Sparkling water

small ... 235 | large ... 435

Perrier water

small ... 1195

Club soda with lime ... 450

Sparkling infusion of cucumber, lime, mint leaves and sparkling water ... 295

Loafology's philosophy is simple

homemade | handcrafted | fresh | organic | no additives or improvers

Loafology is all about an artisan food experience. Loafology bread is part science and part art. Artisan bakers handcraft each loaf, beginning the process with a sourdough starter that forms the basis of our bread.

We are guided by the seasons and ethical principles. Seasonal fruit and vegetables are fresher and tastier. Where possible we source locally from organic farmers in the region.



BREAKFAST

Loafology Omelette It's a classic three egg omelette made with organic eggs, chopped spring onions, tomatoes and cheddar cheese, served with roasted tomatoes and house sourdough ... 975

Desi Omelette Three organic eggs, onion, coriander, tomatoes and green chilli, served with roasted tomatoes and house sourdough ... 825

Eggs Your Style Three organic scrambled or poached eggs (soft or well done, as you desire) served with roasted tomatoes and house sourdough ... 750

Boiled Eggs Organic eggs (2 eggs) boiled hard or soft, as you desire, served with house sourdough ... 450

Toasted Stuffed Croissant A traditional croissant stuffed with:

- Organic scrambled eggs with a side of spinach ... 1175
- Cheddar cheese ... 1175
- Cheese and tomato ... 1175
- Cheddar cheese and roast chicken ... 1650

Extras

Loafology Smoked Beef Bacon ... 395

Roasted Tomatoes ... 195

Wilted Spinach ... 145

Sausages (beef or chicken) ... 625

Hashbrowns ... 450

THE BENEDICTS

Egg Royale* Norwegian smoked salmon, organic poached eggs served on a toasted English muffin or house bread with a rich, creamy hollandaise sauce ... 3465

Eggs Florentine* Organic poached eggs served over a bed of wilted spinach on a toasted English muffin or house bread with a rich, creamy hollandaise sauce ... 850

Pulled Beef Benedict* Slow roasted pulled beef in barbeque sauce, organic poached eggs served on a toasted English muffin or house bread with a rich, creamy hollandaise sauce ... 1525

Beef Bacon Benedict* Served on a toasted English muffin or house bread with a rich, creamy hollandaise sauce and made with Loafology smoked beef bacon ... 1250

Beef Nihari Benedict A fusion of poached eggs and nehari spiced pulled beef served on our English muffins ... 1275

***Make It Keto (almond flour muffin)** ... 290

BAGELS

Breakfast Fix Your choice of bagel with a fried egg and cream cheese. Our favourite is the cinnamon and raisin bagel, or choose from bagels topped with sesame seeds, onion seeds, or plain ... 725

The Original Bagel A classic toasted bagel with cream cheese ... 545

Ultimate Salmon Bagel Toasted bagel with Norwegian smoked salmon, capers, onion and cream cheese ... 3265

Smoked Beef Bagel Toasted bagel with cream cheese, fried egg, pickled onion & Loafology smoked beef ... 995

Scrambled Egg & Bacon Toasted bagel with cream cheese, scrambled egg & Loafology smoked beef bacon crumbled on top ... 1095

SOMETHING SWEET

Brioche French Toast Our signature brioche served with maple syrup, seasonal fruit and a light dusting of icing sugar ... 995

Banana Bread Loafology banana bread made with chocolate chips, served warm with butter

Slice ... 270 | whole ... 1620

Loafology Granola With jumbo rolled oats and nuts served with natural, unsweetened yoghurt and topped with seasonal fruit

small ... 825 | large ... 1125

Pancakes or Waffles Served with maple syrup, seasonal fruit & a dusting of sugar ... 970

KETO BASIC

Keto Basic Breakfast ... 1385

- 2 slices of Almond Keto Bread
- 2 eggs your style: scrambled, poached, fried or boiled
- Cream cheese
- Grilled tomatoes or fresh green chilli (a vitamin C booster)

Add on

- Norwegian smoked salmon
small ... 1945 | large ... 3890
- Loafology smoked beef bacon ... 395
- Roast beef
small ... 410 | large ... 820
- Extra egg (your style) ... 175

BREAKFAST IN BREAD weekend brunch

The Original Customised sourdough loaf filled with sausages (beef or chicken), roasted tomatoes, spinach, an organic egg and sprinkled with cheddar cheese ... 1220

Smoked Salmon Customised sourdough loaf filled with Norwegian smoked salmon, creme fraiche, chives or spring onions, topped with an organic egg and cheddar cheese ... 3395

Vegetarian Customised sourdough loaf filled with roasted tomatoes, spinach, an organic egg and cheddar cheese ... 875

Shredded Beef Customised sourdough loaf filled with slow cooked shredded beef, BBQ sauce, roasted tomatoes, spinach, an organic egg and cheddar cheese ... 1350

MIDDAY TO 11PM

SANDWICHES

The Classic Cheese Grilled cheese sandwich made with emmental cheese and cheddar cheese on sourdough bread ... 1195

Add gerkins (pickles) ... 200

Add jalepeno peppers ... 125

The loafology Lemon and thyme marinated chicken, tomato, mayonnaise and rocket/lettuce on sourdough bread or ciabatta ... 1225

The Italian Affair Sundried tomatoes, cheddar cheese, herb marinated and grilled chicken on focaccia ... 1895

Beef it Up Tender roast beef with Dijon mustard sauce and rocket/lettuce on sourdough bread or ciabatta ... 1650

Pump up the Beef A double decker feast of succulent beef, pickled beetroot & onion with horseradish sauce served on a soft milk bun ... 1650

House of Tuna Tuna with a light mayo dressing and lettuce on sourdough bread or ciabatta ... 2050
with cheddar cheese ... 225

Club Sandwich Grilled chicken, fried egg, cheese, lettuce and tomato on toasted sourdough bread ... 1950

Fish Finger Sandwich Lightly breaded strips of snapper, crisp lettuce, homemade tartar sauce on ciabatta ... 1895

The Beeting Heart Roast beetroot and carrot topped with crumbed feta cheese and herbs, mixed in a citrus dressing on focaccia bread ... 1250

Hen Solo with Pesto Grilled chicken and homemade pesto topped with cheese served on toasted house bread ... 2050

Monthly Special Sandwich Ask your waiter for the sandwich special of the month

*Please ask your waiter if you require extra dressing or sauces

SEASONAL SALADS

We believe in following the seasons and use only the freshest produce. Each salad has its own unique homemade dressing. Visit the counter to see our salad selection

small...995 | medium...1495 | large...1895

STEAK AND BURGERS

Steak La Maison Beef steak La Maison style with L'Entrecôte cream sauce served with mashed potatoes and seasonal vegetables ... 2345

Crispy Fried Chicken Burger Tender chicken dusted with our own spice mix, fried in peanut oil until crisp and with its own homemade mayonnaise sauce served on a Loafology burger bun with fries on the side ... 1775

Grilled Chicken Burger Loafology burger bun with grilled chicken, crisp lettuce, tomato and homemade sauce ... 1550

Beef Burger Premium beef patty, lettuce, tomato and served on Loafology's own burger bun with fries on the side ... 1850

Kimchi Burger Premium beef patty with homemade kimchi to spice up your life ... 1650

Golden Vegetarian Burger Delicious chickpea patty with homemade salsa ... 810

Kids' Burger Grilled Chicken ... 595
Beef Burger ... 650

French Fries ... 495

Homemade Crisps ... 225

SOUPS

Seasonal soups served with Loafology garlic bread ... 750

See the blackboard for our soup of the day

QUICHE

Mushroom Quiche Fresh local mushrooms with parmesan cheese, onion and herbs

slice ... 975 | whole ... 5650

Monthly Special Quiche Ask your waiter for the quiche special of the month

KETO PLATTERS

Build Your Own Keto Platter

Choose Your Protein

Beef Chilli Dry ... 1595

Thai Style Ginger Stir Fried Beef ... 1650

Herb Roasted Chicken ... 1375

Smoked Salmon ... 3995

Grilled Halloumi Cheese ... 1595

Choose Your Vegetables

Zoodle Salad

Grilled Seasonal Vegetables

Broccoli/Cauliflower Salad (Seasonal)

Choose Your Sauce

Mayo Kimchee

Mayo with Pickled Onion & Gerkin

AFTERNOON TEA

3:30 to 6:30PM

Indulge in afternoon tea and enjoy a selection of:

- Grilled chicken skewers
- Vegetable spring rolls
- Mini club sandwiches
- Beef burgers
- Chicken pies
- Lemon meringue tarts
- Vanilla cream donuts

And choose from 8 different types of organic loose leaf teas ... 2695

MAIN MEALS

Halloumi Salad A large salad made with halloumi cheese, rocket, tomato, onion and roasted walnuts with a vinaigrette dressing ... 1795

Arancini Balls Risotto rice, breaded and deep fried, stuffed with mozzarella cheese and served with our own spicy sauce ... 450

Fish & Chips Fried Rock Cod & potato wedges served with tartar sauce ... 2145

Veal Milanese Tender medallion of veal lightly breaded in Loafology bread crumbs and shallow fried in butter, served with mashed potatoes ... 1550

Grilled Chicken A boneless breast of chicken marinated and grilled until tender and juicy, served with grilled vegetables and honey mustard sauce ... 1895

Chicken Kiev A boneless breaded chicken breast deep fried, stuffed with parsley, butter, garlic and served with steamed vegetables ... 1600

Chicken Parmigiana Breaded chicken breast covered in tomato sauce, mozzarella and parmesan cheese ... 2795

Shepherd's Pie Chunky lamb, lamb mince, vegetables and mushroom topped with mashed potato & grilled cheese ... 1750

Lasagne Beef mince, mushrooms & vegetable in a homemade tomato sauce with cheesy bechamel sauce ... 1495

Vegetarian Dish Seasonal vegetarian dish, ask your waiter for details ... 1395

Sides

Mashed Potatoes ... 350

Steamed Seasonal Vegetables ... 325

SWEET TREATS

Cheesecake Creamy, baked vanilla cheesecake

slice ... 745 | whole ... 5945

Chocolate Cheesecake Creamy, baked chocolate cheesecake made with two types of chocolate

slice ... 920 | whole ... 7370

Victoria Sponge Cake Soft vanilla sponge cake, combined with whipped French cream and homemade organic strawberry jam
slice ... 580 | whole ... 4625

Caramel Crunch Cake Two layers of sponge cake with lashings of French whipped cream & caramel

slice ... 750 | whole ... 5920

Apple Temptation Cake Spread the love with the perfect combination of apple & vanilla

slice ... 250 | whole ... 1630

Nikolinka Cake Fluffy layers of mouth-watering chocolate sponge filled with coffee cream, organic walnuts and topped with our homemade chocolate ganache

slice ... 625 | whole ... 4950

Croissants, Donuts, Muffins, Scrolls & Tarts See our cake cabinet

ICECREAM - GELATO Vanilla, chocolate, chocolate brownie and salted caramel. Ask your waiter for other flavours (3 scoops) ... 990