

BREAKFAST

MAGIC TOAST - R90 (V)

Two slices of sourdough, dipped in a custard of eggs, cream & cinnamon

Served with fresh seasonal fruit & honey drizzle

TOFU SCRAMBLE (VE) - R105

Scrambled tofu, butter beans, baby spinach, peppers, onion & tomato

SMASHED AVO (V/VE) - R90

Avo smash, feta & pomegranate seeds

BEANS & LENTILS - R95 (V)

Two poached eggs, butter beans, lentils, tomato & onion salsa, corn, avo & spring onion

SWEET POTATO & GREENS (V) - R95

Two poached eggs, baby spinach, broccoli, sweet potato, cucumber & spring onion

QUINOA & AVO (V) - R95

Two poached eggs, quinoa, avo, baby spinach, roasted cocktail tomatoes & a herbed greek yoghurt

SHAKSHUKA (V/VE) - R105

Poached eggs in a rich tomato sauce
(Swop with tofu)

CLASSIC - R95

Two eggs, mushrooms, grilled tomato, bacon/macon
Vegan bacon + R35 (V)

GLUTEN FREE FLAPJACKS (V) - R100

Whipped cream, sliced banana, peanut butter & honey

CHOC BANANA OATS (V/VE) - R85

Oats, cocoa, banana

APPLE CINNAMON OATS (V/VE) - R85

Oats, apple, cinnamon

PLAIN OATS (V/VE) - R75

Oats



FRESH START

PAWPAW BOAT (V) - R85

Double cream yoghurt, homemade granola with nuts & honey

ACAI SMOOTHIE BOWL (VE) - R115

Mixed berries, acai puree, homemade granola, strawberries & banana

STRAWBERRY BOWL (V) - R100

Frozen strawberries with yoghurt, cornflakes, almonds, cranberries & fresh strawberries

CHOC PEANUT (VE) - R100

Frozen banana, peanut butter, homemade granola & fresh banana

ALL DAY EGGS

THREE EGG OMELETTE

Omelette made with 3 eggs or egg whites

VIETNAMESE OMELETTE (V) - R110

Exotic mushrooms, carrots, peppers, spring onion & sweet chilli sauce

CHICKEN OMELETTE - R120

Chicken, cheese & tomato

SPICY OMELETTE (V) - R100

Filled with olives, capers, fried tomato & chilli

CUSTOM OMELETTE - R60

Omelette with your favorite fillings

SALMON SCRAMBLE - R125

Smoked salmon, two scrambled eggs & cream cheese

PESTO SCRAMBLE (V) - R80

Three scrambled eggs & basil pesto

EGG & AVO CROISSANT (V) - R80

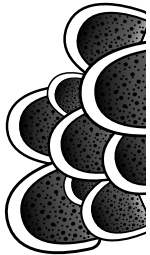
Two scrambled eggs & avo on a croissant

SPINACH & MUSHROOM (V) - R105

Two poached eggs, spinach, mushrooms & grilled salsa

EGGS ROYALE (V) - R125

English muffins, salmon, two poached eggs, served with our hollandaise sauce



LIGHT MEALS

CAULIFLOWER WINGS (VE) - R85

With a tahini dipping sauce

CHICKPEA MAYO TOAST (VE) - R75

Chickpeas & vegan mayo

CHICKEN CAJUN SALAD - R100

Chicken, lettuce, cucumber, cherry tomatoes, avo, olives & peppers, served with a citrus dressing

QUICHE & SALAD (V) - R90

Two mini roasted tomato, spinach & goats cheese quiches with a light salad

TUNA FISHCAKES & ASIAN SLAW - R105

Lightly seasoned tuna fish cakes served with rainbow slaw

Served with a soya, sesame, honey & ginger dressing

TOASTIES / WRAPS

OLD SCHOOL CHEESE & TOMATO (V) - R75

Pan fried tomato & cheese (add egg)

TUNA MAYO - R95

Tuna lightly mixed with mayo, celery, red onion & lemon

CHICKEN MAYO & ROCKET - R95

Lightly grilled chicken mixed with red onion, mayo & rocket

RIGHTEOUS (V) - R95

Mozzarella, tomato, basil pesto & cream cheese

INCORRUPTIBLE - R105

Grilled chicken, smashed avo, feta, caramelized onions, rocket & cream cheese

TRUTHFUL (V) - R105

Honey glazed butternut, pumpkin seeds, grilled peppers, rocket, cream cheese & basil pesto



MAINS

- CHICKEN STIR FRY - R130**
Chicken with stir fried seasonal vegetables & black rice
- PEANUT & BLACK RICE BOWL (VE) - R110**
Black rice & peanut with mushrooms, butternut, baby marrow, spinach, sweet potato & peanut sauce
- CHICKEN BURRITO BOWL - R130**
Avo, black beans, chicken, charred sweet corn, spring onions, black rice, roasted tomatoes
- RICE & TOFU (VE) - R130**
Marinated tofu served with edamame beans, broccoli & roasted tomatoes
- QUINOA & HUMMUS (VE) - R105**
Quinoa, hummus, lentils, sweet potato wedges & baby spinach
- MALAYSIAN VEGETABLE CURRY (VE) - R120**
A mix of bell peppers, courgettes & carrots in a chilli & toasted coconut sauce. Served with coriander Basmati rice
- BEEF MINCE QUESADILLA - R115**
Spicy beef mince & kidney beans mixed with cheddar cheese served in a toasted tortilla. Served with guacamole
- CHILLI CON CARNE BOWL - R120**
Spicy beef mince & kidney beans in a chipotle sauce. Served in a bowl with Mexican rice & pico de gallo
- VEGAN CHILLI BOWL (VE) - R95**
Spicy soya mince & red kidney beans in a chipotle sauce. Served with Mexican rice & pico de gallo

BURGERS

- BEEF BURGER - R140**
150g Free Range Beef patty, topped with caramelised onions, pickles, tomato rounds & cheddar cheese
- CLASSIC CHICKEN - R135**
Pan fried chicken breast with peppers, caramelised onions, avo & lettuce
- BLACK BEAN BURGER (VE) - R115**
Homemade black bean patty, grilled mushrooms, avo & sweet chilli mayo

PULLING
SHOTS
SINCE
2016

GRIND