

BREAKFAST

GRANOLA (V) - R110

Double cream yoghurt, seasonal fruit, homemade granola with nuts and honey

STRAWBERRY BOWL (V) - R100

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

PAW PAW BOAT (V) - R90

Double cream yoghurt, homemade granola with nuts & honey

SMASHED AVO (V/VE) - R90

Avo smash, feta & cherry tomatoes

BANANA CINNAMON FRENCH TOAST (V) - R95

Two slices of banana bread, dipped in egg custard, topped with cream and cinnamon

Served with fresh seasonal fruit and honey drizzle

SHAKSHUKA (V) - R105

Poached eggs in a rich tomato sauce, hummus, avo & sourdough toast

CLASSIC - R100

Two eggs, mushrooms, grilled tomato, bacon/macon & beef bangers & toast

Vegan bacon + R25 (V)

SALMON SCRAMBLE - R125

Smoked salmon, two scrambled eggs & cream cheese Sourdough Toast

EGG & AVO CROISSANT (V) - R80

Two scrambled eggs & avo on a croissant

GLUTEN FREE FLAPJACKS (V) - R100

Whipped cream, sliced banana, peanut butter & honey drizzle

SWEET POTATO AND GREENS (V) - R95

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

CUSTOM OMELETTE - R110

Omelette made with 3 eggs or egg whites
Choose 1 protein & up to 4 extras

Protein

-Smoked Salmon

-Chicken

Extras

-Spring onion

-Cheese

-Tomato

-Olives

-Peppers

-Mushrooms

-Avo

-Spinach

GRIND SPECIALITY OMELETTES

VIETNAMESE OMELETTE (V) - R110

Mushrooms, carrots, peppers, spring onion & sweet chilli sauce

SPICY OMELETTE (V) - R100

Filled with olives, capers, fried tomato & chilli

PLANT BASED BREAKFAST

ACAI SMOOTHIE BOWL - R105

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

CHOC PEANUT BOWL - R95

Frozen banana, peanut butter, homemade granola & fresh banana

OATS

Plain - R80

Apple and cinnamon - R85

Choc banana - R85

TOFU SCRAMBLE - R105

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

SMASHED AVO - R90

Avo smash, cherry tomatoes, spring onion, sourdough toast



LUNCH

TOASTIES

Served on sourdough bread

Served with fries / side salad

OLD SCHOOL CHEESE & TOMATO (V) - R75

(Add egg) - R10

TUNA MAYO - R95

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

CHICKEN MAYO - R95

Grilled chicken mixed with red onion, mayo & rocket

CHICKPEA MAYO (VE) - R85

Chickpeas with red onion, vegan mayo, olives & caramelized onion

CAPRESE (V) - R95

Mozzarella, tomato & basil pesto

WRAPS & QUESADILLA

CHICKEN & AVO - R105

Grilled chicken, avo, feta, caramelised onions, rocket & cream cheese

HONEY GLAZED BUTTERNUT & FETA (V) - R105

Honey glazed butternut, rocket, cherry tomatoes, feta, grilled peppers, basil pesto & pumpkin seeds

BEEF MINCE QUESADILLA - R120

Spicy beef mince & kidney beans mixed with cheddar cheese served in a toasted tortilla.

Served with guacamole



SALADS & BOWLS

HONEY GLAZED BUTTERNUT & FETA SALAD (V)- R115
Honey glazed butternut, rocket, cherry tomatoes, feta, grilled peppers, basil pesto & pumpkin seeds

GRILLED CHICKEN SALAD - R120
Grilled chicken, lettuce, cucumber, cherry tomatoes, avo, olives & peppers. Served with a citrus dressing

SMOKED SALMON SALAD - R135
Salmon, rocket, avo, feta, spring onion, cherry tomatoes, cucumber with a lemon cream cheese & chive dressing

QUINOA & HUMMUS BOWL (VE) - R105
Quinoa, hummus, lentils, sweet potato wedges, cucumber, cherry tomatoes & baby spinach

MEXICAN CHICKEN BOWL - R130
Avo, black beans, chicken, charred sweet corn, spring onions, black rice, roasted tomatoes

VEGAN CHILLI BOWL (VE) - R100
Spicy soya mince & red kidney beans in a chipotle sauce. Served with Mexican rice & pico de gallo

CHILLI CON CARNE BOWL - R130
Spicy beef mince & kidney beans in a chipotle sauce. Served in a bowl with Mexican rice & pico de gallo

BURGERS

Served with handcut fries / side salad
BEEF BURGER - R140
150g Free Range Beef patty, topped with caramelized onions, pickles, tomato rounds & cheddar cheese

CLASSIC CHICKEN BURGER - R135
Pan fried chicken breast with peppers, caramelized onions, avo & lettuce

FALAFEL BURGER - R115
Falafel, humus, pickles, coleslaw

**PULLING
SHOTS
SINCE
2016**

