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



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

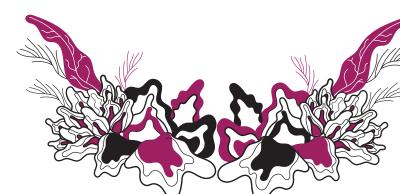
Mozzarella, tomato & basil pesto

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

