

LOADING BAY

"From the ground to your plate, with no intervention - only organic practices. We support the three pillars of regenerative farming: soil health, animal welfare and social fairness. Regenerative, organic practices can restore the wellbeing of our beautiful environment and heal the destructive habits of conventional agriculture affecting the biodiversity around us. For the greater good of our wildlife, land, seas and rivers we opened our first grocery store Sans Community, making organic produce readily available



BREAD & BUTTER 30

Sourdough served with farm butter and organic olive oil.

- Add Christina's organic olives 28
- Add a variety of Foxenburg organic goat cheese and local Fynbos honey 35
- Add Farmer Angus cold meats 60

BRIOCHE BUN 55

With bacon, cheese and home made chutney.

- Add a fried egg 12

GRILLED CHEESE 75

With red cabbage, home made chutney, mature Dutch-style cheddar and marinated plum tomatoes.

- Add bacon 25

WHOLE GRAIN AND NUT BOWLS 90

Whole grains are sources of vital nutrients for your health. These ancient superfoods are an essential source of fibre and protein. We source them from small-scale, organic producers who share our same philosophies on farming practices. These are all served with milk or nut milk.

GINGER & APPLE BIRCHER BOWL

Activated spelt and raw organic oats, soaked with ginger, apple and carrot, served with organic seasonal fruit and berries and warm home made oat milk.

COCONUT, ALMOND & CINNAMON BOWL

Young coconut, pulped activated almond and cinnamon scented porridge with white organic quinoa. Served with seasonal berries and cold almond milk.

COCOA & GRANOLA BOWL

Activated raw oats mixed with raw organic cocoa, sugar-free roasted granola with seasonal fruit and natural citrus syrup. Served with home made seasonal compote and berries.

ALL DAY EGG DISHES (GREAT FOR BRUNCH)

Our eggs are sourced from our friend Farmer Angus, a producer focusing on regenerative organic farming.

MASHED AVO ON SOURDOUGH WITH TWO POACHED EGGS 70

- Add bacon 25
- Add tomato relish 15
- Add pan fried rainbow trout 50

SCRAMBLED EGGS ON SOURDOUGH 60

- Add bacon 25
- Add sliced avo 15
- Add tomato relish 15
- Add wild mushroom 25
- Add pan fried rainbow trout 50

BRUNCH IDEAS 95



KING OYSTER MUSHROOM RAGOUT

With a poached egg and slice of sourdough.

GREEN GOODNESS

Organic seasonal greens and garden veg served with two fried eggs and green goodness sauce with grated Asiago cheese.

- Add bacon 25

HEIRLOOM BEETROOT & CARROTS

With a cauliflower and beetroot puree, crumbed goat cheese and two poached eggs.

- Add trout fillet 50

ASPARAGUS AND WILD MUSHROOM

With heirloom tomato relish, two fried eggs and local Asiago.

- Add bacon 25

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HEARTY MEALS

BRAISED BEEF 140

Grass-fed, slowly-cooked braised beef.
Served with sourdough and baby organic greens.

GRILLED CHICKEN 120

Grilled or crumbed chicken breast with hand cut potato wedges with coarse salt and rosemary. Served with a horseradish sauce and home made mayo.

BEEF BURGER 120

120g patty with cheese, jalapeno, home made brioche bun, served with a side portion of hand cut potato wedges or greens.

GRASS-FED BONE BROTH 110

Grass-fed bone broth Served with julienne carrots and zucchini, shimejie mushrooms, kimichi and gammon steak.

TARTARE 95

Rainbow trout with chopped avocado cucumber and celery salsa, served with thinly sliced sour dough.

– Add Panko Egg 12

CATCH OF THE DAY 140

We work with Abalobi, Small-Scale Fisheries, encompassing all activities along the value chain to bring you sustainably caught fresh fish.

Fish on offer varies based on environmental conditions and the ocean's offerings. Served with greens & roasted hand cut vegetables.



FROM THE GARDEN 95

SOUP OF THE DAY

Served with herb oil.

ROOTS

Heirloom beetroots and rainbow carrots with almonds and horseradish crème fraîche.

PLANTS

Leeks, celeriac, roasted fennel and sweet potatoes with a home made vinaigrette.

WARM QUINOA BOWL

served with black beans, shimejie mushrooms, sweet potato, sprouts, and roasted almonds with organic goats cheese and pesto dressing.

SIDES 45

Baby organic greens
Sweet potato wedges
Baked hand cut potato wedges
Roasted vegetables

TREATS 95

BUTTERMILK PANCAKES

Served on weekends and public holidays.

