

## All-day health bowls

*A great way to introduce more healthy ancient grains and seeds into your diet, increasing vitality and providing sustained energy.*

Seasonal fruit salad served with lemongrass syrup (no grains/seeds)	70
Millet porridge, cardamom, cocoa and coconut served with oat or almond milk	85
Spelt, ginger, carrot and bircher porridge served with dairy or oat milk	85
Activated chia seed, sprouted buckwheat, yoghurt and seasonal fruit served with almond milk	90
Organic cocoa, sugar-free roasted granola with seasonal fruit and natural citrus syrup served with yogurt	88
Young coconut, activated almonds and cinnamon scented porridge (no grains/seeds) served with almond milk	80

## Basics

3 eggs scrambled on sourdough toast	55
2 poached eggs on sourdough toast	50
Add:	
Bacon	25
Wild mushrooms	25
Avo	15
Pan fried trout	50
Smoked rainbow trout	45
Angus beef sausage	25

10% gratuity included on all sit down tables

## All-day dishes

Zucchini rosti. Ethically-farmed, smoked rainbow trout and dill infused goats' cheese curd, served with a panko egg	98
Green goodness sauce, a trio of organic kale and seasonal garden veg served with two poached eggs, sprinkled with black sesame seeds	95
Heirloom baby beetroots and carrots served with a cauliflower and beetroot pureé, crumbed goats' cheese and two poached eggs	105
Egg-in-a-hole served with rye bread, ethically farmed pan fried trout and a horseradish cream	85
Tuna tartare, served with thinly toasted sourdough, guacamole and fresh harissa spiced mayo	115
Freshly smoked, pan fried trout, cauliflower couscous and sesame seeds served with a horseradish and apple dressing, topped with dill and thin apple slices	105
Grass-fed bone broth served with organic buckwheat noodles, julienne style zucchini and carrots, mushrooms, kimchi and a gammon steak — Our most nutritional dish	120
Rhubarb-braised pork shoulder, roasted parsnips and sprouts	120

## Extras

Poached egg	12	Sourdough	10
Crispy bacon	25	Wild mushrooms	25
Avo	15	Pan fried trout	50

## Sides for 1 or to share

Veggie and fruit chips with horseradish cream	45 / 80
Saladini greens	40 / 75
Sweet potato crisps	48 / 82
Hand-cut crispy fries with truffle oil	45 / 80

## LB classics

Lightly fried or grilled chicken strips with hand-cut fries/greens/sweet potato crisps	105
Breakfast roll with bacon, fried egg, Dutch-style cheddar and sweet pepper mild chilli chutney served on a freshly baked brioche bun	90
Toasted sandwich on double fermented sourdough served with melted Dutch-style cheddar, tomato, basil, fresh red cabbage and roasted pepper	75
Burger with 120g Grass-fed beef patty and freshly baked broiche bun. Served with hand cut fries / greens / sweet potato crisps. Add: cheese 15, bacon 25	95
Pan-fried trout with a red wine jus served with seasonal vegetables and two poached eggs	115
King oyster mushroom ragout served with a poached egg and a slice of sourdough	95

## Salads

Zucchini, goats' cheese and <i>Ymergrys</i> (Danish rye crumb sprinkles) served with toasted pumpkin seeds and red cabbage chutney	98
Raw spring slaw salad with cabbages, grated roots and fynbos vinegar dressing, served with ethically-farmed pan fried trout	98
Quinoa and amaranth bowl with black beans and kale, served with sweet potato, coconut oil, Brussels sprouts, figs/dates, avocado, roasted almonds and a beetroot pesto dressing on the side	90
Wild rice and seed salad with tahini and tamarind dressing, and beetroot and apple relish	90
Curly kale with marinated shiitake, hijiki, sprouts and seeds served with an orange soy dressing	90

## Treat yourself and don't feel guilty

Carrot cake chia pudding. Activated chia seeds in cold pressed carrot juice, honey and coconut cream served with seasonal berries	70
Spiced buckwheat and pumpkin seed pancakes with fresh candied butternut and pumpkin puree orange syrup, served with seasonal berries	105