

Breakfast - served until 11:30 am

House-made Cranberry Almond Muesli & Yoghurt (V) - All Day 45

A light breakfast of layers, drizzled with honey and topped with fresh banana and pecan

New Buddha Breakfast Bowl (V) - All Day 45

Coconut and cinnamon oats, avo, hemp seed powder, flax seed powder, cocoa nibs, cranberries, almonds, toasted coconut, honey, banana and a dash of extra virgin olive oil

2 slices of wholewheat or 40% rye toast with either of the following:

Avocado with roasted tomato and fresh basil 40

2 Eggs fried, poached or scrambled 40

House-made Berry Jam 22

New Waffles - All day 35

With fresh banana and honey

Add bacon 18

Add whipped cream 8

Courgette Cakes (V) 60

With corn and peppers, on rocket, with avo salsa, feta and coriander pesto

Add poached egg R8, Add bacon R18

New Exotic Mushrooms on Brioche 55

2 slices home-made brioche, with cream cheese, sage, rocket, toasted sesame and shaved parmesan

Add poached egg 8

Bacon, Egg & Cheddar 50

On lightly toasted ciabatta with rocket

New Egg, Mushroom & Avo (V) 60

On lightly toasted ciabatta with hollandaise & rocket

Cafe Breakfast 69

2 Fried or poached eggs, bacon, roasted tomato, mushrooms, slice of toast: choice of

whole wheat, or 40% rye, house-made berry jam

Make it banting (drop the Toast add Avo) extra R8

New Falafel Scotch Egg - All Day 60

Grilled halloumi, hummus, marinated peppers, avo, rocket, and exotic mushroom

Eggs Benedict 48 | 73

English muffin, poached egg, parma ham, avocado and house-made hollandaise

Eggs Onassis 59 | 95

English muffin, poached egg, smoked salmon, house-made hollandaise, seaweed caviar, capers and dill

Add Avo 10 | 15

Kids (under 12 years)

New Waffle with Banana & Honey 20

Yoghurt and Banana with Honey 25

Soldiers & Bacon 30

Egg on Wholewheat Toast 25

Lunch - served from 11:30 am

Bacon, Feta and Avo Salad 80

Mixed greens and pecan

Vegetarian option with butternut instead of bacon

Chicken Thigh Salad (Banting) 90

Stuffed with feta, cashew and coriander, on rocket

with roasted tomatoes, grilled aubergine, butternut and feta

New Quarter Jerk Chicken (spicy!) 60

With slaw, chips and harissa mayo

New Butternut & Ricotta Panzerotti (V) 70

with Sage, Napoli Sauce, Spinach and Feta

New Vegan Bowl (V) 55

Coconut quinoa, chickpea and kidney bean, snap peas, slaw, grilled aubergine and marrow

No Frills Beef Burger 50

200g house-made pattie, relish, caramelised onion

Basil Pesto Beef Burger 95

200g house-made pattie with brie, marinated peppers and side salad or potato fries

Mushroom, Bacon Beef Burger 90

200g house-made pattie with cheddar, and side salad or potato fries

Harissa Chicken Avo Burger 90

Chicken thighs, coriander pesto, feta, rocket, and side salad or potato fries

Falafel Burger (V) 85

Best house-made falafel, hummus, marinated peppers, and side salad or potato fries

Light Bites

New Chilli Bean Springrolls (V) 50

Creme fraiche, avo salsa & small salad

Lil Pizza (V) - served after 11:30am 35

On pita bread with olives, mushroom, feta and basil

Courgette Cakes (V) 60

With corn and peppers, on rocket, with avo salsa, feta and coriander pesto

Add salmon 25

Meze Plate - served after 11:30am 55

Pita, hummus, marinated calamata olives, basil pesto, marinated peppers and falafel

Scone 25

With Cream and House-made Jam OR with Cheddar

Chocolate Cake 30

Baked Cheesecake 35

With chocolate glaze

Carrot Cake 33

Salted Caramel Brownie 35

With Cream or Vanilla Ice Cream & toasted almonds

Kids (under 12 years)

Lil Pita Pizza (Chicken or margarita) 30

Beef or Chicken Burger & Chips 40

Grilled Chicken Strips & Chips 30

Brownie & Ice Cream 20

Ice Cream & Chocolate Sauce 20

New **Waffle, Honey, Cream or Ice Cream** 25