

SPECIALS

ROASTERY TOURS & THE DEEPER COFFEE WORLD

Head Roaster Mike & Jorge roast upstairs almost every day.
Go up & visit or ask for a proper tour.

Sign up for one of Mike's Sunday Brew sessions
or join us for a course to get your coffee skills really revved up.

HEALTH BREAKFAST | R65

Thick, Greek-style, double cream yogurt topped with Cape honey, fresh seasonal fruit salad and home-made muesli.

PORK & EGG BRIOCHE BUN | R60

Brioche bun, home-made free range pork sausage patty, fried egg, Gruberg cheese, tomato and chilli relish and thin-sliced green apple.

EGGS & TOAST | R35

Two Usana pasture-reared eggs how you like them, served with your choice of bread (see selection below) or croissant (+ R12) & a choice of our hot sauces (green apple & jalapeño or habanero & pineapple).

PLAIN OR FILLED OMELETTE | R40 + extras

Three Usana pasture-reared eggs, served with your choice of bread (see selection below) or croissant (+ R12)

Get creative & build your own:

Rocket | R12 Fresh cherry tomatoes | R12 Seared cherry tomatoes | R12
Fire-roasted mushrooms | R30 Sautéed spinach | R15
Avocado | R20 Fresh chilli | R5 Fresh red onion | R6
White cheddar | R18 Klein River Gruberg cheese | R30 Emmentaler | R30
Homemade Hollandaise | R20 Spiced, baby potatoes | R20
Merguez lamb sausage | R30 Bacon | R25
Smoked Franschoek salmon trout | R40

YOUR CHOICE OF BREAKFAST BREADS

Baked with love at the back of the café using stone-ground flour, our own natural leavens (in the sourdoughs), farm butter and Usana pasture-reared eggs. Loaves are also available to take home.

Sesame & poppy seed Montreal bagels
Naturally-leavened sourdough
Multi-seed loaf

80% Rye
White crusty sourdough farm bread
Soft sesame bun

BREAKFAST & BRUNCH

All Day. Every Day.

FOOD

**We strive to use fresh, seasonal, locally-sourced ingredients
& to support ethical farmers & local artisans.**

We like to make as much as we can from scratch.
We believe food just tastes better that way & that it's better for you.

WE USE:

Only free range chicken & grass-fed free range beef

Usana's pasture-raised Stellenbosch eggs
– better than free range

Artisan cheeses & farm butter

Premium stone-ground flour from Eureka Mills

Our breads, sourdoughs, bagels, tarts & cakes are baked fresh at Origin
(call a day ahead for home orders).

Our baguettes come from Woodstock Bakery

SHAKSHUKA | R100

Eggs poached in a fragrant sauce of tomatoes, peppers, onions, spinach and chickpeas, with merguez lamb sausage, house-made harissa and thick-sliced sourdough on the side. Takes a bit of extra time. Try it, you'll love it.

Vegetarian option without the sausage | R90

EGGS BENEDICT

Two poached eggs & homemade hollandaise, served on our home-baked English muffins.

Bacon | R75 Salmon | R95

BANTING BENEDICT | R70

Brussel sprouts roasted in coconut oil and sumac, topped with two poached eggs, our homemade hollandaise and a touch of white pepper.

SAVOURY BEEF MINCE & AUBERGINE ON SOURDOUGH | R65

Savoury mince on sourdough with fresh baby spinach, topped with a fried egg, sprinkled with sumac, fresh basil, coriander & chopped jalapeno.

Fresh chopped tomato and red onion on the side.

For a Banting option, leave out the sourdough.

SPICY TOFU SCRAMBLE | R75

Scrambled tofu, baby spinach, red pepper & red onion served with crushed baby potatoes.

RICOTTA FLAPJACKS (WEEKENDS ONLY) | R65

With fresh seasonal berries, creme fraiche and honey.

For the real deal, add genuine Quebec Maple Syrup | R30

BREAKFAST & BRUNCH

All Day. Every Day.

JOEL'S MONTREAL BAGELS

Boiled & baked fresh at the back of the café. Available plain or toasted.

PLAIN CREAM CHEESE | R25

FRANSCHOEK SMOKED SALMON TROUT & CREAM CHEESE | R65

PLAIN | R8

HALF DOZEN / DOZEN FOR HOME | R45 half-dozen / R88 dozen

(larger orders available, please call a day ahead)

GRAB & GO SANDWICHES

Check the counter or speak to your waiter for today's assortment of grab and go sandwiches. Breads by Woodstock Bakery.

MADE WITH LOVE BY OUR BAKERS

Orders for home available, please call a day ahead.

Cranberry & white chocolate cookie | R22

Chocolate & oatmeal cookie | R24

Carrot cake | R30

Gluten-free almond & orange cake | R30

Gluten-free brownie of the day | R 30

Gluten-free frangipane tart | R35

check the counter & speak to your waiter for today's other baked goods

Plain butter croissant | R20

Almond or chocolate croissant | R28

Pain au chocolat | R22

BAKERY

STEAK & SALAD | R105

200g of grilled, grass-fed Limousin sirloin
with horseradish butter and a side salad of mixed seasonal greens.
Add a side of spiced baby potatoes | R 20

VIETNAMESE PORK NOODLE BOWL (Bún Thit Nướng) | R95

Marinated grilled pork, rice noodles, lightly pickled carrot & daikon radish,
bean sprouts, roasted peanuts and fresh herbs.

STEAK MANWICH | R95

150g of sliced, grass-fed, grilled Limousin sirloin with tomato, baby spinach and wasabi mayonnaise
on house-baked sourdough. Served with a side salad of mixed seasonal greens.
Add a side of spiced baby potatoes | R 20

WAGYU BEEF BURGER | R95

Pasture-raised, Stellenbosch Wagyu beef burger with tomato,
rocket and onion and a side of spiced baby potatoes.
Add your own toppings and sides (see breakfast page).

LEMONGRASS & LIME BUNLESS CHICKEN BURGER | R60

Fragrant, free-range chicken burger topped with spicy Asian slaw.
Served without one, or add a bun | R10. Add a side of spiced baby potatoes | R 20

DECADENT GRILLED CHEESE | R50

Local Fontina and Gruberg cheeses, grilled on house-baked,
white farm loaf with tomato, baby spinach and red onion.

VIETNAMESE GRILLED CHICKEN SALAD | R90

Marinated chicken, mixed leaves, radish and beans sprouts,
topped with crushed, roasted almonds and an Asian dressing.

GREEN SALAD | R70

Mixed greens, fresh peas, cucumber, cherry tomato, pan-fried mushrooms,
roasted pumpkin seeds, chopped roasted almonds and feta.
Tossed with a light vinaigrette.

LUNCH

Served from 11 30