

We support sustainable farming methods. Grass fed | Pasture reared | Biodynamic | Nitrate free | Line caught fish & ethically sourced greens. Long lasting relationships built through like minded people. Supporting our community of farmers.

MAIN MENU FROM 8AM - 3PM
SEE REVERSE SIDE FOR DRINKS
NO CHANGES TO THE MENU PLEASE.
WIFI CODE: BERESPONSIBLE
THANK YOU.



S M A L L S

Served all day

MARINATED MIXED OLIVES	45
BURRATA CHEESE	68
BUFFALO MOZZARELLA	50 88
MUSHROOM PASTE	52
CHARCUTERIE SELECTION	105
TOMATO RELISH	30
Served with fresh sourdough.	
COD GRATIN	78
SHORT RIB GRATIN	88
CAULI GRATIN	70

Served with fresh sourdough.

SOURDOUGH, RHUBARB COMPOTE WITH CHEESE & FARM BUTTER 62
Add bacon 25

GRANOLA, BUFFALO YOGURT & BERRIES 88

BIRCHER MUESLI 88
Mixed with grated pear and crushed almonds. Served with seasonal berries, buffalo yogurt and lemon curd.

HEALTH BOWL 88
Oats mixed with red quinoa topped with chia seed infused Buffalo yogurt. Served with assorted fruit, nuts and berries.

HOTCAKE 88
Served with mascarpone, seasonal berries & fruit with crushed walnuts.
Add vegan ice cream 38 | Add bacon 25

AVOCADO & A POACHED EGG WITH HEIRLOOM TOMATO RELISH SERVED ON SOURDOUGH 65
Add bacon 25 | Add assorted mushrooms 25 | Add an extra egg 12 | Add pan fried salmon 55 | Add pork banger 24



BREAKFAST ROLL 75
Fried egg, bacon with tomato relish, Boerenkaas cheese and grilled banana.

GRILLED STEM BROCCOLINI 92
With sugar snap peas and roasted almonds. Served on sourdough with Boerenkaas cheese and poached eggs.
Add bacon 25

MUSHROOM RAGOUT 90
White king oyster mushrooms with tarragon served with a poached egg and sourdough.
Add bacon 25

BEETROOT, HEIRLOOM CARROTS, GOATS CHEESE WITH ROASTED SEEDS AND POACHED EGGS. 92
Served on sourdough.
Add bacon 25 | Add pan fried salmon fillet 55

THREE EGGS SCRAMBLED SERVED WITH TOMATO RELISH AND ROCKET SPICY 80 | PLAIN 75
Add bacon 25 | Add avocado 15 | Add pork banger 24 | Add smoked salmon 28 | Add cream cheese & chopped chives 15

WILTED SPINACH, PESTO, ASSORTED MUSHROOMS SERVED ON SOURDOUGH TOPPED WITH CRISPY ONIONS AND A POACHED EGG 88

SEARED SALMON FILLET, HEIRLOOM CARROTS, BROCCOLI & A POACHED EGG WITH ROASTED ALMONDS 115

KIDS BREAKFAST 65
Bacon and egg served on toast.

LB CHICKEN STRIPS 95
Flash fried in a light spicy batter and served with either truffle fries, hand cut rosemary chips or a side salad.

CRISPY ASIAN BEEF NOODLES 105
Sweet and sticky Asian beef mince, served on rice noodles with spinach leaves and julienned carrots.

SEARED TUNA 98
Thinly sliced seared tuna, served with a carrot and ginger puree complimented with a mint, coriander and cucumber salad.
Add panko egg 15

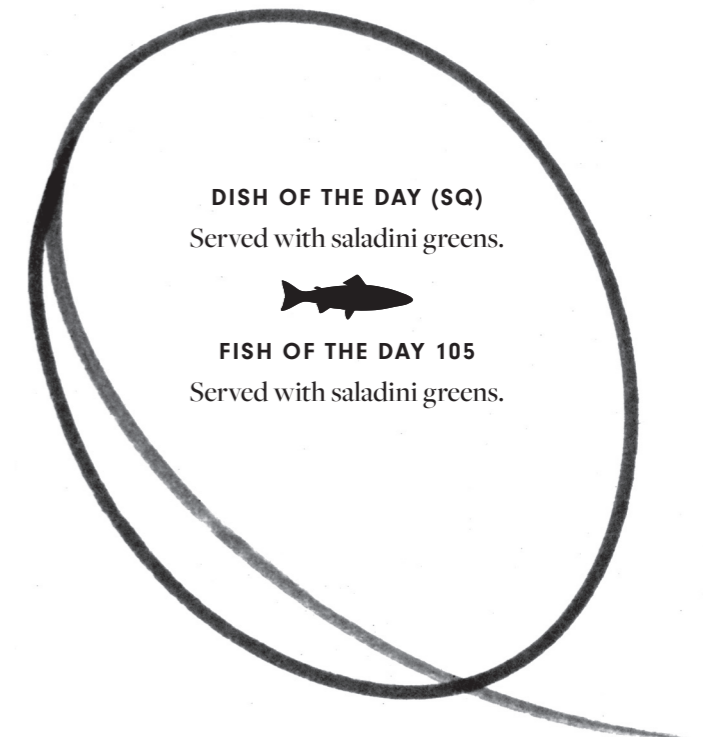
PANKO SALAD 85
Saladini greens, quinoa, assorted roasted nuts and a panko egg served with an Asian style dressing.
Add bacon 25 | Add avocado 15

POACHED GLAZED BEETS WITH ALMONDS, HORSERADISH & A LIGHT HOUSE MADE CRÈME FRAÎCHE 90
Add a poached egg 12

SLOW COOKED SHORT RIB & A POACHED EGG SERVED ON SOURDOUGH WITH A SIDE OF SALADINI GREENS 105

CLASSIC GRILLED CHEESE 52
Add bacon 25 | Add avocado 15

OYSTER MUSHROOM TEMPURA STALKS 50
SALADINI GREENS 45
ASIAN COLESLAW 45
TRUFFLE FRIES 45
SWEET POTATO WEDGES 42
HAND CUT FRIES 40



LOADING BAY

TEA SELECTION

SENCHA GREEN TEA	35
Green tea from Mount Fuji, Japan. We recommend a maximum 3 min brewing time.	
NORTHERN BREAKFAST BLEND BLACK TEA	35
A full-bodied blended black tea from Sri Lanka, China and India. Light spicy taste with an earthy and smoky flavour. We suggest a 4 min brew time.	
EARL GREY BLUE FLOWER TEA	35
A well-balanced, pure Earl Grey tea. We suggest a 3-5 min brew time.	
JAPANESE GENMAICHA	35
Natural rice tea blended with a later bloomed sencha green tea. Low in caffeine with a mild nutty flavour. We suggest a 3-5 min brew time.	
PURE WILD ROOIBOS TEA	35
From our very own Cederberg mountains we bring you an ultra high grade pure Rooibos tea.	

COFFEE SELECTION

*Proudly roasted by Espresso Lab Microroasters.
All milk based drinks are steamed to 70 degrees to create a micro textured silky consistency.*

ESPRESSO	22
LONG BLACK	26
PICCOLO	22
CORTADO	24
FLAT WHITE	28
LATTE	30
ALMOND MILK REPLACEMENT	+5
FILTER COFFEE	35
Single estate varieties brewed using the V60. Ask the nearest member what the current coffees are.	

COLD BREW	35
WHITE ICE	34
Espresso, milk, vanilla pod syrup and ice. Shaken and served.	

BLACK ICE	32
Espresso, water and vanilla pod syrup, shaken and served.	

HOT BEVERAGES

DARK ORGANIC HOT CHOCOLATE	42
Organic unroasted dark chocolate, with almond milk and coconut oil.	

ORGANIC CHAI LATTE	38
A powerful blend of tea, herbs and spices, such as cardamom, cinnamon, black pepper, and star anise.	

GREEN MATCHA LATTE	38
Matcha is a premium Japanese green tea powder. Sweetened with vanilla pod syrup.	

ICED BEVERAGES

HOMEMADE CORDIAL	35
Mixed with sparkling water and lime. Ask the nearest member what the current blend is.	

KOMBUCHA	36
Naturally fermented iced tea.	

ICED GREEN MATCHA LATTE	38
Matcha is a premium Japanese green tea powder. Sweetened with vanilla pod syrup.	

ICED CHAI LATTE	38
A powerful blend of tea, herbs and spices, such as cardamom, cinnamon, black pepper & star anise.	

ICED CHOCOLATE MILK	40
Organic unroasted dark chocolate shaken with coconut oil and milk.	

CAPE TONIC	40
Refreshing tonic served with a reviving cold pressed ginger shot.	

COLD PRESSED JUICE

GREEN JUICE	38
Apple, kale, spinach, celery, lemon and cucumber.	

RED JUICE	38
Beetroot, carrot, red apples, lemon and ginger.	

GOLD JUICE	38
Pineapple, mint, green apples and lemon.	

GINGER SHOT	38
SMOOTHIE OF THE WEEK	
Ask what the combination is this week.	

JUICE OF THE WEEK	40
Ask what the combination is this week.	

ALCOHOLIC BEVERAGES

BEER	
DEVILS PEAK LAGER 340ML	45
DEVILS PEAK GOLDEN ALE 340ML	55
CBC KRYSTAL WEISS 440ML	60

LIQUOR	
BLOODY MARY	63
GIN & TONIC	65

WINES

Produced naturally, with no additives. Fresh, easy drinking with a low alcohol content.

BUBBLY	
SALTARE BRUT NATURE MCC NV:	70 350
Grapes: Chardonnay & Pinot Noir. Clean, floral & dry sparkling wine.	

WHITE	
ASYLUM WHITE 2016	45 225
Produced by Cape Rock Wines on the West Coast. Grapes: Colombard, Chenin, Clairette Blanche.	

EASY TIGER 2016	75 380
Produced by Maanshijn. Grapes: Grenache Gris from the Paardeberg region.	

RED	
CAPE ROCK GRENACHE 2016	50 250
Produced by Cape Rock Wines in the Citrusdal mountain region. Light, fruity red with a textured feel.	

FRAM CINSAULT 2016	60 300
Produced by Fram in the mountains of Citrusdal. Single variety grape (Cinsault). Medium-bodied, soft and smooth red.	

VINO
CURATED BY
PUBLIK