

S U M M E R A U T U M N

M E N U

MORNINGS

Mon - Fri 07:30 - 12:00 | Sat 07:30 - 13:00

BREAKFAST BOWLS | PLANT BASED

Almond oats

Made with milk + cream, a dash of cinnamon and vanilla. Served with almonds, almond butter and a honey glazed pear. 65

Yoghurt with granola and fruit

Seasonal fruit served on full cream plain yoghurt with homemade berry compote, roasted granola and a drizzle of honey. For a vegan option ask for coconut yoghurt. 82

Fungi bowl

Shimeji + button mushrooms grilled with garlic, coriander, sage + rosemary and cream. Served on brown rice with crushed almonds, caramelised onions, dates, poached egg and parmesan. A lemon wedge, because it can't go without! 85

Seared salmon and pickled cucumber with brown rice

Salmon seared in a garlic, chilli and coriander butter served on brown rice with a boiled egg potato salad, edamame beans, spring onions and pickled cucumber. 115

POACHED

Eggs Caprese

Exotic slow roasted cherry tomatoes marinated in olive oil, lemon, aubergines, capers, garlic and olives. Served warm on cold full cream plain yoghurt, one poached egg and toasted ciabatta. 85

Poached pan

Two pork sausages and two poached eggs served with a pea and za'atar fritter, pesto roasted cherry tomatoes and some wholegrain mustard. | za'atar: middle eastern herb | 88

Creamed avo with basil aioli and poached egg

Creamy avocado butter served on our homemade spinach and feta bread with refreshing spiced smashed avo, an avocado + basil aioli, honey bacon and one poached egg. Accompanied by a roast tomato dressing. 92

Salmon + aubergine pahi

Our aubergine pahi consists of aubergines, peppers, onions, ginger and chilli roasted alongside lemongrass, cardamom and curry leaves. Served with a 100g seared salmon, one poached egg and mosbolletjies to dip.

| pahi: dry vegetable curry | 120

Poached eggs with quinoa cakes and gingerbread

Quinoa cakes served with a salbitxada sauce, two poached eggs, bacon, a pork sausage and a heirloom tomato + aubergine salsa. Accompanied by our home-baked gingerbread and a seasonal jam. | salbitxada: catalan bbq sauce | 95

FOOD COFFEE PEOPLE

MORNINGS

Mon - Fri 07:30 - 12:00 | Sat 07:30 - 13:00

TOAST

A selection of breakfast toasts all served with one poached egg. Please choose one of the following:

Aubergine with curried yoghurt

Slow roasted aubergine served with a curried yoghurt, almond, onion and date crunch on our home-baked butternut + rosemary bread. 70

Avocado toast with a tomato salsa

Creamy lemon + chilli avocado served on our lovely home-baked wholewheat bread, sprinkled with curried cashew nuts and served with a tomato salsa. 75

SCRAMBLED

Harissa scrambled tofu

Served with a cucumber, avocado, nigella seed and sticky aubergine salad. 80

Dukkah spiced eggs with homemade bread

Scrambled with homemade dukkah, pesto, mozzarella and bacon bits. Served with our home-baked seed loaf bread and a fresh herb butter. 82

Breakfast grilled cheese

Served on ciabatta with soft scrambled eggs and pesto. 75

CLASSICS

Nutty french toast

Home-baked nutty breakfast bread dipped in vanilla infused egg, pan grilled with maple syrup and served with mascarpone, berry compote and coconut flakes. 80

Creamy chicken livers and crisp bread

Served with roast heirloom cherry tomatoes, crisp bread and sprinkled with parmesan. 80

Green omelette

Filled with pesto, maple bacon + leeks and a trio of white cheeses. Served with our home-baked pesto spring onion and corn bread. 92

Italian omelette with mosbolletjies

Pesto roasted cherry tomatoes, mozzarella and bocconcini. Served with our home-baked mosbolletjie toast. 80

CROISSANTS

Brie + fig croissant

Topped with bacon, brie and mozzarella grilled until warm and melted. On top some of our ginger sweetened figs and a dash of powdered beetroot. 80

Sweet bacon + banana croissant

With brie all melted and served on a toasted croissant with homemade aubergine and cardamom jam. 80

AFTERNOON

Mon - Fri 07:30 - 15:30 | Sat 07:30 - 13:00

BOWL FOOD | SALADS + POKÉ BOWLS + WARM BOWLS

seasonal ingredients will be used in your meal | please inform us of any dietary requirements.

Sprouted sriracha chicken

Pulled chicken tossed through a spicy sriracha mayo with oven roasted butternut and a chilli, coriander yoghurt sauce. All served on a sprouted salad. 105

Teriyaki salmon with miso sweet potatoes

100g salmon seared in a garlic + herb butter with a touch of sweet teriyaki. Served on mirin + miso roasted sweet potato purée, Asian pickled cucumber and a crunchy sprout salad. Accompanied by ponzu shoyu.

| ponzu shoyu: citrus soya sauce | 130

Prawns with marinated tomato on basmati rice

Grilled in a flavourful coconut oil and butter sauce with garlic, Moroccan spices, coriander, basil and saffron. Served on basmati rice with fresh cucumber and roasted tomatoes marinated in olive oil, cumin, garlic and lemon on cold curried full cream plain yoghurt. We use the shells to add flavour. 120

Peas with beef fillet and tatsoi

Blanched peas tossed through a grilled spring onion, garlic and mustard yoghurt. Teriyaki marinated beef fillet strips served with glazed beetroot on tatsoi with almonds, dates and onions. Accompanied by a black pepper red wine sauce. Served with sticky roasted aubergines and a curried yoghurt dressing. 115

Soya marinated salmon poké

Fresh Norwegian salmon tossed through a Thai inspired soya teriyaki with chilli, fresh basil and coriander on sticky rice with chopped cabbage, chopped spinach and pea shoots. Cubed avo, pickled ginger and dotted with kewpi mayonnaise. Lastly sprinkled with sesame seeds, spring onions, crispy wonton and accompanied by some extra honey soya sauce on the side. 130

Pork and sweetcorn poké

Oven-roasted pulled pork served on sticky rice with a sweetcorn slaw and avo. Edamame beans, spring onions and crispy pork crackling. Served with a sriracha mayonnaise and soya sauce. 110

Curried chicken with brown rice and chopsticks

Tossed with brown rice, sweet raisins, crunchy chopped apple, baby spinach + cabbage and some cashew nuts sprinkled with toasted coconut and sweetcorn. 95

POKÉ | Sticky rice can be exchanged for black rice or brown rice.

Keep in mind that poké bowls may be garnished with dried sea weed, crispy wonton or crispy onions without prior notice.

Served with chopsticks.

EAT

Sriracha pulled chicken served as an open toasted sandwich

Honey garlic sriracha grilled chicken tossed through some mayo and served with spring onions, fresh sprouts and sesame seeds. Served on a our home-baked activated charcoal bread. 92

Bacon + brie quesadilla

With mozzarella, caramelised onions and cream cheese. 86

Sweet potato + sprout rice roll

Oven roasted sweet potato bits, sprouts and cream cheese served with a sriracha chilli sauce and some crushed beetroot chips. 75

FOOD COFFEE PEOPLE

Note | some ingredients are seasonal + please inform us of any allergies for not all ingredients are listed. 10% service charge for tables more than 6.
We use all kinds of nuts + seeds in our kitchen. | Meat may be exchanged for vegetarian options in all meals. | We use a variety of micro leaf herbs in our meals.

AFTERNOON

Mon - Fri 07:30 - 15:30 | Sat 07:30 - 13:00

Onigirazu Japanese sushi sandwich

Chopped red cabbage, mirin roasted sweet potato with miso paste, tatsoi, cream cheese and wonton, accompanied by ponzu shoyu and a sweet sriracha. Made with sticky rice and Nori. | nori: seaweed | 75

Pork + corn dhal quesadilla

Oven roasted pulled pork served with cream cheese and a delicious yellow corn, coconut and cauliflower dhal. 95

Green goddess grilled cheese

Toasted with pesto, fresh spinach, feta + mozzarella and avo. Served on our home-baked spinach + feta bread. 85

Salmon + wonton wrap

Norwegian salmon served fresh with cream cheese, julienne cucumber, avo, micro coriander, spring onions, sprouts and crispy wonton. On the side accompanied by a lemon wedge and our honey + soya dressing. 110

Curried chicken with a cucumber raita

Sweet curried chicken served open on our home-baked nutty bread with a cucumber + mint raita and honey glazed bacon. 95

Grilled chicken with marinated tomatoes

Served open on our home-baked rosemary + butternut toast with slow roasted marinated tomatoes, avo and melted camembert. Some pesto and a drizzle of honey + mustard mayo sauce. 95

Pulled chicken + honey bacon wrap

Served with mozzarella, caramelised onions, honey glazed bacon and avo. 95

Pork wrap with sriracha slaw and wonton

Oven roasted pulled pork served with a sriracha peanut white cabbage slaw, fresh coriander, avocado and wonton. 95

Chicken mayo + mozzarella quesadilla

With cream cheese, tomato and onion marmalade. 95

Bacon with brie and banana

Served on our gluten free banana bread toasted with fresh banana + crispy bacon and brie accompanied by a bacon dressing on the side. 85

Bacon grilled cheese

Toasted with cream cheese, mozzarella, onion marmalade + pesto and avo. 85

Korean beef wrap

Teriyaki grilled beef served in a wrap with avo, a homemade curried kimchi, zucchini and sprouts. On the side accompanied by chimichurri. | kimchi: fermented red cabbage | 95

Beef fillet melt

Beef fillet served toasted with caramelised onions, white cheddar, two month old boerenkaas and a drizzle of some honey mustard mayonnaise. 95

Thai peanut wrap

Cabbage, carrots, peppers and edamame beans sprinkled with coriander, onions, honey roasted peanuts and crushed wonton. Accompanied by sriracha peanut sauce. 78

Melted Italian sandwich

Pesto, mozzarella, basil and tomato with prosciutto, spicy salami, pepperoni and pickled jalapeños. Only served on ciabatta. 95

HOT

Mon - Fri 07:00 - 16:00 | Sat 07:00 - 13:00

AMERICANO

espresso shot served with hot water on the side.

	REG	TALL	DECAF
Single	15	17	20
Double	20	22	24 26
Almond milk hot or cold	4		

RED

	REG	TALL
Latte served with a drop of honey.	30	
Flat white served with a drop of honey.	26	30

CHAI

	REG	DECAF
Latte	30	
Dirty with a single espresso	35	38
Dirty red	35	

MILK

	REG
Beetroot + rose flatwhite	35
Charcoal activated flatwhite with a shot of honey.	35
Matcha flatwhite served with a drop of honey.	35
Turmeric flatwhite with a drop of honey + cinnamon.	30

ESPRESSO

Single 12 | Double 17 | Decaf 19

	REG
Coffee Bon Bon	25
espresso with condensed milk	
Macchiato Single shot espresso topped with foam	18
Red Espresso	15

CAFFEINE + MILK

	REG	TALL	DECAF
Single Flat white	26	30	28 32
Double Flat white	30	35	32 37
Cortado Double shot with warm milk.	30		32
Hazelnut Flat white.	34	36	36 38
Latte	30		32
Double Latte	35		37
Chocó Chino	34		38
Iced Coffee with milk + ice	30		35

CHOCOLATE

Italian Hot Chocolate	30
Nutella Hot Chocolate	28
Add Extra Shot 8	Decaf 8
Hazelnut shot 8	Honey 7
Cream	8
Almond milk	10

TEA

BLACK

26
1837 Black Tea notes of fruits + flowers from the Bermuda triangle.
Black Chai rare + aromatic indian spices.
English Breakfast - strong
French Earl Grey - great classic

GREEN

26
Jasmine Queen - fashioned tea.
Moroccan Mint - a timeless classic.
Silver Moon - accented with grand berries + vanilla and a hint of spice.
Singapore Breakfast sweet + spicy gingers yields a tantalising. Elixir to inspire new beginnings.

RED

26
Creme Caramel - a dessert on its own.
Rooibos
Vanilla Bourbon - perfect for little ones as well.

ICE TEA

Homemade ice tea red espresso, pineapple + mint. 50
Pink Flamingo served in a pot with boiling water + a glass filled with ice. 45

HERBAL TEA

only fresh ingredients. 26
Cinnamon Stick + Ginger Root Tea with honey.
Dried Mixed Berries with honey.
Fresh Lemon + Ginger Tea with honey.
Fresh Mint Tea with Honey.
Lemongrass + Ginger Root Tea with honey.

COLD

we make use of biodegradable straws

RAW JUICES

Breakfast juice

Orange, carrot + ginger 50

Detox green juice

Spinach, apple, lemon, cucumber, ginger + celery. 50

Super juice

Beetroot, grapefruit + pomegranate. 50

Plain orange juice 40

Pomegranate juice 35

Vitamin C

Pineapple, mango, orange, ginger + lemon. 55

Virgin Mary tomato juice (bottled) 35

Add	Ginger	12	Chia Seeds	12
	Banana	8	Spinach	10
	Wheatgrass	10	Lemongrass	12
	Turmeric	6		

SHOTS

Ginger shot 20

Lemon, ginger + honey shot 20

SAN PELLEGRINO

Pomegranate 24

Lemon 24

Grapefruit 24

Orange + blood orange 24

Lemon Ice Tea 27

Peach Ice Tea 27

Sparkling Water 250ml | Glass 18

Still Water 250ml | Glass 18

Sparkling Water 750ml 40

Still Water 750ml 40

CORDIAL OF THE DAY

Rose Geranium 35

Lemon 35

Pink Turkish Delight 35

Buchu 35

Duches Virgin Gin + Tonic 38

Elderflower 40

Elderflower + Pomegranate 40

Ginger + Lemongrass 40

VerGin Bloom 45

VerGin Citrus 45

SMOOTHIES Add: Protein 22

Almond + fig

Smoothie made with almond milk. 65

Berry smoothie

With berry compote + yoghurt. 50

Chai smoothie

With chai spices, banana + yoghurt. 60

Glowing skin smoothie | energy increase

With almond milk, almond butter, spinach, banana, chia seeds and protein powder. 70

SCOOP served with edible straws. 50

Berry milkshake

Chai milkshake

Chocolate brownie milkshake

Coffee milkshake

Rooibos milkshake

Ginger milkshake (fresh ginger) 55