



nitro house

ALL DAY BREAKFAST

FRUIT SALAD BOWL: fresh seasonal fruit topped with yogurt and a dusting of homemade granola **40**

ENERGY BOWL: homemade granola packed with almonds, topped with yogurt, fresh fruit and honey

48

AVO ON TOAST

STANDARD: avocado, chopped parsley, salt and pepper and a touch of lime on rye **30**

HOUSE AVO: avocado, chopped parsley, grilled beef sausage and pepperdews **40**

MIZO AVO: avocado, chopped parsley, roasted cherry tomatoes, basil pesto and feta **35**

BAGELS

BREAKFAST BAGEL: toasted bagel, bacon, slice mozzarella, cherry tomatoes and avo **50**

SALMON BAGEL: fresh smoked salmon, cream cheese, rocket, black pepper and a wedge of lemon
50

EGGS ON TOAST **Rye / Whole Wheat**

PLAIN: two free range eggs scrambled or fried
35
ADD

Bacon, ham, salmon and beef sausage: **R15**
Mushrooms, cherry tomatoes: **R10**

BREAKFAST WRAP: scrambled eggs, bacon, cherry tomatoes, rocket and mozzarella **55**

BREAKFAST CROISSANT: scrambled eggs, bacon, cherry tomatoes, rocket and mozzarella **60**

BREAKFAST BRUSHETTA: scrambled or fried eggs, bacon, melted mozzarella, served on a toasted panini with a secret sauce base 60

MIXED BEAN BRUSHETTA: scrambled eggs topped with a house bean mix and avocado 50

HOUSE BREAKFAST: two free-range eggs with streaky bacon, beef sausage, fresh tomato and toast 70

FRENCH TOAST

Stacked croissant French toasted

Maple syrup 45

Bacon and maple syrup 55

Nutella, bacon, maple syrup and strawberries 70

FRESHLY BAKED GOODS

Muffins: ask for today's selection 25

Cake of the Day: caramel cheesecake, velvet chocolate and carrot cake

Assorted croissants: plain (15), chocolate and almond (18)

Homemade Pies (30) Side Salad (40)

Homemade Sausage Rolls (25) Side Salad (35)

LUNCH

All items available as a salad, panini or wrap

GRILLED CHICKEN AND AVO

Grilled chicken, cashew nuts, mixed greens, cucumber, cherry tomatoes, carrots, pepperdew and avo **68**

GRILLED CHICKEN AND BACON

Grilled chicken, crispy bacon, mixed lettuce, cucumber, cherry tomatoes, carrots, avo and a homemade aioli **70**

BACON SPINACH FETA AND AVO

Fresh chopped spinach, mixed greens, cherry tomatoes, carrots, avo and crispy bacon **65**

ROASTED VEG FETA AND AVO

Roasted seasonal veg, sunflower seeds, mixed greens, cucumber, cherry tomatoes, carrots, feta and avo **63**

CHICKEN QUINOA

Grilled chicken, mixed greens, carrots, cucumber, cherry tomatoes, avo and quinoa **68**

ROASTED VEG AND QUINOA

Roasted seasonal veg, mixed greens, cucumber, cherry tomatoes, carrots, quinoa and feta **65**

PANINIS

Toasted breads available with whole-wheat panini, seed loaf
or rye bread

Cheese and Tomato

Mixed lettuce, cheddar and slices of tomato

32

Ham and Cheese

Mixed lettuce, gypsy ham, cheddar and slices of tomato

38

Salami and Cheese

Mixed lettuce, salami, mozzarella and slices of tomato

40

B.L.T.C

Mixed lettuce, crispy bacon, mozzarella and slices of tomato

40

Chicken Mayo

Chicken, rocket and dill mayo

45

Caprese

Mixed lettuce, basil pesto, mozzarella and slices of tomato

38

Roasted Veg and Feta Mixed lettuce and feta

38

DRINKS

NITRO DRINKS

Nitro Coffee (250ml)	28
Nitro Latte (340ml)	30
Nitro Gelato	30
Kombucha (ask us what flavours we have on tap!)	30
Kombucha Bottles (original, strawberry & blackcurrant, cranberry & pomegranate)	30

COFFEE

100% arabica, a full-bodied blend with floral aroma notes, delicate citrus acidity, fruity flavour and an enjoyable dark chocolate aftertaste.

Espresso	sgl(20) / dbl(23)
Americano	reg(22) / lrg(25)
Cappuccino	reg(23) / lrg(25)
Latte	reg(25) / Lrg(25)
Macchiato / Cortado	reg(22) / lrg(24)
Flavoured Latte: Hazelnut/Caramel	28
Iced Coffee	30
Mocha	30
Hot Chocolate	30
Chai Latte	30

SMOOTHIES

Breakfast Smoothie:	30
Peanut Butter	30
Smooth Chai	30

TEA

Red espresso	22
Red cappuccino	24
Selection of Dilmah Tea	24

COLD DRINKS

Juice Selection (cranberry, ginger and orange)	21
Iced Tea (lemon, berry, apple, lime & ginger, peach)	22
Milkshakes (chocolate, strawberry, coffee)	32
Coke/coke-light	20
Appletizer/Grapetizer	25
Still & Sparkling Water	20

Follow us on    @thenitrohouse

