omelettes

our free-range omelettes are made with three eggs or egg whites only
served with a side order of toast, butter & jam

Ⓥ **basic** R46

Ⓥ **spanish** R92
grated cheddar, caramelised onion, mushrooms, tomato, sliced potato & mild fresh chilli

old school omelette R90
herb omelette filled with diced tomato, bacon, peppers, spring onions, mushrooms & grated cheddar

healthy appetite

Ⓥ **fruit salad** R66
add muesli +R18 **add greek yoghurt** +R22

Ⓥ **citrus sunrise** R84
citrus fruit, banana, oat crumble, honey cream yoghurt, pistachio nuts & rose syrup

Ⓥ **dr paw paw** R80
paw paw with yoghurt, chopped almonds & honey

Ⓥ **oats** R58
jungle oats, served with mixed berries, butter & milk

Ⓥ **lsa porridge** R84
a porridge of linseeds, sunflower seeds, almond shavings, coconut milk, banana, dates, cinnamon & vanilla

mexican bowl R94
sauteed mince with chillies, cumin, red beans, red onion & coriander, served with gem lettuce, tomato & topped with an egg

croissants and muffins

Ⓥ **plain croissant** R34
served with jam & butter

Ⓥ **nutella croissant** R52
served with nutella chocolate spread
add nuts + R10 **add banana** + R10

Ⓥ **italiano** R60
filled with mozzarella & tomato

village R74
filled with scrambled egg & bacon

muffins R36
enquire about our freshly baked muffins

food for thought

Ⓥ **quinoa breakfast tart** R58
low calorie / gluten-free / high fibre / 358 calories / 1498kj
quinoa, linseeds, sunflower seeds, almonds, banana, ginger, apple & cinnamon tart topped with peanut butter, pineapple, strawberries, coco & chia seeds with low fat yoghurt

whole wheat chicken wrap R76
high in vitamin c / high in vitamin a / high in iron / 506 calories / 2119kj
toasted whole wheat tortilla filled with grilled chicken breast, avo, low fat cottage cheese, cucumber, carrot, radish, baby spinach & dijon mustard served with kale chips

chicken brown rice salad R94
gluten-free / low calorie / high in vitamin b / 340 calories / 1428kj
middle eastern spiced chicken breast, heirloom tomatoes, gem lettuce, brown rice, cucumber, red onion, kalamata olives, sumac, parsley, low fa lemon yoghurt & pomegranate dressing

salmon zucchini R220
high in omega 3 / high in vitamin a / 534 calories / 2242kj
160g fresh seared salmon served on zucchini pasta, cherry tomatoes, re onion, chilli, baby spinach, basil & low fat cream cheese

lettuce cup burgers R76
gluten-free / 519 calories / 2172kj
two 75g homemade mini beef burger patties, gem lettuce, brown mushroo gherkins, tomato, cucumber, red onion, salsa verde & sweet potato chip

smoothies

peanut protein R58
peanut butter, banana, almond milk, chia seeds, spiced agave syrup & cinnamon
add whey protein R22

green envy R72
kale, chia seeds, hemp powder, banana, dates, pineapple, lime & coconut milk
add whey protein R22

berrylicious R74
mixed berries, goji berries, coconut, hemp powder, dates, vanilla low fat frozen yoghurt & coconut milk
add whey protein R22