

ALL DAY BREAKFAST

NEW	GREEN SMOOTHIE BOWL , blended pineapple, apple, coconut milk, avocado, chia seeds & spinach topped with fresh fruit & seeds	49
V	SEASONAL FRUIT POT , granola: seeds, oats, walnuts, cranberries, apricots & herbs. Double cream yoghurt with chia seeds. Served with honey	40
V	BERRY & CHIA PUDDING , double cream yoghurt & toasted almonds. Served with honey	38
V	BERRY POT , raspberry double cream yoghurt, fresh berries, cranberries, pistachio nuts, pumpkin seeds & mint	36
NEW	NUTELLA FRENCH TOAST , fresh banana rolled in peanut brittle crumble, topped with roasted hazelnuts	45
NEW	SUMMER BERRY FRENCH TOAST , berry couli, puffed rice, seed & nut mix, served with double cream yoghurt & honey	48
V	HOTCAKE , made with gluten free flour, ginger & orange syrup, mascarpone, berries, breakfast seed mix & puffed quinoa	78
GC	BREAKFAST BUN , free range fried egg, honey glazed bacon, roasted carrot purée, crispy kale, garlic mayonnaise & sesame seed roll	52
NEW	KALE & HALLOUMI BOWL , free range poached egg, smashed avocado, asparagus & dukkah	54
CC	CORN & CHEESE WAFFLE , honey glazed bacon, smashed avocado, coriander, exotic tomato salsa & Sriracha dressing	68
GC	FRITTAFFLE , free range eggs, sweet peppers, red onion, smashed avocado & lemon crème fraîche	62
CC	EGGS BENEDICT , smokey grilled brown mushroom, hollandaise, wilted spinach & roasted Rosa tomatoes	62
V	BREAKFAST WRAP , poached or scrambled eggs, roasted Rosa tomatoes, honey glazed bacon or roasted pork & mature cheddar	65
	BACON POTATO CAKE* , basil cream mushrooms, free range poached eggs. *Basil pesto made with nuts	72
	THE PROPER BREAKFAST , free range eggs the way you like it, honey glazed bacon, pork sausage, thyme mushrooms, roasted Rosa tomatoes & toast	76

DIETARY REQUIREMENTS

GC GLUTEN CONSCIOUS	V VEGETARIAN
CC CARB CONSCIOUS	NEW NEW
DF DAIRY FREE	

FREE RANGE EGG OMELETTES [with toast]

V	3 EGG OMELETTE filled with Maasdam, mozzarella, mature cheddar, cream cheese, wholegrain mustard & served with baby leaves & roasted Rosa tomatoes	68
	BACON & MUSHROOM , gourmet cheese, served with baby leaves & roasted Rosa tomatoes	88
	SMOKED TROUT RIBBONS , lemon crème fraîche & avocado	94
	For egg white only, add	22

FREE RANGE POACHED EGG PANS [with toast]

V	SMOKEY BEANS & CRISPY KALE	50
	HONEY GLAZED BACON , thyme mushrooms & hollandaise	76
	SMOKED TROUT RIBBONS , asparagus & hollandaise	92

ADD

HONEY GLAZED BACON	21
CHORIZO	21
SMOKED TROUT RIBBONS	38
POACHED EGG	9
BASIL CREAM MUSHROOMS	22

ON TOAST

multi-seed / ciabatta / low Gi / white / rye

AVOCADO & lemon zest	39
FREE RANGE EGGS your way	44
ANCHOVY PASTE & exotic tomato	42
PEANUT BUTTER & RASPBERRY VANILLA JAM on white toast	45
BASIL CREAM MUSHROOMS* & hard cheese.	64
*Basil pesto made with nuts	

CHEF'S SANDWICHES

SMASHED AVOCADO , blackened corn, chipotle, mint, coriander, spring onion, cheese & crema dressing on ciabatta	72
SMOKED TROUT BAGEL , caper & dill crème fraîche, pickled red onions & baby herb leaves	59
PORK FENNEL , slow roasted shaved pork shoulder, pickled fennel & roasted garlic mayonnaise on a sesame seed roll	75
CHICKEN SCHNITZEL PARMIGIANA , napolitana sauce, mozzarella & fresh basil on a slice of ciabatta	52

CLASSIC SANDWICHES

baguette / ciabatta / low Gi / rye / white /
multi-seed / wrap / flatbread / bagel

SALAD SANDWICH , avocado, cucumber, crispy onion, pickled carrots, hummus & spicy feta	47
TUNA SLAW , mayonnaise, crème fraîche, cucumber, baby spinach, coriander & slaw	52
CLASSIC ROTISSERIE CHICKEN with honey mustard mayonnaise & avocado	54
GOURMET GRILLED CHEESE* made with Maasdam, mozzarella, mature cheddar, cream cheese & wholegrain mustard. *Made using egg	41
With roasted Rosa tomatoes	43
With honey glazed bacon & roasted Rosa tomatoes	52
With slow roasted shaved pork & roasted Rosa tomatoes	54
TRADITIONAL TOASTED CHEESE , with baby herb leaf salad	34

BURGERS

served with steakhouse potato chips &
garlic mayonnaise

CRISPY MUSHROOM BURGER , brown mushrooms filled with provolone & mature cheddar, topped with lettuce, tomato & tangy pickle mayonnaise	78
FREE RANGE BEEF BURGER with mature cheddar, onion & housemade pickles	80
CRISPY CHICKEN BURGER with pickled jalapeño, mozzarella cheese & spicy mayonnaise	74

ADD

HONEY GLAZED BACON	21
AVOCADO	15
CHIPS	23

MARKET PLATES

- STICKY FREE RANGE CHICKEN WINGS**, miso & kimchi caramel, baked sweet potato chips & gingered apple slaw 75
- MEDITERRANEAN PLATE**, hummus, grilled halloumi, roasted Rosa tomatoes & olives, avocado & grilled flatbread 75
- TURKISH PLATE**, beef mince skewers, hummus, tzatziki, cucumber & Rosa tomatoes, baby leaf, pomegranate, almonds & grilled flatbread 89

SALADS

- SEASONAL SALAD**, lettuce, roasted butternut, tomato, blackened corn, avocado, pickled courgette & house dressing 58
- BUTTERNUT & BEETROOT**, candied feta, cinnamon seed sprinkle, pecan nuts, lettuce, olive oil & balsamic vinegar 70
- CAFÉ CLASSIC ROTISSERIE CHICKEN**, avocado, lettuce, crostini, green beans, cucumber, rocket & basil mayonnaise dressing 70
- SWEET CHILLI ROTISSERIE CHICKEN**, pickled ginger, radish, charred tenderstem broccoli™, avocado, baby leaf, spinach & cos lettuce leaves 72
- CAESAR ROTISSERIE CHICKEN**, honey glazed bacon, crostini, peas, cos lettuce, poached egg, hard cheese & anchovy dressing 82
- TROUT POKE* BOWL**, sticky black rice with pickled carrot, radish, cucumber & babycorn. Served with sushi-style mayonnaise, Asian dressing & nori. *Pronounced poh-keh, is Hawaiian, meaning to slice or cut crosswise into pieces. 82
- PORK BELLY** with baby herb salad, green beans, pickled red onion, carrots & ginger, peanut & seed sprinkle, spring onion, mint & coriander 84

CHEF'S PLATES

- GRILLED LIGHTLY SMOKED TROUT**, roasted pineapple dressing, cabbage, fennel & gingered apple slaw 90
- QUINOA CHICKEN SCHNITZEL**, with broccoli, cabbage & dill slaw 72
- PORK BELLY**, with a fresh Asian courgette noodle & raw vegetable salad 76

ADD

- SALAD OF BABY SPINACH, GREEN BEANS, BLACK SESAME, PICKLED RED ONIONS & PICKLED GINGER** 10
- STEAKHOUSE CHIPS** 23

SOUPS

- SOUP OF THE DAY** [served with bread] 37
Please ask your waitron for today's housemade soup
- Add extra slice of bread 7

LITTLE ONES

- BOX 1:** Crispy chicken breast strips, sweet potato chips, housemade tomato sauce & fresh fruit 49
- BOX 2:** Free range egg mayonnaise & low Gi toast soldiers, ham, cream cheese & cheddar pinwheels & fresh fruit 49
- KIDS BREAKFAST**, scrambled free range eggs, honey glazed bacon & toast 32
- KIDS TOASTED CHEESE**, mozzarella & cheddar 22
- Add steakhouse chips 23
Add fresh seasonal fruit 10
- BABYCHINO**, foamy milk & a sprinkling of hot chocolate 6

HARVEST TABLE [seasonal] 21/100g

Choose from our daily prepared selection of market dishes, hot vegetables & salads

SERVED FROM 11h30 – 15h00 at selected cafés

BAKERY

Our cakes are made daily in our Cafés by our bakers using free range eggs & the market's fresh ingredients.

CAKES [ask your waitron about today's available selection]

Spiced pumpkin cake	30
Carrot cake	37
Chocolate & caramel cake	38
Lemon meringue	40
Coconut cake	41
Cheese cake	42
Flourless orange & almond cake	42
Flourless almond chocolate cake	46

CROISSANTS 14

CRUFFINS

A croissant style muffin	27
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SCONES

Plain scone & butter	12
Fruited scone with cinnamon glaze & butter	22

MUFFINS 23

ADD

JAM	5
CHEDDAR CHEESE	8
WHIPPED CREAM	5
DOUBLE THICK CREAM	6

SIDES

[per portion / each]

Fresh chopped chilli or hollandaise	8
Poached egg	9
Potato cake	10
Flatbread	11
Hard cheese	12
Pork sausage or smokey beans	15
Corn & cheese waffle or smashed avocado	18
Rotisserie chicken breast, honey glazed bacon or 2 beef mince skewers	21
Basil cream mushrooms	22
Granola	26
Grilled halloumi - 100 g	28
Lightly smoked Trout - 75 g, Smoked Trout ribbons - 50 g or quinoa crusted chicken breast strips	38
Pork belly - 150 g	47

COFFEE

DIRECT TRADE

Our house roast is 100% African & 100% organic. The beans are sourced directly from farmers in Tanzania & Ethiopia. To ensure absolute freshness & great flavour, they're roasted right here in South Africa, & we start using them within days of roasting.

MADE WITH ORGANIC ALL AFRICAN ESPRESSO

	SINGLE	DOUBLE
Espresso	18	20
Macchiato	20	22
Piccolo		20 [ristretto]
Flat white		24

	SHORT	TALL	GRANDE
Americano	19	22	25
Cappuccino	23	27	31
Latte	23	28	32

	SHORT	TALL	GRANDE
Mocha	27	32	37
Vanilla & cinnamon cappuccino	27	31	35
Honey & nut latte	27	31	35
Gingerbread latte	27	31	35

Soya milk	6
Unsweetened almond milk	6
Cream	5

CHEMEX BREW COFFEES*

THE CHEMEX IS A MANUAL, POUR-OVER STYLE COFFEEMAKER. IT BREWS COFFEE USING THE INFUSION METHOD & DELIVERS BODY & BALANCED FLORAL NOTES. BEAN TO CUP PROCESS TAKES 4-6 MINUTES.

We offer a variety of single estate & micro lot coffees from around the globe.

Enquire with your waitron on today's seasonal options.

*Coffees may rotate on availability. 32
[±2 cups]

HOT CHOCOLATE

	SHORT	TALL	GRANDE
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Hot chocolate	28	32	34
Red hot chocolate®	28	32	34
White hot chocolate	26	30	34

TEA

	SINGLE	DOUBLE	
Red espresso*	17	19	
	SHORT	TALL	GRANDE
Red cappuccino*	24	27	32
Chai latte	26	30	34
Organic black/Earl Grey/Green & Rooibos	20		

STEVEN SMITH TEAMAKER



No.24 BIG HIBISCUS BLEND	25
Caffeine-free hibiscus flowers, ginger, rose petals & elderflowers	
No.67 MEADOW	25
Caffeine-free chamomile, rooibos, fragrant hyssop & rose petals	
No.45 PEPPERMINT LEAVES	25
Caffeine-free peppermint leaves from the Pacific Northwest	
No.55 LORD BERGAMOT	25
Ceylon & Assam black teas & natural essence of bergamot	
No.13 RED NECTAR	25
Caffeine-free blend of South African rooibos & honeybush	
No.39 FEZ	25
Full leaf Mao Feng green tea, spearmint leaves & lemon myrtle	

ICED COFFEE & TEA

FROSTED LATTE	34
ICED SPICED CHAI	34
ICED MOCHA made with organic espresso	30
ICED LATTE made with organic espresso	26
FROSTED HONEY & NUT LATTE	36
FROSTED CARAMEL LATTE	36

FRESH RED[®] ICED TEAS

Lemon	34
Mixed berry	45

COLD BEVERAGES

PRESSED JUICES

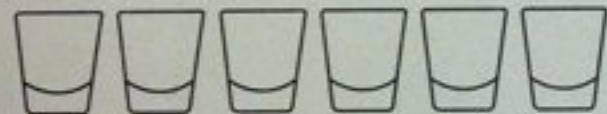
Pressed daily using seasonal fruit & vegetables from our market

RED JUICE , apple, cucumber, pineapple, orange & beetroot	35
ALL GREEN JUICE , apple, cucumber, cos lettuce, celery, Swiss chard & parsley	35
FRESH ORANGE	28
CARROT, ORANGE & PINEAPPLE	28
PEAR (seasonal)	28
APPLE & LEMON	28

ELIXIR SHOTS

Drink on its own or add to pressed juices

Spinach, apple & ginger	16
Lemon, orange, ginger & cayenne pepper	16
Beetroot & ginger	16



PROTEIN SMOOTHIES

ADD REFLEX™ protein powder to any of our smoothies OR grab one of the following: 25

Reflex™ vanilla protein powder, banana, almond & honey	36
Reflex™ vanilla protein powder, full cream or skimmed milk	34

SMOOTHIES

CREAMY GREEN , avocado, spinach, apple, lemon & honey	34
Berry, banana, honey & yoghurt	32
Banana, date & honey	32
Caramel & roasted peanut butter	32

SUMMER COOLERS

ELT , espresso, lime & tonic	28
CUCUMBER FRESCA , ginger & lime	28

FROZEN LEMONADES

Classic	34
Ginger	34
Cucumber & mint	34



SODAS & OTHER DRINKS

Coke / Fanta / Coke Light / Coke Zero	19
Appletiser / Grapetiser	22
Gingerbeer / Lemonade	18
Still water	14
Sparkling water	14