

LUNCH

PLEASE MAKE YOUR SELECTION FROM THE HARVEST TABLE R18/100g

FRESH SALADS

- Veggie dream** 65
Slow roasted tomatoes with roasted vegetables, feta, toasted pumpkin seeds, reduced balsamic and basil pesto on greens (add chicken R20 / add avo R14)
- The cheeky greek** 65
Chopped salad of cos lettuce, tomato, cucumber, olives, feta, sundried tomatoes and grilled free-range chicken with a creamy mustard dressing
- The pecorino club** 65
Grilled free-range chicken breast, bacon bits, slow roasted tomatoes, pecorino cheese & basil pesto mayo dressing (add avo R16)

TOASTIES

WHITE / WHOLEWHEAT / RYE

- Tuna melt** 46
Tuna mayo and double cheddar
- Chicken melt** 52
Grilled chicken, mayo & double mozzarella
- Bacon toastie** 44
Bacon, cheddar, mozzarella
(add avo R16 / add egg R11)
- Pesto melt** 44
Mozzarella, tomato, basil pesto

HOT DRINKS

- Loose leaf teas** 25
- Red cappuccino** 28
- Simple tea** 20
- Hot choc** (white/milk/dark) 26
- Chai latte** 28
- Mocha** 29

COFFEES

ALL DOUBLE SHOTS UNLESS REQUESTED OTHERWISE. ADD R2 TO TRY THE UNIQUE SINGLE ORIGIN

- Double espresso** 20
- Latte** (350ml) 26
- Machiato** (90ml) 21
- Americano** (250ml) 20
- Cortado** (180ml) 22
- Filter coffee** (250ml) 20
- Flat white** (250ml) 24

Extras:

Soya milk R5 / almond breeze R10 / cream R10 / extra shot R6 / honey R2 / Flavour syrup R8 (hazelnut / vanilla / cinnamon)

WRAPS

WHITE/WHOLEWHEAT/GLUTEN-FREE ADD R6

- Thai chicken** 48
Thai chicken strips, crunchy veg & peanuts
- Chermoula chicken** 44
Chermoula marinated chicken strips, crunchy veg & herbed yoghurt
- Flaming veg** 42
Butternut, roasted tomatoes, reduced balsamic, feta & pumpkin seeds (add avo R14)
- Club** 48
Grilled chicken, bacon, mayo, tomato chilli chutney & rocket (add avo R14)

FRESHLY PRESSED JUICES

- Fresh orange** 28
- Red reviver** 32
Beetroot, apple, carrot, ginger, lemon
- Kale-burst** 42
Kale, spinach, apple, cucumber, lemon
- Classic carrot** 30
Carrot, apple, ginger
- Energized pineapple** 40
Pineapple, cucumber, ginger

CLASSIC SMOOTHIES

- Wholesome date** 38
Dates, yoghurt, raw honey, peanut butter, cinnamon
- Berry banana** 38
Banana, yoghurt, mixed berries, raw honey
- Dark horse** 45
Almond butter, banana, raw cacao, dates, hemp protein
- Ask your waitron for smoothie special of the day** 40