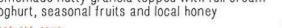


THE JUNGLE GYM

homemade nutty granola topped with full cream yoghurt, seasonal fruits and local honey



- old fashioned creamy oats with spiced plum, baked apple and a nutty crumble

- chai spiced winter oats with banana, dates, nuts & local

THE TREEHOUSE BREAKFAST

scrambled eggs, pan-seared cherry tomatoes & herbed mushrooms served on top of your choice of toast add avo / bacon / hashbrowns R18

THE GARDEN SHED BREAKFAST

scrambled eggs, pan seared cherry tomatoes, herbed mushrooms, chipolata sausages, bacon and sprouted greens served on top of your choice of toast - add avo / hashbrowns R18

THE GOOD BANTER

herbed mushrooms, creamed spinach, scrambled egg, bacon, chipolata sausages, avo & danish feta - add toast R8



poached eggs served on a toasted english muffin with dreamy hollandaise sauce and:

smoked salmon



EGGS FLORENTINE

poached eggs with creamed spinach, dreamy hollandaise and served on a toasted english muffin

SERVED FROM 9 - 12...UNLESS YOU ASK VERY NICEL'

A FRESH START

avo, danish feta, fresh tomato, cucumber, fresh greens, balsamic glaze & a squeeze of lemon on two slices of seed loaf



- add poached eggs R 12

SHAKSHUKA

two baked eggs smothered in slow roasted tomato & peppers served on a corn fritter (vegans swap eggs for avo) - add bacon - R20

SCRAMBLED EGG ON TOAST

cherry tomatoes / pesto / feta / mushrooms / creamed spinach / caramelised onion R12 avo / bacon / chipolatas / hashbrowns R20 smoked salmon R30



FILLED CROISSANTS:

scrambled eggs, bacon & cheddar cheese scrambled eggs, smoked salmon & cream cheese -R95 smashed avo, crispy bacon & balsamic glaze -R75

FLAPJACK / FRENCH TOAST STACK (VEGAN AVAILABLE)

seasonal berry goulash, fresh berries, bacon & syrup - R75 banana, homemade chocnut spread & icing sugar -R65

toast or a toasted croissant served with butter, cheddar cheese & homemade jam



BUTTERSCOTCH BANANA BREAD FRENCH TOAST

VEGAN POWER TOWER

our backyard hashies stacked up with cherry omatoes, herbed mushrooms, avo, coriander pesto, sprouts, rocket and a drizzle of balsamic glaze add poached eggs R 12







SOUP OF THE DAY

a bowl of hearty and homey winter goodness served with a warm homemade bread roll





home baked and served with your choice of side salad or mixed seasonal vegetables

PASTA OF THE DAY



PIE OF THE DAY



served with rustic mash potatoes and a homemade gravy

MEAL OF THE DAY



FRESH OF THE DAY







Available on seed loaf or ciabatta bread with your choice of a side salad, mixed seasonal vegetables or sweet potato fries

VEGANS! We have vegan-friendly cheese that you can swop out for any of the below (add R5)

Toasted cheese, tomato & homemade



Bacon, cheddar and tomato



Toasted homemade chicken mayo, red onion and avo



Brie cheese, roasted mushroom, caramalised onion



Mixed seasonal vegetables, homemade pesto, cheddar and avo







STRAIGHT UP 0.J freshly pressed orange juice

RISE & SHINE carrot, orange & ginger

MMM MMMMM pineapple, orange, apple, lemon & ginger

> 6REEN MAMBA apple, lemon, mint & ginger

THE CLEAN MACHINE cucumber, beetroot, spinach, pineapple, lemon & ginger

FLU ELIXIR SHOT - R 15

bos iced tea (peach / lemon) 25
appletizer / grapetizer 25
kombucha 35
Virgin G&T with buchu R40 24
sodas 22
still / sparkling water 16

Smoothies - 35

THE HULK

banana, low fat milk, peanut butter, cacao, cinnamon, almonds, espresso & honey (vegan option available with dates & almond milk)

BERRY NICE

strawberry, banana, plain yoghurt & honey

Milkshakes - 30

vanilla / chocolate /strawberry / coffee

kiddies shakes - R16

Backyard Winter Freakshakes: Strawberry Cheesecake - R48 Triple Chocolate Brownie - R48

** We are an unlicensed venue, however you are welcome to bring your own **



CEYLON, ROOIBOS, EARL GREY, VANILLA, CHAI GREEN TEA, PEPPERMINT TEA, CHAMOMILE TEA, LEMON TWIST, STRAWBERRY&MANGO, BLACKCURRENT, GINSENG&VANILLA,

ALMOND MILK AVAILALBE AS A SUBSTITUTION - R&

Coffee

00	
 WE SERVE A DOUBLE SHOT OF ORIGIN COFFEE AS A STANDARD 	
DOUBLE ESPRESSO	15
AMERICANO	20
CAPPUCCINO	26
LATTE	29
HAZELNUT, VANILLA OR CARAMEL FLAVOURED LATTE	32
MOCHA	32
HOT CHOCOLATE	32
RED CAPPUCCINO	26
CHAI LATTE	29
DIRTY CHAI LATTE	32
BABY CHINO	10

= SAVOURY ----- SWEET ----- DELI RANGE ---

Homemade Quiches R100 (serve 8)

- -Bacon & cheddar
- -Bacon, mushroom, tomato&cheddar
- -Roast vegetable
- -Spinach & feta
- -Chicken & mushroom
- -Butternut & feta

Savoury Muffins

- -Three cheese & onion
- -Olive, feta & tomato

Platter of 20 mini: R100 Platter of 10 large: R150

Phyllo Pastry Parcels

- -Spinach, feta
- & mushroom
- -Roast vegetable
- -Chicken, balsamic onions & butternut

Platter of 40: R250

Cakes

- -Carrot Cake R250
- -Red Velvet Cake R250
- -Chocolate Cake R220
- -Baked Vanilla Cheesecake R280
- -Fridge Cheesecake R280
 (strawberry/passionfruit/blueberry)
- -Cupcakes R216 for 18
 (chocolate/vanilla/carrot/red velvet/
 espresso)
- -Chocolate Brownies R120 for 6
- -Gluten Free/Paleo-Friendly/

Novelty cakes and vegan/Low Carb options are available.

Contact us for more info

COMING SOON

Jam

- -Mixed berry
- -Orange marmalade
- -Red onion & chilli

Pesto/Sauce

- -Basil pesto
- -Sweet chilli sauce

Baked Goods

- -Vanilla biscuits
- -Peanut butter biscuits
- -Super nutty granola

Other

- -Nut butter
- -Lemon Curd
- -Cordial (lemon /passionfruit)