

Belle's Patisserie - Blubird

Belle's Skinny Menu™

Something for Breakfast

Free Style Eggs R45.00

Free range eggs poached, scrambled or fried served with toast of your choice. Bread / toast available: multi-seed, whole-wheat, 70% rye. Paleo grain free

Add Your Extras

Cheese: mozzarella, low fat, cream cheese, grilled halloumi, goats cheese, feta R15.00

Sides: roasted rosa tomato, grilled mushroom, grilled red onion, grilled peppers, rocket, baby spinach, watercress R10.00

More Sides: Smoked salmon, kale, pesto, grilled smoked mackerel, onion relish, chunky hummus, avo, anchovy pate R15.00

Toast, Topping & Tea

2 Slices of toast served with:

Anchovy pate & avo R45.00

Homemade sugar free blueberry mint preserve with mozzarella R40.00

Almond nut butter & agave nectar R40.00

Bellisima Flapjack Stack R68.00

GF, SF, LC, V Blueberry flapjack layered with low fat vanilla cream cheese, blueberry mint preserve drizzled with agave nectar

Seasonal Fruit Salad

Add your extras:

Price R36.00

Add - Low fat Greek yoghurt R15.00

Add - Grain free nut granola R25.00

Acai-Oat Pot R65.00

WF, SF, V Soaked raw oats with low fat Greek yoghurt, apple, acai, mint leaves & grain free nut granola drizzled with honey

Bant-A-Chia Bowl R70.00

GF, SF, LC, HP, VG Cold chia seed porridge soaked in almond milk and vanilla served with grain free nut granola, sliced banana & cinnamon drizzled with agave nectar

Coconut Quinoa Porridge R70.00

GF, SF, HP, VG Hot quinoa soaked in coconut milk topped with blueberry mint preserve, coconut shavings & walnuts drizzled with honey

Salmon Open Omelette R95.00

GF, SF, LC, HP, PC Smoked salmon, low fat cream cheese, avo, sesame seeds, chilli, chives & watercress with wasabi mayo & fresh lemon juice. Served with any bread from our bakery

Mediterranean Open Omelette R85.00

GF, SF, LC, HP, V Artichoke hearts, grilled feta, avo & micro sprouts served on a bed of rocket drizzled with citrus dressing. Served with any bread from our bakery

Power Protein Shake R65.00

WF, SF, LC, HP, V Whey protein, rich cocoa, banana, almond nut butter & almond milk

Something For Lunch

Salads

Chopped Quinoa Salad R75.00

GF, SF, HP, V Quinoa tossed with baby spinach, feta, raw sweet corn, capers, hemp seeds, pomegranate, mint, avo &

micro greens. Dressed with poppy seed dressing

Add Extra Protein:

Smoked Salmon	R30.00
Tuna	R20.00
Free range poached eggs (2)	R20.00

La Niçoise

R85.00

GF, SF, DF, HP, PC Shredded tuna tossed in Belle's dressing, artichoke hearts, roasted rosa tomatoes & sweet potato served on a bed of greens, topped with a poached egg & olives

Chopped Super Food Bowl

GF, SF, DF, LC, VG

Cauliflower rice tossed with broccoli, hemp seeds, shredded cabbage, baby spinach, celery, carrots, pumpkin seeds, peppadews, toasted chickpeas, coriander & mixed sprouts with Belle's dressing

Add Extra Protein

Price R69.00

Add Tuna R20.00

Add Feta R15.00

Sumac Salad

R79.00

GF, SF, V Baby spinach, watercress, marinated majool dates, goats cheese, grilled red onion, walnuts, chia seeds & avo with a light citrus dressing

Grilled Beetroot Salad

R60.00

GF, SF, HP, V Grilled beetroot & aubergines, peppers, feta, rocket, radish, basil, pine nuts, mixed sprouts & avo served with a citrus dressing

Chopped Asian Coleslaw

GF, SF, LV, VG

Red & wine cabbage, mixed sprouts, spring onion, coriander, macadamia nuts & sesame seeds, with mild red curry coconut dressing

Price R60.00

Try it in our Paleo Carb Free Cauli-Wrap R20.00

Watermelon Salad

R70.00

GF, SF, LC, V Fresh watermelon, rocket, watercress, grilled halloumi, cucumber, hemp & pumpkin seeds, mint & lemon zest served with a light citrus dressing

Something Else

Meze Board

R120.00

GF, SF, V Roasted aubergine with pomegranates & wasabi mayo, beetroot, grilled halloumi, artichoke hearts & chunky hummus. Served with grain free cauliflower pita

Crestless Quiche

R72.00

GF, SF, LC, HP, V Roasted butternut, goats cheese, halloumi, garlic, chilli, mint & thyme served with watercress & onion relish

Cauliflower Wrap / Pizza Bread

GF, SF, DF, LC, V

Seasonal julienne vegetables, rocket, watercress, chunky hummus, sesame seeds, avo & wasabi mayo.

Add Protein

Price R68.00

Cheese: Goats cheese, feta, mozzarella, cottage cheese, cream cheese R15.00

Smoked salmon R30.00

Smoked tuna R20.00

Butternut Tower

R86.00

GF, SF, LC, HP, V Roasted butternut rounds layered with cream cheese & kale pesto, served on bed of greens with roasted peppers, pine nut, pumpkin seeds & basil drizzled with Belle's dressing. Served with grain free cauliflower pita

Something Sweet

Gluten & Sugar Free

Skinny Red Velvet Cupcake	R30.00
GF, SF, V A Belle's innovation	
Fran's Cheese Cake	R35.00
GF, SF, LC, HP, V Baked low fat cheese cake on an almond crust with blueberry mint coulis	
Hemp Brownie	R35.00
GF, SF, V Double chocolate brownie with hemp protein, 100% cacao & pecan nuts	
Paleo Poppy Loaf	R42.00
GF, SF, V Lemon, poppy & chia seeds loaf drizzled with agave nectar served with zesty vanilla cream cheese	

Feeling confused about what eating plan to follow?

Use this key card for quick explanations of our skinny food.

GF - Gluten Free (that includes wheat)

SF - Sugar Free

WF - Wheat Free

DF - Dairy Free

LC - Low Carbohydrate value

PC - Pesceterian (only fish, no meat)

VG - Vegan (no animal products)

V - Vegetarian (no meat)

HP - High protein value

Grain Free is always gluten free, paleo friendly.

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Blubird Shopping Centre, Cnr Athol-Oaklands Road and Fort Street, Birnam,
011 440 4474

Menus are deemed correct at time of publication but may vary over time.
It is the responsibility of the restaurant to maintain the menu and ensure prices are up to date.

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