

MENU

BREAKFAST Served from 7am to 12 Noon

Plain Croissant		24
Croissants – Chocolate, Almond or Chocolate Almonds		28
Croissant with Cheese & Preserves		32
Cinnamon, Banana & Pecan Nut Bread – Two slices toasted		30

Freshly Baked Assorted Muffins, Lemon Scones – Ask your waiter for availability.

CAFÈ NOOD GRANOLA

Cafè Nood Homemade Granola, Bulgarian Yoghurt, Fresh Fruit, Honey & Coconut		45
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SEASONAL FRUIT BOWL

Seasonal Fruit, Bulgarian Yoghurt & Honey		49
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WARM OATS

Oats, Fried Apple, Raisins, Almonds, Honey & Butter	Half	Full
	29	49

CAFÈ NOOD MUESLI

Toasted Oats, Granola, Honey, Apple, Cinnamon, Yoghurt, Kiwi, Sweet Melon & Coconut Flakes		55
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TRADITIONAL BREAKFAST

Two Eggs – Fried, Poached, Scrambled or Boiled. Served with a selection of breads.

White, Brown, Spelt, Rye, Sourdough & Carb Free

1. Bacon, Eggs & Toast		39
2. Eggs, Rocket, Pecorino Cheese & Toast		45
3. Bacon, Eggs, Spicy Tomato Relish & Toast		45
4. Smoked Salmon, Eggs, Rocket, Crème Fraiche, Lemon Wedges & Toast		89

CAFÈ NOOD BREAKFAST

1. Eggs, Bacon, Sautéed Potatoes, Roast Tomato, Mushrooms & Toast		72
2. Eggs, Pork or Beef Sausages, Sautéed Potatoes, Roast Tomato, Mushrooms & Toast		72

Add Bacon + 16

EGGS BENEDICT

Toasted Sourdough, Poached Eggs, Roast Tomato, Rocket & Hollandaise Sauce	Bacon	Salmon
	75	89

LUNCH Served from 12 Noon to 5.30 pm

SIDE DISHES

Garden Salad		25
Rocket, Cucumber Ribbons, Sun Flower Seeds, Apple & Pecorino Shavings		
Coleslaw		25
Red Cabbage, Pear, Raisins, Mayonnaise & Dijon Mustard		
Greek Salad (small)		35
Tomato, Red Onion, Olives, Feta, Cucumber & Rocket		
Rosemary Sweet Potato		35
Sweet Potato, Rosemary & Chilli Mayonnaise		
Thyme Roasted Beetroot		35
Beetroot, Rock Salt & Thyme Mayonnaise		

MIXED BOARD

Five Spice Aubergine, Hummus, Feta, Olives, Rocket & Sourdough Toast		55
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Add Parma Ham + 30

PIZZA'S

Herb, Garlic & Feta		49
Herb Marinated Pear, Onion & Mozzarella		55
DESIGN YOUR OWN PIZZA	Small	Large
Margarita Pizza (Tomato Base with Mozzarella)	32	42
Toppings – Charged per portion		
Baby Spinach, Banana, Chilli, Garlic, Pineapple, Red Onion		10
Cheddar, Green Pepper, Ham, Mushroom, Mozzarella, Olives, Peppadew, Rocket		18
Anchovy, Avocado, Bacon, Pork or Beef Sausage, Chicken, Basil Pesto, Feta, Roast Butternut, Roast Sweet Potato		20

SALADS

Roast Butternut & Carrot Salad		65
Roast Butternut, Carrot, Feta, Cherry Tomato, Pumpkin, Sunflower Seeds & Mixed Leaves		
Chicken Waldorf		75
Cos Lettuce, Celery, Apple, Roast Chicken, Mayonnaise, Pecan Nuts		
Avocado (when available) +18		
Roast Chicken & Feta Salad		79
Chicken, Feta, Green Beans, Mint, Peas, Baby Marrow Ribbons, Cherry Tomato, Red Onion, Rocket with Lemon Dressing		

BREAKFAST SANDWICHES

Sourdough Panini

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| 1. | Toasted Panini, Spicy Tomato Relish,
Scrambled Eggs & Bacon | 65 |
| 2. | Toasted Panini, Fried Eggs, Roasted Peppers,
Caramelized Onion, Grated Pecorino Cheese & Rocket | 69 |

BREAKFAST PIZZA'S

- | | Small | Large |
|----|---|--------------|
| 1. | Bacon, Poached Egg, Roast Tomato,
Mushrooms & Rocket | 69 85 |
| 2. | Poached Egg, Roast Peppers, Mushrooms
& Spinach | 59 75 |

TRANSFIT BREAKFAST

One slice of 100% Rye, 2 Poached Eggs, Mushrooms,
Roast Tomato & Blanched Spinach **59**

BREAKFAST WRAPS

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|----|---|-----------|
| 1. | Smoked Salmon, Scrambled Eggs,
Crème Fraîche & Cos Lettuce | 79 |
| 2. | Bacon, Scrambled Eggs, & Mushrooms | 65 |

CROISSANT FRENCH TOAST

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| 1. | Croissants, Bacon, Fried Banana or Apple,
Honey or Maple Syrup | 69 |
| 2. | Croissants, Seasonal Berries, Crème Fraîche & Honey | 65 |

ANCHOVY TOAST - Artisan Bread +R4

Two Slices of Toast with Anchovy Butter & Sliced Tomato **29**

OMELETTES

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|------------------------------------|-----------|
| Plain Jane - Omelette & Rocket | 45 |
| Bacon & Cheese | 65 |
| Bacon, Cheese & Caramalised Onions | 69 |
| Bacon, Cheese & Tomato | 69 |
| Mushrooms & Feta | 69 |
| Mushrooms, Spinach & Feta | 69 |
| Salmon, Feta & Rocket | 89 |

**Tables of 6 or more will be charged a 10% service charge
No split bills**

Crispy Bacon & Roasted Sweet Potato **79**

Crispy Bacon, Roast Sweet Potato, Green Beans, Basil, Red Onion,
Pecorino Shavings, Couscous & Rocket

Greek Salad (large) **65**

Tomato, Red Onion, Olives, Feta, Cucumber & Rocket

PASTA - Penne or Tagliatelle

	Small	Large
Arrabiatta	55	75

Homemade Pomodoro, Basil, Chill & Garlic

Curry Masala Chicken Pasta **59 79**

Masala Spice, Chicken, Cream, Coriander & Almonds

Carbonara **69 89**

Pancetta (Smoked Pork Belly), Peas, Mint, Cream, Egg Yolk & Pecorino Cheese

TOASTED SOURDOUGH PANINI

Egg & Bacon Mayonnaise **49**

Crispy Bacon, Boiled Egg, Mayonnaise & Cos Lettuce

Chicken Mayonnaise **55**

Chicken, Mayonnaise & Rocket

Roasted Thyme Tomatoes & Grilled Mozzarella **65**

Grilled Mozzarella, Basil Pesto, Thyme Roasted Tomatoes Fresh Basil,
Rocket with Balsamic Glaze

Curry Club **70**

Crispy Bacon, Chicken, Apple, Cos Lettuce, Curry Masala & Pecorino Cheese

Tuna & Lemon Mayonnaise **75**

Tuna Meat, Tomato, Cucumber, Cos Lettuce & Light Lemon Mayonnaise

Roast Beef **79**

Rare Roast Beef, Rocket, Red Onion, Pecorino Shavings, Tomato & Whole Grain
Mustard Mayonnaise

Smoked Salmon **79**

Smoked Salmon, Light Pickled Cucumber, Poppy Seeds, Crème Fraîche & Rocket

Avocado (when available) +18

WRAPS

Chicken & Apple **55**

Chicken, Apple, Coriander, Chilli, Cos Lettuce & Ginger Mayonnaise

Roast Harissa Chicken **65**

Chicken, Harissa Paste, Couscous, Apricots, Almonds, Tzatziki & Rocket

Thai Chicken - Peanut Dressing **85**

Chicken Strips, Cashews, Carrots, Cucumber, Red Peppers, Sesame Seeds, Pickled
Ginger, Broccoli, Cabbage, Spring Onions with Thai Peanut Dressing

Thai Vegetarian - Peanut Dressing **69**

Cashews, Carrots, Cucumber, Red Peppers, Sesame Seeds, Pickled Ginger, Broccoli,
Cabbage, Spring Onions with Thai Peanut Dressing