

# SPRIGS MENU

## Breakfast

### First things first

<b>Two eggs, bacon &amp; toast</b>	58
Toast of your choice	
<b>English breakfast</b>	65
2 Eggs, bacon, tomato & toast of your choice	
<b>Omelette</b>	62
Ask your waitron	
<b>French toast</b>	65
With bacon & maple syrup	
<b>Special breakfast</b>	75
Ask your waitron	
<b>Salmon breakfast</b>	90
2 Eggs, smoked salmon & pesto cream cheese on toast	
<b>Toast            b +</b>	
15	
Preserves/bovriil/marmite/honey/anchovy	
<b>Fruit Breakfast</b>	60
Ask your waitron	
<b>Hot Oats</b>	38
With cranberries, cinnamon, flaked almonds & honey	
<b>Sprigs Muesli</b>	60
Fresh fruit, yoghurt & honey	
<b>Breads - Health/artisan/white/gluten &amp; carb-free</b>	
Gluten & carb-free supplement	10

## Bakery

### Freshly baked everyday

Bran & cheese muffins/baked cheesecake/  
chocolate brownies/cake of the day/  
fruit & almond tart/large cookie/raw energy bites  
(please see the cake table for today's treats)

Artisan & Health Breads baked fresh daily



Mon-Fri 7:30am-5:00pm/Sat & Public Holidays 8:00am-3:00pm

## Nourishing Lunches

### Using Wholefood Ingredients

**Harvest Table** -11.45am - 2:00pm 230/kg  
A selection of vegetables & meat dishes  
served buffet style.

**Sandwiches** - 9:30am onwards

### Cheese and Vegetable

65

Double Cheese Toastie (cream cheese and cheddar) with date  
and pear chutney and baby spinach on Artisan Bread

### Meat and Vegetable

67

Sesame Roasted Chicken with corn and tomato salsa, avocado  
mayonnaise and salad leaves on a pretzel roll

### Meat and Vegetable and Cheese

78

Beef Bresaola with Mediterranean Vegetables, provolone  
cheese and salad leaves on Artisan Bread

### Wrap

90

Glazed Gammon, Moroccan roasted vegetables and  
Danish feta cheese in a wrap

### Artisan burger

90

Homemade Beef Pattie with Homemade HP sauce, smoked  
Provolone cheese, fresh tomato, homemade mayo & salad  
leaves on a Pretzel roll with rustic potato wedges

### Vegetarian Burger

80

Portabellini Mushroom with Homemade HP Sauce, smoked  
provolone cheese, fresh tomato, homemade mayo & salad  
leaves on a Pretzel Roll with rustic potato wedges

### Pie of the day

45

Served with an olive & tomato garnish

### Soup

50

Roasted tomato soup with yoghurt and maple cashew nuts  
served with Health Bread

### Banting Baguette

90

Mortadella with pesto cream cheese, toasted mixed  
seeds and fresh tomato on a homemade Banting Baguette

### House selection of 3 cheeses

90

Please advise your waitron of any dietary requirements

Served with fresh fruit, homemade chutney, fresh  
sliced bread & Swedish crackers

### House selection of 3 meats

90

Served with marinated olives, pickles, almonds,  
fresh sliced bread & Swedish crackers

## Hot & Cold Drinks

### Sprigs coffee is roasted by Science of Coffee

Supplement Soy milk R5; Almond milk R6.50

Single	Double		
Espresso		17	19
Americano		22	25
Cappuccino		23	28
Macchiato		19	21
Café latte		29	
Baby Chino		9	
Red Cappuccino		26	31
Hot Chocolate / Chai Latte / Milo			29
Choccochino			33
<b>SuperLatte Cappuccino:</b>			
- Matcha Mint		32	42
- Turmeric Ginger		24	34
- Red Velvet Beetroot			24
	34		
Sprigs Turmeric Tea			23
Green/Fruit/Ceylon/Earl Grey/Rooibos/English Breakfast Tea			19
Vanilla milkshake			29
Caramel/Chocolate/Strawberry/Coffee/Milo milkshake			33
SIR fruit Juice (preservative free)			23
Fresh Garden juice			39
Iced teas – Brodies or BOS			34/26
Fruit & Yoghurt shake			26
Iced coffee/Cold brew		31	
Coke/Coke Zero bottle (250ml)			19
Appletizer bottle (275ml)			26
Still / sparkling water			
	16		
<b>White wine</b>			
			<b>carafe</b>
Altydgedacht Muskarade			48
Remhoogte Chenin Blanc			55
Little Flirt Sauvignon Blanc			48
Gabrielskloof Sauvignon Blanc			55
Fairview Verdehlo (fruity & fresh)			52
Kloovenburg unwooded Chardonnay			
	55		

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Journeys End Haystack wooded Chardonnay	50
Timothy White Blend	70
Two Dogs a peacock and a horse Sauvignon Blanc	60
<b>Red wine</b>	
Fairview Grenache	68
Gabrielskloof Shiraz	60
Nicholas Red Blend	72
Morgenster Cabernet Franc	72
Lammershoek "The Innocent Red"	70
Zevenwacht Merlot	65
Remhoogte Soaring Eagle Cab sav, shiraz, merlot	60
<b>Rose wine</b>	
Vondeling Rose	45
First Sighting Rose	40
<b>That Brewing Co. Craft Beers</b>	45
Blonde 4% / APA 4.8% / Black 4.1% / Adweiss 4.8%	
<b>The Duchess</b> Virgin Gin & Tonic <b>Floral</b> or <b>Citrus</b>	28