

Breakfast

Berry Smoothie.	45
<i>Greek Yoghurt, banana, strawberries</i>	
Honey toasted muesli	65
<i>With homemade Bulgarian yoghurt Banana and berries</i>	
Coconut, seed muesli	65
<i>With yoghurt, banana and berries</i>	
Avo, our house pesto & Roasted tomatoes on toast	65
<i>Sourdough or rye</i>	
Peri Peri free-range chicken livers	75
<i>With a poached egg</i>	
Lentil breakfast bowl	69
<i>With poached eggs, spinach and avo</i>	
Fried or soft poached eggs	65
<i>With Parmesan and basil pesto</i>	
Bacon/Salmon benedict	80
<i>Soft or hard eggs, sourdough or rye</i>	
Eggs Florentine	63
<i>Who doesn't love a glorious green brekkie?</i>	
Herbed egg omelette with salmon	68
<i>Drizzled with cream cheese</i>	
Veg omelette	75
<i>With red onion, red pepper, courgette, Mushroom, spinach & feta</i>	
Curried mince with poached eggs	80
<i>On your choice of toast</i>	
French toast	65
<i>With bacon, banana & cinnamon syrup OR With berry compote, crème fraiche & Lemon curd</i>	
Scrambled or soft poached eggs	40
On toast	
<i>Prefer zero carb? No Problem!</i>	50
ADD	
Tomatoes (Sautéed baby Tom)	15
Avo	20

Bacon	30
Chorizo	30
Mushroom or spinach	20
Montagu cheddar	15
Salmon half or full	25/50
Lamb, sundried tomato & Olive sausage	25
Zero Carb Bread (Add an extra R10 to meal)	