



FRUIT, GRANOLA & OATS

MARKET FRUIT BOWL (V)(VG)(GF) 125

Seasonal Fruit & Berries

(Add: yoghurt 25 / granola 60 / coconut yoghurt 55)

HOUSE GRANOLA (V) 125

Oats, Bran, Seeds, Cranberries, Honey,
Seasonal Fruit & Yoghurt/Coconut Yoghurt 15

CARB CLEVER GRANOLA & CHIA PUDDING 165

(V)(VG)(GF)

Nuts & Seeds, Chia Pudding, Maple Syrup, Vanilla,
Strawberries, Yoghurt /Coconut Yoghurt 15

ALMOND & BANANA OATMEAL (V)(VG)(GF) 115

Maple Syrup, Coconut

COCONUT & BLUEBERRY OVERNIGHT OATS 135

(V)(VG)(GF)

Chia Seeds, Vanilla

SWEETS

BUTTERMILK PANCAKES

Honeycomb Butter 125 / Plain 105

FRENCH TOAST

Maple Syrup, Chocolate Fudge Sauce,
Chocolate Oat Crumble 125 / Plain 105
(Add Bacon 40)

EGGS & THINGS

Toast of Choice:

(Mateo Sourdough / Ciabatta / Health / Rye / Gluten Free)

EGGS YOUR WAY (V)(DF) 95

Toast of Choice (Optional Vegan)

OMELETTE (V)(DF) 115

Toast of Choice

ADDITIONS

Bacon 40, Breakfast Sausage 35, Smoked Salmon Trout 95
Mushrooms 45, Roast Tomato 35, Baby Spinach 35,
Avocado 35, Cheddar 25

LA BELLE BREAKFAST 165

Eggs Your Way, Streaky Bacon, Beef Sausage, Roma
Tomato, Brown Mushrooms, Toast of Choice

SMOKED SALMON TROUT 165 / BACON 115 / ASPARAGUS 165 / BABY SPINACH BENNIE (V) 115

English Muffin, Poached Egg, Hollandaise

TRUFFLE MUSHROOM TOAST 145

Shallots, Garlic Thyme, Parmesan, Poached Eggs, Toast of Choice
(Optional Vegan)

SMOKED SALMON BAGEL 165

Crème Cheese, Capers, Red Onion, Fennel

POACHED EGGS & HERBED GREEK YOGHURT (V)(GF) 105

Chilli Butter, Pickled Green Chilli Relish, Toast of Choice

SOFT EGG SCRAMBLE (V) 125

Garden Herbs, Cream Cheese, Toast of Choice

BREAKFAST BAP 115

Brioche Bun, Soft Egg Scramble, Crispy Bacon,
BBQ Relish, Rocket

QUINOA & HALLOUMI BREAKFAST BOWL 150

Garlic, Almonds, Kale, Spinach, Boiled Egg
(Add Avo 35)

SMASHED AVO & JAMMY EGGS (V) 115

Toasted Seeds

RAW JUICES

FRESH JUICE 55

Choice of apple, carrot, orange & pear

C BREEZE 65

Grapefruit, pineapple, kiwi & raspberry

CHILLI QUEEN 65

Carrot, chilli, pineapple, lime & coriander

RED BEAUTY 65

Beetroot, carrot, celery & cucumber

GREEN PEACE 65

Celery, apple, cucumber & spinach

SMOOTHIES

MANGO MAGIC 75

Mango, pineapple & coconut milk

FRUIT LOOP 70

Raspberry, passion fruit, litchi & strawberry

BANANA BLISS 70

Banana, raspberry, litchi & low fat yoghurt

TROPICAL TANGO 75

Pineapple, kiwi & raspberry

VITAL HIGH 65

Pineapple, apple, banana & hemp seeds

GOLDEN GLOW 65

Turmeric, banana, ginger, pineapple, lemon juice & almond milk

MILKSHAKES

BERRY & WHITE CHOCOLATE 70

DOUBLE CHOCOLATE 70

BANANA & PEANUT BUTTER 70

THE PEPPERMINT CRISP 70

TEA SELECTION

BLACK

DARJEELING SUMMER GOLD 35

Black tea with a flowery elegance & a deliciously well-balanced aroma from India

ASSAM BARI 35

Strong, spicy & malty black tea from a region in India called Assam

EARL GREY 35

Autumn darjeeling with the refreshing citrus aroma of bergamot

MASALA CHAI 35

Strong blend from Assam with its famously exotic & powerfully hot spices

GREEN

GREEN DRAGON 35

Light green tea with a flurry of freshness

MOROCCAN MINT 35

Gunpowder green tea melded with fresh Moroccan mint

HERBAL

DARJEELING SUMMER GOLD 35

Lemon balm, anise & a breath of thyme

AYURVEDA HERBS & GINGER 35

Ayurveda with ginger, lemongrass & verbena

FRUITY CHAMOMILE 35

Wholesome infusion of orange petals

ROOIBOS CREAM ORANGE 35

Rooibos, vanilla & a taste of ripe oranges

FRUIT

LEMON FRESH 35

Fruit infusion of lemon peels, lemongrass & apple

SWEET BERRIES 35

Sweet berry infusion made from local fruits & red berries