



Healthier Alternatives

JUST BAKED

2 eggs, baked in a pan with your choice of filling, served with peppadew relish and toasted sourdough:

- · bacon, butternut and chickpeas
- · bacon, mushroom, potato and baby spinach

ROLLED OATS

a generous portion of rolled pats, cooked with milk and served with banana, honey, dates and cinnamon

FRUIT SALAD AND YOGHURT

fresh seasonal fruit with greek yoghurt and honey

SUPER BOWL

homemade berry compote served with fresh strawberries, muesti and greek yoghurt

AVO ON RYE

sliced avo, fresh rocket and sliced tomato, served on toasted rye and finished with a squeeze of lemon

POACHED EGGS ON HEALTH TOAST

2 poached eggs, served with freshly sliced tomato and rocket

Smoothies

BLENDED WITH CRUSHED ICE AND GREEK YOGHURT

PEANUT BUTTER, BANANA AND OATS	38
PINEAPPLE AND BANANA	40
FRUIT SALAD AND MUESLI	40

JUST BAKED BACON, BUTTERNUT AND CHICKPEAS

Designer Benedicts

CLASSIC

65 75

45

65

75

59

49

2 traditional peached eggs and hickory ham on an english muffin, dressed with hollandaise sauce and served with grilled tomato • replace the ham with bacon OR spinach and feta

FRENCH CONNECTION

2 traditional poached eggs with streaky bacon, grilled mushrooms, caramelised red pnion and blue cheese on toasted ciabatta, dressed with hollandaise sauce

CITY SLICKER

2 traditional peached eggs with chorizo, avo and tomato on health bread, dressed with harissa hollandaise sauce 75

59

75

Salads

DRESSED AND READY TO GO AS A LITE OR FULL PORTION

HARISSA CHICKEN

grilled harissa chicken breast, baby leaf lettuce, cherry tomatoes, cucumber, red kidney beans and carrot ribbons, finished with a mint yoghurt dressing

CHICKEN CAESAR

grilled chicken strips, cos lettuce, parmesan shavings, cucumber ribbons and croutons, served with a creamy caesar dressing

CAJUN CHICKEN

grilled cajun chicken strips, baby leaf lettuce, temato, cucumber and onion, topped with feta and finished with a mustard and herb dressing

STRAWBERRY AND HALOUMI

fresh sliced strawberries, tossed with baby leaf lettuce, avo and panko crumbed haloumi, finished with toasted almond flakes and a balsamic reduction

HONEY COATED SESAME SEED CHICKEN stir-fried strips with feta, sliced avo, baby leaf lettuce, tomato and cucumber, finished with a mustard and herb dressing

65 85

69 | 85

75 | 95

79 | 99

85 | 105

MECICAN BEEF

CRISPY PORK

slow braised pork belly, deep fried and served with raw broccoli, zucchini, carrot ribbons and rice noodles, finished with a spicy asian dressing

Bowls

BUDDHA CHICKEN

spiced chicken breast, roasted butternut, baby spinach and avo. served with rice noodles and finished with a peanut soy dressing

MEXICAN BEEF

cajun spiced beef sirloin with a sweet corn, pepper and spring onion salsa, served with lemon basmati rice

CREAMY CHICKEN

lemon and herb chicken breast, grilled and served with creamy sautéed mushrooms, baby spinach and zesty basmati rice, topped with a poached egg

79

89

79







(SOOD TOMARANIK	PERI-PERI CHICKEN LIVERS chicken livers served in a creamy peri-peri sauce, served with a teasted portuguese roll	69
	GRILLED CHICKEN BREASTS 2 flame grilled lemon and herb chicken breasts, served with a greek side salad	89
Marie Carlo Car	GRILLED HAKE served with a side salad and tartare sauce	115
	LAMB CHOPS 3 loin chops brushed with bbq sauce, served with cajun potato wedges and a greek side salad	170
	ROASTED LAMB grilled lamb on the bone, rubbed with herbs and served with a butternu cherry tomato, baby spinach and chickpea salad, toasted flatbread with a cucumber and mint yoghurt	180 t.
	THE BIG GRILL 150g sirloin, 2 thin boerie spirals and 200g of bbg pork ribs, served with a spicy salsa and your choice of side	195
	RIBS AND WINGS your choice of bbq OR peri-peri wings and 400g bbq pork ribs, served with chips	215
	BBQ RIBS bbq park ribs served with chips • 400g • 600g	150 210
	Classic Ster	aks
	PREPARED WITH A MEDITERRANEAN MEAT RUB OR BASTE SAUCE, SERVED WITH YOUR CHOICE OF SIDE	D WITH OUR BB
	2006 FILLET	150
	300G SIRLOIN	150
	500G T-BONE	180
	600G TOMAHAWK	240
	SIGNATURE MELT 300g sirloin topped with avo, feta and mozzarella cheese, served with stir-fried veg	170









Cold and Refreshing

Decadent freezos

SALTED CARAMEL	40	E
CAPPUCCINO	40	

Trul Treesos	1	
KIWI, APPLE, MINT AND CUCUMBER	38	8
MANGO AND PINE	38	S NEW
MIXED BERRY	40	
MILKSHAKES strawberry, chocolate OR vanilla	35	
FRESH JUICES strawberry, pineapple, pressed apple, mango, grange, fruit cocktail OR cranberry	27	
BOS ICE-TEA lemon OR peach	29	
SODAS	24	
CLR. MINERAL WATER	20	



TIZERS

apple, red OR white grape



Avanti cir.

30

SPICY CHAI	C line	32
DILMAH original earl grey, pure chamomile flowers OR moroccan mint green les		29
BOS ORGANIC ROOIBOS	523	22
FIVE ROSES CEYLON		22

ALL COFFEES AVAILABLE AS DECAFFEINATED ADD 1.50

AMERICANO espresso topped with hot water	20
REGULAR CAPPUCCINO	24
GRANDE CAPPUCCINO double-shot espresso	29
CAPPUCCINO CON PANNA regular cappuccine topped with whipped cream	27
SINGLE ESPRESSO	17
CAFFÈ LATTE	26
CAFFÈ MOCHA	30

TOPPED WITH CREAM AND AN OREO COOKIE ON THE SIDE

BELGIUM CHOCOLATE 35 WHITE CHOCOLATE 37 Some food items have traces of nuts and seeds.
Should you be allergic to any food items, please request information regarding ingredients prior to ordering.
Images are for rendition purposes only.







Service charge not included. We reserve the right to charge a 10% service fee.

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