

## BREAKFAST - ALL DAY

<b>Nutty Professor</b> - Gourmet Greek Yogurt, low-carb Granola, mixed Berries & Raw Honey	69
<b>Berry Acai Bowl</b> - Greek Yogurt, Acai Berry Powder, Seasonal fruit, Honey Granola & Almond Milk	99
<b>Matcha Green in a Bowl</b> - Coconut Milk, Banana, Lemon, Matcha Powder, Kale, Hemp Seeds & Honey Granola	79
<b>The Basic</b> - Scrambled Eggs served on a slice of toasted Sourdough Bread	42
<b>Vegan Breakfast Bowl</b> - Raw Kale, Avo, Mushroom & Cherry Tomatoes fried in Coconut Oil, sprinkled with mixed Seeds and sided with a Lemon wedge & a slice of toasted Sourdough Bread	62
<b>The Famous</b> - Toasted Sourdough Bread topped with Scrambled Eggs, Bacon & Avo	78
<b>The Surprise</b> - Scrambled Eggs, Avo & cold Smoked Salmon on a slice of toasted Sourdough Bread	92
<b>Liver Surprise</b> - Chicken Livers topped with 2 fried Eggs on a slice of toasted Sourdough Bread	56
<b>Mini Low-carb Breakfast Quiche</b> - 2 Mini Bacon & Egg Quiches	46
<b>Delightful Croissant</b> - French Croissant served with Cheese, Butter & Jam	55
<b>Country Omelette</b> - Filled with Bacon, Mushrooms, Tomatoes & Cheese served with a slice of toasted Sourdough Bread	73
<b>Full Farmer's Grill</b> - Scrambled Eggs, Bacon, grilled Tomato, fried Mushrooms & a duo of Sausages served with a slice of toasted Sourdough Bread	115
<b>Kale Breakfast</b> - Raw Kale rubbed with Tahini served with Avo, poached Eggs, crispy Bacon & mixed Seeds	78
<b>WRAPS</b> (Choose between a low-carb or wheat Wrap)	
<b>The Breakfast Wrap</b> - Scrambled Egg, Bacon, Cheese & Avo	92
<b>Low-carb Chicken &amp; Avo Wrap</b> - Chicken strips, Avo, fried Cherry Tomatoes, grated Mozzarella, Greek Yogurt, fresh Chillies & Rocket leaves	86
<b>Healthy Raw Veggie low-carb Wrap</b> - Carrot & Cucumber sticks, raw Kale, Avo, Sprouts, Red Cabbage, cocktail Tomatoes, chopped Rocket leaves & Basil and raw Cashew Nut Hummus	82
<b>Salmon &amp; Avo low-carb Wrap</b> - Salmon, Avo, Rocket leaves, Lettuce, Red Onion, Lemon & a dash of low-carb Mayo	86
<b>Loaded Greek Wrap</b> - Chicken, Beef, Lamb or Pork, Tzatziki, Cucumber, Lettuce, Rocket, Red Onion, Cherry Tomatoes, Garlic & mixed dry Herbs (We recommend a normal wheat Wrap)	83
<b>BOWLS</b>	
<b>The Rainbow Salad Bowl</b> - Beef or Chicken, Red Cabbage, sliced Cucumber, grated Carrot, fried Cherry Tomatoes, Micro Herbs, Cashew Nuts, Rocket leaves and Spring Onion served on a bed of Kale & drizzled with our low-carb Peanut Dressing	79
<b>Nourishing Vegan Salad Bowl</b> - Raw Kale, Cherry Tomatoes, Carrot & Cucumber sticks, Avo, Chick Peas, Rocket leaves, Lemon & sprinkled with mixed Seeds	55
<b>Noodle Bowl</b> - Beef or Chicken, gluten free Noodles, Chicken strips, Carrot & Cucumber sticks, Spring Onion, shredded Red Cabbage, fresh Herbs, Chilli & Garlic drizzled with Soy Sauce	72
<b>Summer Glow Buddha Bowl</b> - Rainbow Quinoa, Chick Peas, raw Kale, shredded Red Cabbage, Carrot & Cucumber sticks, Avo, Cherry Tomatoes, Sprouts, Herbs & Basil and raw Cashew Nut Hummus drizzled with Lemon & sprinkled with our Four Seed Mix	66
<b>PIZZA</b> (Low-carb Fathead Pizza base)	
<b>The Real</b> - Cherry Tomatoes, Mozzarella, fresh Basil & Garlic drizzled with Balsamic Vinegar	130
<b>Deluxe</b> - Pork strips, Cherry Tomatoes, Red Onion, Mushroom, Olives, Mozzarella & Rocket leaves	150
<b>Quattro Stagioni</b> - Cherry Tomatoes, Red Onion, Garlic, Olives, Artichoke, Pineapple & Chicken strips and Mozzarella sprinkled with Origanum Spice	160

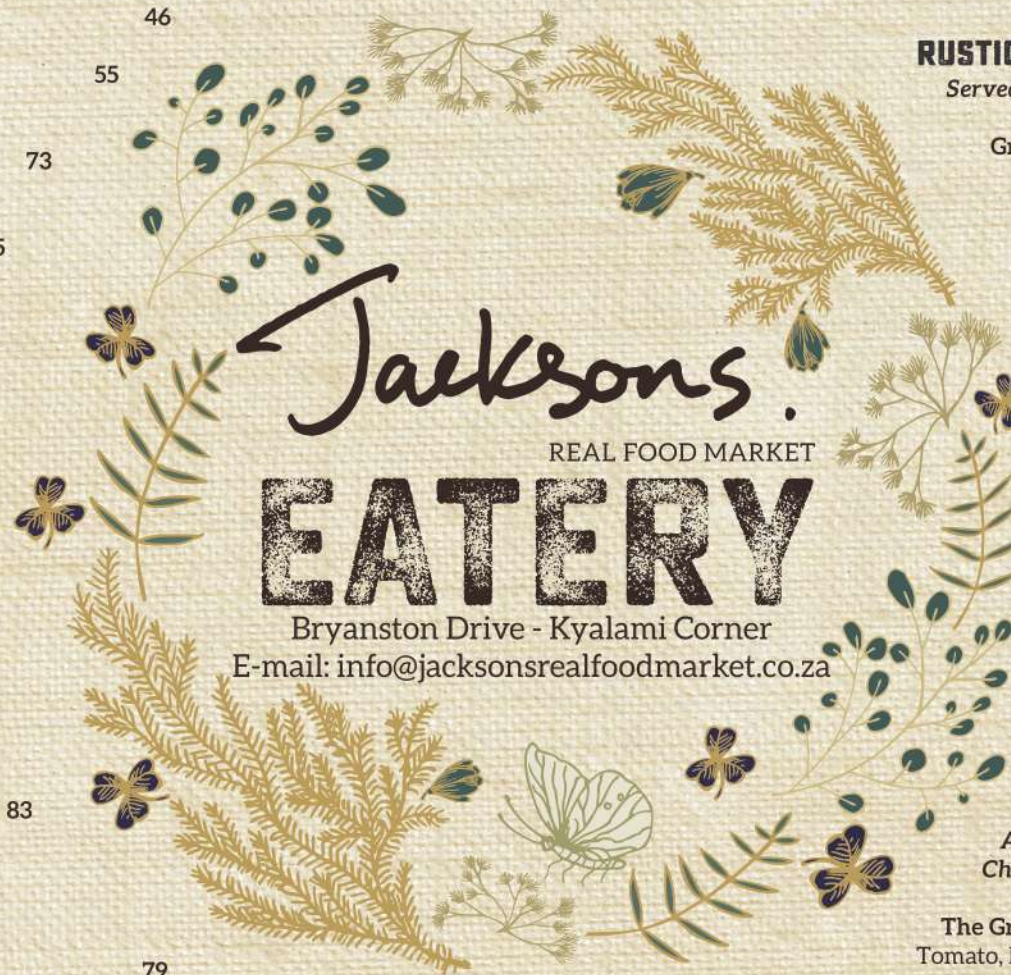
## SUMMER MENU

Our food is prepared with ingredients from small farmers and producers that also supply our market.

Feel free to browse after your meal.

Our bread is an unique Long Fermented Sourdough which is lower in Gluten and Sugar, suitable for Diabetics.

Our eggs are from small farms and "hens that are never caged" and our produce is mostly organically grown. Our Beef is certified Grass fed, our Lamb is pasture-raised, our Pork is hormone & antibiotic free and sow crate friendly and our Poultry are free range.



Meals are prepared fresh. Please allow a minimum of 25 minutes.

Rate us on



## SUMMER MEALS

<b>Jackson's Asian Teriyaki</b> - Beef or Chicken, gluten free Noodles, Asian Mixed Stir-Fry, Mushrooms, Black Sesame Seeds & Olive Oil dressed with our low-carb Teriyaki Sauce	99
<b>The Bosman Cured Meat Board</b> - Cured Meat selection of Coppa, Bresaola and Salami served with Brie Cheese, Parmesan shavings, Sun-dried Tomatoes & Basil Pesto with Italian pickled veg served with a slice of Sourdough Bread	119
<b>Pan fried Hake</b> - Asian Salad mix topped with a Hake fillet, Shiitake Mushrooms & Avo served with a Lemon & Butter Sauce	120
<b>Grilled Lamb Chops</b> - Two grilled Lamb Chops served with Watermelon, Olive, Feta, Red Onion & Rocket leaves and sprinkled with Pumpkin seeds	140
<b>Grass fed Rump</b> - Asian Salad mix topped with a 150g grass fed Rump, Shiitake Mushrooms, fried Green Beans & Tomato served with a Garlic & Butter Sauce	130
<b>Low-carb mini Crustless Quiche with a side salad</b>	72
Chicken & Mushroom Spinach, Feta & Asparagus	69

## RUSTIC SANDWICHES

Served on Long Fermented Sourdough Bread. Swop with low-carb bread @ R12 extra.

<b>Grilled Ham, Cheese and Tomato</b>	42
<b>Trio of Cheese</b> - Mozzarella, Cheddar & Emmentaler with low-carb Chutney	49
<b>The Free Ranger</b> - Our Chicken & Mayo served with Greens	59
<b>The Italian</b> - Beef Pastrami, Olives, Mozzarella, Sun-dried Tomatoes and topped with Sweet Basil & Red or Yellow Pepper Pesto	69
<b>The Ultimate Raw Veggie</b> - Lettuce, Rocket leaves, Red Onion, sliced Tomato, Avo, shredded Red Cabbage, Sprouts, Carrot & Cucumber sticks with Basil and raw Cashew Nut Hummus (Recommended as untoasted)	62
<b>Reuben</b> - Pastrami, Sauerkraut & German Mustard served with a Pickle on the side (Recommended as untoasted)	76

## FRIES (Add fries to any meal)

<b>Our Fries cooked in Beef Tallow</b>		<b>Our Fries cooked in Coconut Oil</b>	
Potato Fries	15	Potato Fries	20
Sweet Potato Fries	20	Sweet Potato Fries	25

## RUSTIC GOURMET BURGERS

All Burgers are served with Potato Fries. All our Beef Burgers are made with 100% pure Grass fed Beef. Chicken Burgers are free range.

<b>The Grazer</b> - A Beef Burger with Gherkins, Red Onion, melted German Emmentaler, Tomato, Lettuce & a dash of Mayo	79
<b>Low-carb Banting Burger</b> - A Beef Burger with Gherkins, Red Onion, melted German Emmentaler, Tomato, Lettuce & a dash of Mayo on a low-carb bun (No Fries)	115
<b>The Chicken Chipotle</b> - A Chicken patty with Avo, Red Onion, melted German Emmentaler, Tomato, Lettuce & a dash of Mayo and Chipotle	89
<b>Open Face Vegan Burger</b> - Vegan patty, Lettuce, Avo, Tomato, Red Onion, Sprouts, Rocket leaves & Hummus	105
<b>SWEETS &amp; PASTRIES</b>	
<b>Low-carb Waffle</b> - served with low-carb Vanilla Ice cream	73
<b>Gluten free Ice cream Sandwich</b> - Choc Chip Cookie served with low-carb Vanilla Ice cream	89
<b>The Low-carb Ice Cream</b> - Chocolate, French Vanilla or Coco Mint	45
<b>Pete's Super Natural Ice Cream</b> - Vietnamese Coffee, Dark Milk Chocolate or Rose & Pomegranate	40

Our famous Low-carb, Low Sugar and Gluten Free Cake Slices - Browse our fridge display  
Cakes and Pastries that contains Sugar & Wheat - Browse our fridge display  
Assorted French Pastries - Browse our fridge display