

# Menu

## ALL DAY BREAKFAST

- ALL DAY BREAKFAST PIZZA.....89  
Bacon, beef sausage, cherry tomatoes, mushroom, egg and rocket. (low carb & gluten free bases available as add on)
- BURGER BENEDICT .....95  
Beef burger, sliced tomato, caramelised onions, bacon, a poached egg and hollandaise sauce. With a side of fries

- SMOKED SALMON FISH CAKES.....72  
WITH A POACHED EGG  
Crumbed salmon fish cakes made with smoked salmon, sweet potato, chopped onion, celery, ginger, chilli and coriander. Topped with a poached egg. Served with dill & caper mayo

- SPICY MINCE ON TOAST.....68  
WITH A POACHED EGG  
Spicy mince with fresh salsa, topped with a poached egg.

**FOR EXTRA HEAT ASK US TO ADD CHILLI**

- AVO TOAST, TOMATO & FETA.....68 **V**  
WITH A POACHED EGG  
Mashed avo, Danish feta, roasted tomato conserve topped with a poached egg

**AVO IS SEASONAL AND SUBJECT TO AVAILABILITY**

- CREAMY MUSHROOMS ON TOAST.....66 **V**  
WITH A POACHED EGG  
Mushrooms in a creamy sauce with parmesan shavings and a poached egg
- WITH BACON.....ADD 18

- CORNBREAD BREAKFAST MUFFINS(GLUTEN FREE)  
Made with our gluten free flour and whole corn kernels served with
- SMOKED SALMON, CREAM CHEESE & TOMATO.....99
- BACON, CHUNKY TOMATO SAUCE & MUSHROOMS .....75

- CROQUE MADAME.....75  
A smoked gammon & 3 cheese mix toasty on ciabatta, topped with a grilled cheesy béchamel sauce and a poached egg.

- CROQUE SPINACH.....70 **V**  
A spinach and roasted tomato conserve toasty on ciabatta topped with a grilled cheesy béchamel sauce and a poached egg

- EGGS BENEDICT.....52  
2 Poached eggs and hollandaise sauce served with our roasted tomato conserve and or your favourite accompaniment:
- SMOKED SALMON.....125
- CREAMED SPINACH.....68 **V**
- BACON OR GAMMON.....68

## CLASSIC EGGS .....45 **V**

## SCRAMBLED-POACHED-FRIED

**ALL CLASSIC EGGS SERVED WITH ROAST TOMATO**

- WITH SLOW ROASTED PORK BELLY.....120
- WITH BRISKET, MUSHROOM & TOMATO.....98
- WITH SMOKED SALMON.....90  
Cream cheese and lemon
- WITH PORK OR BEEF SAUSAGE,  
BACON & MUSHROOM.....89
- WITH BACON & MUSHROOM.....65

**BREAKFASTS ARE SERVED ON A CHOICE OF SOURDOUGH, BUTTERMILK RYE OR SEEDED HEALTH BREAD, CIABATTA OR 100% RYE .....ADD 5  
GLUTEN FREE .....ADD 10  
LOW CARB.....ADD 15**

CROISSANT.....ADD 18



## HEALTHY THINGS

- BIRCHER MUESLI BOWL.....58 **V**  
Rolled oats soaked in mango juice and mixed with yoghurt and cinnamon, dressed with red quinoa, chia seeds, nuts and seasonal fruit

- CRUNCHY GRANOLA BOWL.....58 **V**  
Knead homemade granola served with yoghurt and seasonal fruit.

- FRESH SEASONAL FRUIT.....53 **V**  
Served with yoghurt.

## BRIOCHE FRENCH TOAST

- APPLE CARAMEL CRUMBLE.....55 **V**  
Baked cinnamon apple, granola crumble, fresh apple, salted caramel sauce and a dollop of vanilla custard yoghurt

- MIXED BERRY MERINGUE.....55 **V**  
With mixed berry compote, crunchy meringue pieces and a dollop of yoghurt.

- CINNAMON SUGAR, LEMON & HONEY.....40 **V**

## OMELETTE .....44

A 3 egg omelette served with our roasted tomato conserve and

- SMOKED SALMON.....98
- BACON & CHEESE\*.....75
- SMOKED GAMMON & CHEESE\*.....75
- 3 CHEESE\* MIX.....64 **V**
- CREAMED SPINACH.....64 **V**
- CREAMY MUSHROOMS.....64 **V**
- BACON.....54

EGG WHITE OMELETTE.....ADD 10  
**\*3 CHEESE MIX - MOZZARELLA, GOUDA & CHEDDAR**

## BREAKFAST BOARDS

- CROISSANT BACON AVO & ROCKET.....75
- CROISSANT CHEESE & JAM.....48 **V**
- SCONE CHEESE & JAM.....40 **V**



## SANDWICHES

**SERVED WITH FRIES OR A SIDE SALAD**

### .....CLASSIC TOASTED

- BACON EGG & CHEESE.....65  
with homemade mayo
- GAMMON CHEESE & TOMATO.....64  
Home cooked gammon and our mozzarella, gouda, cheddar mix
- CHICKEN RED PEPPER PESTO MAYO.....55  
Cucumber pickle, tomato and sweet red onion.
- CLASSIC CHICKEN MAYO.....55  
Cucumber pickle, tomato and sweet red onion
- CLASSIC THREE CHEESE.....46 **V**  
Mozzarella, gouda, cheddar mix. Please ask for tomato.

**CLASSIC TOASTIES ARE SERVED ON SQUARE KITKA BUTTERMILK RYE OR SEEDED HEALTH BREAD, FOR GLUTEN FREE .....ADD 10 FOR LOW CARB .....ADD 15**

### .....HOT PRESSED STILL TOASTED BUT SLIGHTLY THICKER

- THE CUBAN.....98  
Gammon, pulled pork, provolone cheese, cucumber pickle & wholegrain mustard mayo on a **Turkish roll**
- THE CAPRESE.....89 **V**  
Rocket pesto, fresh mozzarella (fiore di latte), cream cheese, roasted tomato conserve and fresh basil leaves. Served on a **Turkish roll**.

### .....DEEP FRIED

- BUTTERMILK FRIED CHICKEN PO BOY.....65  
Buttermilk marinated chicken breast coated and deep fried then served with a tangy slaw, cucumber pickle and sriracha mayo on a **burger bun**.

### .....GRILLED

- ROAST PORK BELLY ROLL.....135  
Slow cooked pork belly, crispy bacon, mustard mayo, caramelised onions, cucumber pickle, red onions, tomato, rocket, melted mozzarella cheese with homemade tomato and apple chutney on a **ciabatta roll**.
- HOT BRISKET & SLAW ROLL.....80  
Slow cooked brisket on a **Kitka bun** with Russian dressing, caramelised onions, cucumber pickle, red onion, sliced tomato, rocket & coleslaw.
- HARISSA CHICKEN.....72  
Chicken breast marinated in a buttermilk harissa paste and served on a **ciabatta roll** with caramelised onions, sliced tomato, rocket and creamy dressing  
**ASK IF YOU PREFER YOUR CHICKEN PLAIN**
- CIABATTA HOT DOG.....49  
Cheesy Russian sausage, our mustard mayo, caramelised onions, sliced tomato, rocket, Dijon mustard and tomato sauce on a **ciabatta roll**.

### .....OPEN

**FRESH & LIGHT WITH NO SIDES**

- SMOKED SALMON CUCUMBER, CREAM CHEESE.....115  
Fresh cucumber, sliced red onion, capers, tomato and salad leaves.
- CHICKEN BACON AVO & BLUE CHEESE.....95  
Grilled chicken, crispy bacon, sliced avo, sliced tomatoes, blue cheese mayo dressing and blue cheese crumbs.
- CHICKEN RED PEPPER PESTO MAYO.....75  
roasted chicken, red pepper pesto mayo, cucumber pickle, sliced tomato and salad leaves
- ROAST VEG.....70  
Roasted butternut, grilled courgettes, grilled red peppers, roasted tomato conserve, balsamic roasted red onion, butternut & chickpea hummus.

**OPEN SANDWICHES ARE SERVED ON A CHOICE OF SOURDOUGH, BUTTERMILK RYE OR SEEDED HEALTH BREAD, CIABATTA OR 100% RYE .....ADD 5  
LOW CARB .....ADD 15  
GLUTEN FREE .....ADD 10**

### .....MELTS

**SERVED WITH COLESLAW & FRIES**

- HOT PULLED PORK.....115  
Slow roasted pork, mustard mayo and cucumber pickle covered in our 3 cheese mix and melted under the grill.
- SPICY MINCE.....70  
Spicy mince covered in our 3 cheese mix and melted under the grill.
- TUNA MAYO.....70  
Tuna mayo, cucumber pickle, sweet red onions and 3 cheese mix melted under grill.

# Bowls

## ..... SALADS

CHICKEN, BACON, AVO & BLUE CHEESE.....95  
Grilled chicken, salad leaves, crispy bacon, sliced avocado, cherry tomatoes, blue cheese crumbs and blue cheese dressing.

VIETNAMESE PULLED PORK.....89  
Vietnamese pulled pork tossed with a salad of tangy slaw, sliced red peppers, mixed leaves, grains and sesame seeds, roast almonds and a light Asian dressing.

CHICKEN CAESAR.....89  
Grilled chicken, crispy bacon, cos & iceberg lettuce, croutons, a boiled egg, parmesan shavings and our Knead Caesar dressing. (contains anchovies).

WITH AVO..... ADD 18

QUINOA WITH ROAST ROOT VEG, MIXED SEEDS, FETA & ORANGE.....74 **V**

Honey balsamic roast beetroot, carrots & sweet potato, gluten free seed mix, orange slices and feta tossed with quinoa and rocket.

WITH AVO..... ADD 18 **V**

WITH GRILLED CHICKEN (120 G)..... ADD 20

**AVO IS SEASONAL AND SUBJECT TO AVAILABILITY. PLEASE ASK IF YOU WOULD LIKE BREAD WITH YOUR SALAD**

## ..... SOUPS

BEAN, CHORIZO & TOMATO.....56  
Our house tomato soup with chorizo, cannellini and kidney beans and garlic.

TOMATO SOUP.....45 **V**

Rustic thick chunky tomato soup served with rocket and walnut pesto.

**SALADS & SOUPS ARE SERVED WITH A CHOICE OF SOURDOUGH, BUTTERMILK RYE OR SEEDED HEALTH BREAD, CIABATTA OR 100% RYE.....ADD 5  
GLUTEN FREE.....ADD 10  
LOW CARB.....ADD R5**

## ..... LIGHT MEALS

SMOKED SALMON FISH CAKES.....85  
Crumbed salmon fish cakes made with smoked salmon, sweet potato, chopped onion, ginger, chilli and coriander. Served on courgette ribbons, grilled red peppers, tomatoes, whole grains, fresh cucumber and carrot. Dressed with dill and caper mayo.

HARISSA CHICKEN.....80  
Grilled chicken breast marinated in buttermilk and harissa paste and served with cous cous salad greens, cherry tomatoes, olives, chickpeas and roasted butternut. With a creamy dressing and fresh coriander.

**ASK IF YOU PREFER YOUR CHICKEN PLAIN**

ROAST VEG & COUSCOUS.....75 **V**

Roasted tomato conserve, roast butternut, courgette, balsamic red onions, grilled red peppers, mixed salad leaves, olives and feta. Served with cous cous and a smoked tomato vinaigrette.

WITH GRILLED CHICKEN (120 G)..... ADD 20

BUTTERMILK FRIED CHICKEN.....75

Buttermilk marinated chicken breast coated and deep fried served with sriracha mayo, tangy slaw and fries.

## ..... PASTA

CREAMY CHICKEN, SPINACH & SLOW ROASTED CHERRY TOMATO.....79  
Tossed with spaghetti and topped with parmesan.

ROAST BUTTERNUT, FETA, TOMATO & PESTO.....69 **V**

Roasted butternut, slow roasted tomato conserve, feta cheese and rocket & walnut pesto cheese, tossed with spaghetti and topped with parmesan.

# BURGERS

**OUR BURGERS ARE SERVED ON SOFT TOASTED KITKA BUNS WITH A CHOICE OF FRIES OR A SIDE SALAD.**

## .....100%BEEF

BACON & CHEESE.....98

CHEESE.....89

CLASSIC.....78

Our burgers are dressed with BBQ sauce, homemade mayo, a deep fried onion ring, caramelised onions, cucumber pickle, sweet red onions, sliced tomato and rocket.

## .....VEGETARIAN

Our vegetarian burger patties are made daily with chickpeas, cannellini and kidney beans, green peas, celery and coriander, are gluten free and do not contain egg or dairy.

WITH CHEESE.....68 **V**

CLASSIC VEGGIE.....59 **V**

**OUR BURGER BUNS CONTAIN EGG AND DAIRY. PLEASE ASK YOUR WAITRON FOR OTHER BREAD OPTIONS OR VEGAN MAYO**

## BURGER SIDES **V**

SWEET POTATO FRIES.....MED...17 LRG...35

DEEP FRIED ONION RINGS.....15

DEEP FRIED JALAPENO PEPPERS.....15

CHICKPEA & BUTTERNUT HUMMUS.....15

# PIZZAS

All our pizzas are made on Italian pizza bases with grated mozzarella and

## .....WITH ROAST ITALIAN TOMATO SAUCE

PORK BELLY & BACON.....135

Slices of pork belly, bacon, balsamic onions and fresh cherry tomatoes.

BBQ PULLED BEEF.....110

Slow roasted beef pulled and mixed with our BBQ sauce, red peppers, caramelised onions and cherry tomatoes

BACON, AVO & TOMATO.....98

Bacon and cherry tomatoes served with avocado slices and rocket.

MARGHERITA DELUXE.....94 **V**

Fresh Mozzarella (Fior di latte), roasted tomato conserve, roast tomato sauce, rocket pesto, fresh tomato and basil leaves.

ALL DAY BREAKFAST PIZZA.....89

Bacon, beef sausage, cherry tomatoes, mushrooms, egg, rocket.

BACON, FETA & CHEESY RUSSIAN.....89

Bacon, feta, cheesy Russian sausage, cherry tomatoes and balsamic onions.

BBQ CHICKEN & CHORIZO.....88

Grilled chicken marinated in our own BBQ sauce and thinly sliced chorizo.

GAMMON & PINEAPPLE.....80

Gammon and thinly sliced fresh pineapple.

ROAST BUTTERNUT, FETA & RED PESTO.....79 **V**

Roast butternut, feta cheese and homemade, tomato sauce mixed with red pepper pesto. (Contains nuts)

SPINACH & FETA.....75 **V**

Creamy spinach and feta

CHEESE & TOMATO.....58 **V**

With homemade tomato sauce and grated mozzarella cheese.

## .....WITH WHITE CHEESY GARLIC SAUCE

BACON, PULLED PORK & ROAST PINEAPPLE...98

Slow cooked pork shoulder, crispy bacon, jalapeno peppers and roast pineapple.

PEAR BACON & BLUE CHEESE.....95

Crispy bacon, blue cheese crumbs, freshly sliced pear

SRIRACHA CHICKEN, BACON & CORN.....95

Grilled sriracha chicken, crispy bacon, sweet corn kernels and fresh coriander

**PREFER GLUTEN FREE BASE ADD R10  
PREFER LOW CARB BASE ADD R15  
OUR LOW-CARB BREAD AND PIZZA BASES ARE ALSO GLUTEN FREE! PLEASE ASK IF YOU WOULD LIKE CHILLI**

# Soft Shell Tacos

**MADE WITH 4 10CM MINI TACOS AND SERVED WITH A SIDE OF NACHOS AND CREAMY DIP**

BBQ PULLED PORK.....72

Slow roast pork shoulder & homemade BBQ sauce with tangy slaw, fresh salsa and creamy coriander and mint dressing.

HARISSA CHICKEN.....69

Chicken breast marinated in a buttermilk harissa paste with tangy slaw, fresh salsa and creamy coriander and mint dressing.

BUTTERMILK FRIED CHICKEN.....69

Buttermilk marinated chicken breast coated and deep fried, tangy slaw, fresh salsa and sriracha mayo

ROAST VEG & HUMMUS.....59 **V**

Mixed roast veg, butternut and chickpea hummus, fresh salsa, creamy dressing and smoky tomato vinaigrette.

**EXTRAS**

CHEESE.....10 **V**

CHILLI.....10 **V**

AVO.....15 **V**

**\*ONLY WHEN ORDERED AS PART OF TACOS**

**SO SORRY, NO CHANGES OR SUBSTITUTES.  
AVO IS SEASONAL AND SUBJECT TO AVAILABILITY**

## FRESH MIXED SALSA:

Corn, tomato, red pepper, onion coriander, green pepper, cucumber, onion, celery, green chilli, mint.

## CREAMY DRESSING:

Homemade mayo, sour cream, lemon juice, mint and coriander.

## SMOKY TOMATO VINAIGRETTE:

Tomato, garlic, red wine, lemon, paprika, sugar & Dijon mustard.

ADD A SIDE SALAD.....26



# HAND MADE WITH Love

**EXTRAS CAN ONLY BE ORDERED AS PART OF A MAIN MENU ITEM AND WILL NOT BE SOLD SEPARATELY.**

PINEAPPLE	6	MARMITE / NUTELLA	16
ROCKET	6	PESTO	16
AUBERGINE	6	ANCHOVIES	18
BUTTERNUT	6	CREAM CHEESE	18
ONIONS	6	EXTRA CROISSANT	18
SLICED TOMATO	6	AVOCADO(SEASONAL)	28
BANANA	8	BACON	18
JAM	8	FETA / CHEDDAR / GOUDA	18
HONEY	8	MOZARELLA / PARMESAN	18
GARLIC	10	CHEESY RUSSIAN SAUSAGE	18
PEANUT BUTTER	12	ROAST ARTICHOKE	22
CHILLI	12	MUSHROOMS	22
HOLLANDAISE	12	BEEF OR PORK SAUSAGE	25
ROAST MUSHROOMS	14	CHICKEN ROASTED	
EGG	15	OR GRILLED	26
OLIVES	15	GAMMON	26
SPINACH	15	CURRIED MINCE	28
CHERRY TOMATOES	15	CHORIZO SLICES	32
SMALL FRIES	15	FRESH SMOKED SALMON	68
SMALL SIDE SALAD	15		