

BREAKFAST

PLEASE ASK YOUR WAITRON FOR BREAD OPTIONS

OATMEAL	75
CREAMY OATS TOPPED WITH HAZELNUTS, BANANA AND DRIED CRANBERRIES	
AVO, HUMMUS & TOAST (V)	88
TOAST OF YOUR CHOICE SPREAD WITH HUMMUS AND AVOCADO, DRESSED WITH BABY TOMATOES, SUNFLOWER AND CHIA SEEDS	
FRENCH TOAST	84
CINNAMON AND SUGAR-COATED EGG-TOAST, SERVED WITH BLUEBERRIES AND HONEY	
BREAKFAST CROISSANT	79
FRESHLY BAKED CROISSANT STUFFED WITH SCRAMBLED EGGS AND BACON	
SCRAMBLED EGGS, AVOCADO & TOAST	75
SCRAMBLED EGGS AND AVO SERVED WITH YOUR CHOICE OF TOAST	
EGGS BENEDICT	88
2 POACHED EGGS, HOLLANDAISE SAUCE SERVED WITH BACON ON YOUR CHOICE OF TOAST ADD SALMON: R45.00 EXTRA	
SALMON BREAKFAST BAGEL	115
2 SCRAMBLED EGG AND SALMON SERVED ON A SOFT BAGEL WITH CREAM CHEESE	
CROQUE MONSIEUR	90
FRENCH CROISSANT FILLED WITH HAM, EMMENTAL CHEESE, PARMESAN CHEESE AND BÉCHAMEL SAUCE	
MORNING ROLL	85
POACHED EGGS, BACON, AVO AND GREEN PESTO SERVED ON A BUN	
SHIFT BREAKFAST	95
TWO RASHERS OF BACON, TWO EGGS, A BEEF OR PORK SAUSAGE, MUSHROOMS AND BABY TOMATOES SERVED WITH YOUR CHOICE OF TOAST	
SMOOTHIE BOWL (V)	95
BLUEBERRY AND MANGO SMOOTHIE BOWL, DRESSED WITH BLUEBERRIES, STRAWBERRIES, COCONUT SHAVINGS AND CHIA SEEDS	
SCRAMBLED EGG & SWEET CORN BOWL	88
6 SCRAMBLED EGGS, SWEET CORN, BACON AND PARMESAN CHEESE. GARNISHED WITH SPRING ONION, RADISH AND MICRO HERBS	
OMELETTE	70
3 EGG OMELETTE, CHEDDAR CHEESE SERVED WITH YOUR CHOICE OF INGREDIENTS	
MUSHROOM	20
GREEN PEPPERS	20
CHERRY TOMATO	20
SWEET CORN	20
AVO	30
FETA	20
EMMENTAL CHEESE	30
HAM	25
BACON	30
CHICKEN	30
SALMON	45
PLAIN FRENCH CROISSANT	35
SERVED WITH PRESERVES	
BANANA BREAD	35
HOME-MADE BANANA BREAD SERVED WITH PRESERVES	

LUNCH

SHIFT CHEESE BURGER (SERVED WITH A SIDE OF FRIES)	115
150G BEEF PATTY, CHEDDAR CHEESE, LETTUCE, TOMATOES AND ONIONS SERVED ON A SESAME SEED BUN WITH MAYO	
ADDED EXTRAS:	
BACON	30
AVO	30
CHEESE	17
CHICKEN BURGER	95
CHICKEN BREAST, CHEDDAR CHEESE, LETTUCE, TOMATOES AND ONIONS SERVED ON A SESAME SEED BUN WITH MAYO	
CRUMBED CHICKEN BURGER	105
CRUMBED CHICKEN FILLET, CHEDDAR CHEESE AND SPICY MAYO SERVED ON A BED OF LETTUCE, ONION AND TOMATO ON A SOFT SEEDED BUN	
VEGAN SHIFT BURGER (V)	120
PLANT-BASED PATTY, VEGAN MAYO, VEGAN CHEESE SERVED ON A BED OF LETTUCE, ONION AND TOMATO ON A SOFT SEEDED BUN	
PREGO ROLL	125
150G SIRLOIN STEAK MARINATED IN HOT SAUCE, SERVED ON A PORTUGUESE ROLL WITH FRIES	
SALMON BOWL	135
SALMON SERVED QUINOA, AVO, CARROTS AND CUCUMBER. GARNISHED WITH SPICY MAYO, SOYA SAUCE AND TOASTED SESAME SEEDS	
MINCE BOWL	90
MINCE COOKED IN OUR HOMEMADE BOLOGNESE SAUCE WITH QUINOA, CORN, AVO AND FETA CHEESE. GARNISHED WITH RADISH, SUNFLOWER AND CHIA SEEDS	
CHICKPEA BOWL (V)	85
CHICKPEAS SERVED WITH QUINOA, CUCUMBER, BABY TOMATOES AND RED ONION. GARNISHED WITH RADISH, CHIA SEEDS, SUNFLOWERS SEEDS AND OUR LEMON VINAIGRETTE	
CHICKEN & BROCCOLI BOWL	90
CHICKEN STRIPS SERVED WITH QUINOA, CHICKPEAS, BROCCOLI AND AVO. GARNISHED WITH PARMESAN, CHIA SEEDS AND OUR LEMON VINAIGRETTE	
CHICKEN SALAD	100
GRILLED CHICKEN, AVO, CHERRY TOMATOES AND FETA CHEESE SERVED ON A BED OF LETTUCE	
MEDITERRANEAN CHICKPEA SALAD (V)	80
CHICKPEAS, CUCUMBER, BABY TOMATOES, RED ONION AND ENGLISH PARSLEY. GARNISHED WITH SUNFLOWER SEEDS AND OUR LEMON VINAIGRETTE	
STEAK SALAD	130
150G SIRLOIN STEAK, MIXED LETTUCE, BABY TOMATO, AVOCADO, RED ONION, PEAS AND CORN. GARNISHED WITH SUNFLOWER SEEDS, PARMESAN CIABATTA TOAST AND BALSAMIC REDUCTION	
SCHNITZEL & LONG STEM BROCCOLI SALAD	110
CRUMBED CHICKEN FILLET SERVED WITH LONG STEM BROCCOLI, PARMESAN CHEESE, CORN, AND PEAS, DRESSED WITH OUR LEMON VINAIGRETTE	

(V) VEGETARIAN

ALLERGENS: ATTENTION CUSTOMERS WITH FOOD ALLERGIES. PLEASE BE AWARE THAT OUR FOOD MAY CONTAIN OR COME INTO CONTACT WITH COMMON ALLERGENS, SUCH AS DAIRY, EGGS, WHEAT, SOYBEANS, TREE NUTS, PEANUTS, FISH, SHELLFISH OR WHEAT.

BAGELS

THE BASIC	90
MOZZARELLA, AVO, LETTUCE, TOMATOES AND RED ONION SERVED WITH GREEN PESTO	
THE SALMON	95
SMOKED SALMON ON A TOASTED BAGEL, CAPERS, RED ONIONS AND CREAM CHEESE	
THE BACON	90
CREAM CHEESE, BACON AND AVO	
THE ROCKSTAR	88
GRILLED CHICKEN, AVO, SPANISH ONION AND TOMATOES SERVED WITH GREEN PESTO	
THE CLUB	80
CHICKEN AND BACON SERVED ON A BED OF LETTUCE WITH ONION, TOMATOES AND MAYO	

TOASTIES

GRILLED CHEESE (SERVED WITH A SIDE OF FRIES)	70
MACON & GRILLED CHEESE (SERVED WITH A SIDE OF FRIES)	78
CHICKEN MAYO (SERVED WITH A SIDE OF FRIES)	78
BACON, EGG & CHEESE (SERVED WITH A SIDE OF FRIES)	80
BACON, AVO & FETA (SERVED WITH A SIDE OF FRIES)	80
MONTE CRISTO (EGG-TOAST, EMMENTAL CHEESE, HAM, PARMESAN CHEESE AND BÉCHAMEL SAUCE SERVED WITH A SIDE OF FRIES)	85

DEATH BEFORE DECAF

ARTISAN COFFEE

	R	M
ESPRESSO	22	
CORTADO	28	
CAPPUCCINO	30	34
FLAT WHITE	32	34
AMERICANO	26	28
LATTE		36
MOCHA		43
RED CAPPUCCINO		32
HOT CHOCOLATE		45
CHAI LATTE		45

SPICE THINGS UP

	R	M
HONEY BADGER		45
<small>SHOT OF BRAZILIAN SINGLE ORIGIN SERVED WITH HONEY AND OAT MILK (SERVED HOT OR COLD)</small>		
PICK ME UP		45
<small>DOUBLE SHOT OF ESPRESSO (SINGLE ORIGIN BRAZILIAN), INDIAN TONIC AND LIME</small>		
ITALIAN PLUMBER (THE OTHER MARIO)		65
<small>BLENDED DOUBLE SHOT OF ESPRESSO, VANILLA ICE CREAM AND NUTELLA</small>		
DIRTY CHAI		45
<small>ESPRESSO MIXED WITH CHAI LATTE</small>		

LIKE IT COLD

	R	M
ICED AMERICANO		32
ICED LATTE		32
CAFE' FRAPPUCCINO		40

ALT MILKS

ALMOND, MACADAMIA OR OAT MILK		8
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TEAS

ASSORTED TEAS		28
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ASK YOUR WAITRON FOR OUR IN-STORE SELECTION

FRESHLY JUICED

ORANGE	42
PINEAPPLE AND GINGER	42
ORANGE & CARROT	42
GREEN JUICE	42
<small>KALE, APPLE, LEMON AND GINGER</small>	
GINGER SHOT	25

SMOOTHIES

RASPBERRY & MANGO	58
BLACKBERRY & PINEAPPLE	58
STRAWBERRY & RASPBERRY	58
PEANUT BUTTER & BANANA	58
<small>MADE WITH OAT MILK</small>	

COLD DRINKS

STILL/SPARKLING WATER 500ML	26
COCA COLA	24
COKE ZERO	24
ASSORTED SAN PELLEGRINO	35
TIZERS	30

