

BREAKFAST BOWLS

soya & almond milk are available as dairy free, vegan substitutes

breakfast bircher

raw oats, low fat bulgarian yoghurt, grated apple, flaked almonds, vanilla, cinnamon & honey

R44

get up & goji

sliced banana, low fat bulgarian yoghurt, wheat & sugar free muesli, goji berries & honey

R52

energy oats

oats, sliced banana, flaked almonds, cinnamon, low fat milk & honey

R44

apple crumble

oats, peanut butter, grated apple, cinnamon, flaked almonds, low fat milk & honey

R52

CLASSIC BREAKFASTS

high in protein or healthy fats, or a balance of both

breakfast wrap/toast

2 free range eggs (scrambled/ poached), lean bacon/ gypsy ham, rosa tomatoes, mozzarella & toast OR a wrap

R60

smashed avo

smashed avo, sea salt, pepper, toast & sweet soy glaze

add: two poached eggs R16

R45

go mega

smoked norwegian salmon, 2 free range eggs (scrambled/ poached), fresh avo, low fat cottage cheese, toasted sesame seeds & toast OR a wrap

R127

egg white delight

4 free range scrambled egg whites, rosa tomatoes, mozzarella & raw baby spinach

add: smoked norwegian salmon R60

R50

bacon 'n eggs

2 free range eggs (scrambled/ poached), lean bacon/ gypsy ham, fresh avo, danish feta & grilled rosa tomatoes

R75

salmon scramble

3 free range scrambled eggs, smoked norwegian salmon, mozzarella & rosa tomatoes

R95

original eggs

2 free range eggs (scrambled/poached), mozzarella, rosa tomatoes & toast

add: lean bacon R17

R54

peanut butter toast

peanut butter, sliced banana, honey, cinnamon & toast

R39