

EXPERIENCE DINING
@TheEateryGrill



Cappuccino | Flat White

26

Mimosa – Bubbles & Orange juice



Brekkie & Brunch

Saturdays and Sundays 9 am to 12 pm

Health Breakfast Bowls - pull in, post run|ride|workout

🍌 **BananaNutter** – Warm, rich and creamy peanut butter oats, molasses, banana with fire roasted peanuts and honey. 🌱 45

🍌 **Muesli crunch** – Yogurt, berries, muesli, fruit and nuts with honey. 🌱 49

Avo Toast – add poached egg 10|add bacon 22 35
Smashed avocado, lemon juice, black pepper, chilli flakes and olive oil on toasted sourdough bread. 🌱

Wakey Wakey – add boerewors 25|add mushroom 10 59
Two free-range eggs, grilled bacon, grilled tomato and sourdough bread toasted on the fire. 🍖

Morning Croissant – add ham 15| add cheese 10 49
Croissant lightly toasted on the wood fire topped with scrambled eggs. 🌱

Shaksuka Pan – add bacon 22|add avo 18 69
Two free-range eggs poached in a cumin spiced Turkish tomato sauce, served with fire-toasted sourdough and a dollop of yogurt.

Bacon Benedict 82
Sourdough toast topped with spinach puree, two poached free-range eggs, grilled bacon or ham and hollandaise sauce. 🍖

Transform to vegetarian with Plancha grilled black mushroom to replace bacon. 🌱*

Flapjacks – add bacon 22 35
Ouma Linnie's buttermilk flap jacks, garnished with fruit and honey. 🌱

Build & Munch – Vegetarian 🌱 | Plant based 🌱 | Carnivore 🍖

| | | | |
|---------------------------|----|-----------------------------|----|
| Sourdough toast 🌱 | 15 | Croissant 🌱 | 25 |
| Plancha* grilled tomato 🌱 | 8 | Hollandaise sauce 🌱 | 25 |
| Free Range Egg 🌱 | 10 | Plancha* grilled mushroom 🌱 | 10 |
| Chimichurri 🌱 | 10 | Avocado 🌱 | 20 |
| Cheddar cheese 🌱 | 10 | Feta 🌱 | 14 |
| Ham 🍖 | 15 | Grilled boerewors 🍖 | 25 |
| Grilled bacon 🍖 | 22 | | |

Plancha*: a thick metal plate over a wood fire used to add char and flavour to food at a very high temperature.

Sweets & Seduction

Churro Sunday 49
Crispy hot churro balls dusted in cinnamon sugar, layered in a “Sunday” glass with vanilla bean ice cream and chocolate ganache sauce.

“Must love Cheesecake” 55
Our in-house pastry chef’s signature rich & creamy, oh so dreamy baked cheesecake. Perfect for dessert or a decadent afternoon tea date.

Brownie & Cream 55
Dark chocolate chunk brownie topped with a scoop of ice cream.

Artisan Ice Cream 49
Two scoops of artisan ice cream (or sorbet) from a local Sorbetière, ask you server for the flavours we have today.

Eaton Mess 45
A delightful light and fresh summer dessert made up of berries, chantilly cream and homemade meringue.

Tea & Coffee

| | |
|---------------------------|----|
| Cappuccino Flat White | 26 |
| Pot of Tea Red Espresso | 20 |
| Dbl Espresso Americano | 20 |

Cold & Creamy

| | |
|--|----|
| Dom Pedro – Whiskey, Kahlua, Frangelico, Amarula | 52 |
| Iced Coffee – Espresso and ice cream shake | 48 |
| Affogato– Ice cream scoop and Hot Espresso | 35 |
| Gourmet Shakes – Vanilla, Chocolate, Peanut butter, Oreo, Brownie, Salted Caramel, Berry | 55 |

Hot & Steamy

| | |
|-------------------------------|----|
| Vanilla Chai Tea Caffè Latte | 28 |
| Café Moca Hot Chocolate | 32 |

Scan here to get R50 off your next order at our Sister kitchen Eat Out The Box.



Scan here to See full menu & order online.



Eat Out The Box’s menu reflects how mindful meal planning has crossed over into mindful takeout planning too. Our brand continues to develop with it’s community and caters to all budgets and diets including gluten intolerant, Low Carb and plant based diets. We have one of the healthiest takeout menus in Cape Town with our selection of wood fired pizzas, gourmet burgers and salad bowls.

Vegetarian 🌿 | Plant based 🌱 | Carnivore 🍖

Plancha*: a thick metal plate over a wood fire used to add char and flavour to food at a very high temperature.