

## DESCRIPTIONS...

# Spelt

Saint Hildegard von Bingen was recorded in medieval European manuscripts as having often used spelt as a healing food.

Spelt popularity is due partly to its flavor and partly because it has a great nutritional profile. The rich flavor of this grain is sweet and nutty. It contains eight of the essential amino acids and is naturally high in fiber.

The chewy texture makes satisfying pilaf or hot cereal. It has a high gluten content and can be substituted for all the wheat flour called for in a recipe.

# Einkorn

It has been well documented that einkorn is the first grain to have been domesticated, possibly as early as 12,000 BC.

At present, einkorn is still grown in harsh environments and poor soil. Its simple gluten structure gives appeal to those suffering from gluten sensitivities.

Our einkorn berries are a nutritional powerhouse that offer wonderful possibilities for pilafs, soups, salads, and more. Baked goods made with einkorn have a light, rich taste.

## SPECIALLY SOURCED

# Organic Teas

## Green Teas

Jasmin Flower Leaf	Pot 26
Chun Mee Organic	Pot 26
Traditional green tea with a mild spicy flavour and a golden cup	
Sencha Organic	Pot 26
A tasteful long leaf green tea with an amber colour in the cup	

## Black Teas

Nilgiri TGFOP Organic	Pot 26
A tea from the Nilgiri Highlands in India with aromatic flavour	
English Breakfast	Pot 26
Tanzania Luponde GFOP Organic	Pot 26
A Golden Flowery Orange Pekoe mild and flavourful	
Earl Grey	Pot 26

## Rooibos Teas

Plain Honey Bush Organic	Pot 26
Plain Rooibos Organic	Pot 26
Rooibos Peach Mango	Pot 26
Rooibos, Honey Bush, Almond bits, Bee Pollen, sunflower and cornflower blossoms	
Rooibos Choc Mint	Pot 26
Rooibos, Cocoa beans and spearmint natural flavouring	

## Herbal Infusion Teas

Budela Budda Bamboo	Pot 26
Bamboo leaves, pineapple bits, lemongrass, marigold blossom	
Flower Dance	Pot 26
Rosehip peel, orange peel, lavender flower	
Herbs and Witches	Pot 26
Orange peels, fennel, nettle leaves, lemon balm leaves	

## Juices and Cold Drinks

Spring Water	250ml 16
- Still or Sparkling	750ml 32
Tropical	21
Apple juice	21
Orange juice	21
Red Grape juice	21
Apfel Schorle	250ml 19
	500ml 34
Fresh Green Smoothy of the day	26
Green Tea Kombucha	26
Water Kefir	26
- Hibiscus and Ginger or Green Mate	
Sugar Free Ice Teas	275ml 26
- Peach or Lemon	
Grapetiser	750ml 68

## Coffees

Americana	19
Milk Coffee - large	28
Flat White	26
Cappuccino	22
Latte Macchiato	23
Espresso	single 14   double 24
Hot Chocolate	24
Ice Coffee with homemade ice cream	38
Ice Chocolate with homemade ice cream	38
Chai Latte	26
Soya Cappuccino	25
Soya Latte	29

## Breakfast

Spelt Roll	32
With butter and homemade jam	
Healthy Start	58
Natural yoghurt with fruits, roasted oats, nuts and honey	
Healthy Start Vegan	58
Fruit sorbet fruits, oats and roasted nuts	

## Free Range Treats

Scrambled eggs, bacon, spelt bread	59
Scrambled eggs, spelt bread	54
Continental Large	64
Orange juice, spelt bread, cheese, salami, butter, jam	

## Salads

Tomato mozzarella with basil	56
Salad with chevre and olives	64
Salad with tuna and olives	64
Vegan salad with grilled vegies	64
Small salad	32
Portion Spelt bread	8

## Lunch

Soup of the Day	34
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## Sandwiches

Cheese sandwich with tomatoes	54
Vegan sandwich with grilled veggies	58
Coppa ham sandwich	58
Sandwich with fresh roasted chicken and homemade mayo	64

## Burgers

Vegan Burger on a roll, salad garnish	75
Vegan Burger with big salad	89
Beef Burger on a roll, salad garnish	99
Beef Burger with big salad	119
Lamb Burger on a roll, salad garnish	99
Lamb Burger with big salad	119

## Spelt Pasta

Spaghetti with vegan tomato sauce	69
Pasta with chicken and mushrooms	98

## Desserts

Mixed ice cream	39
Vegan ice cream	39
Banana split	42
Crepe with fruit & ice cream	58
Cakes of the Day - Freshly baked	SQ
- please ask your waitron	

For daily specials please  
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