



Here's a little something about us...

Our ingredients are natural, fresh and locally sourced.

All of our meat and cheese products come from free range, grass fed animals ensuring the very best quality for you.

DELIVERIES

Check out the in-store "Gorge Board" for our daily specials and items that you won't find on the menu.

BOSKRUIJ 011 793 8146
KRAMERVILLE 011 809 8006

Order and pay online at:
www.gorgesa.co.za

SMOOTHIES

BANANA NUTTER Peanut butter, banana, yoghurt and honey. (Available as Dairy Free).	38	COLADA Pineapple, coconut milk, banana and your choice between agave syrup or honey.	46
BREAKFAST BOOST Rolled oats, honey, bananas, strawberries and vanilla.	40	COCO BLUE Blueberry, banana, date, raw coco powder and your choice of coconut or almond milk.	45
BANANUTELLA Nutella®, yoghurt, banana and milk.	38	STRAWBERRY STATES Strawberries, fresh orange juice, honey and yoghurt.	45
PUMPKIN Pumpkin, honey, almond milk, bananas.	38	CINNAMON BUN Banana, oats, honey, cinnamon, vanilla extract, almond milk.	38
GREEN APPLE PIE Apples, kale, banana, cinnamon, almond milk, vanilla extract.	38		

ADD ME

Whey or Raw hemp protein. 18

38

HEALTH TUBS

BIRCHER TUB Homemade bircher muesli with cranberries, sunflower, honey and pumpkin seeds.
GRANOLA TUB Granola, fruit preserve, yoghurt.
BANANA TUB Banana, almonds, honey, yoghurt.
CITRUS TUB Seasonal citrus fruit, yoghurt, almonds and mint.
FRUIT SALAD TUB Mixed fruits.

40

SNACK POTS

SALMON AVO POT Smoked salmon, baby spinach, avo, citrus mayo.
VEGGIE POT Cucumber, carrots, celery, hummus.
BREAKFAST POT 2 boiled eggs, hickory ham, cheese sticks, cherry tomatos.
EURO POT Salami, hickory ham, cheese stick, cherry tomatos.
MEATBALL POT Meatballs, baby spinach, olives, napolitana sauce.
SATAY CHICKEN KEBAB POT 2 chicken kebabs, cucumber, carrots, hummus.

Served in Small, Medium and Grande -Decaf available.

HOT DRINKS

	S	M	G
AMERICANO	18	22	26
BULLETPROOF AMERICANO	26	30	
CAPPUCCINO	20	26	30
RED CAPPUCCINO	22	26	30
MACCHIATO	20		
CORTADO	22		
AUSSIE FLAT WHITE	24		
ICED LATTE	20		
LATTE		25	28
MOCHA		28	32
CHAI LATTE		28	32
HAZELNUT/VANILLA LATTE		30	36
HAZELNUT/VANILLA MOCHA		34	38
ESPRESSO	14		
DOUBLE ESPRESSO	18		
DIRTY ESPRESSO	18		
EXTRA SHOT ESPRESSO	6		
ALMOND MILK (DAIRY FREE OPTION)	6	8	12
TONI GLASS TEAS		20	
Chai Tea, Ceylon, Earl Grey, Green Tea, English Breakfast, Rooibos			

FRESHLY SQUEEZED

100% FRESHLY SQUEEZED Orange / pineapple / apple / carrot / beetroot	34	FLU FIGHTER Lemon juice, mint, ginger and rooibos extract.	32
DETOX TIME Lemon juice, ginger, beetroot, carrots and apple.	34	FRESH FRIDAY Carrot, pear, apple and fennel.	36
GREEN GULP Kale, apples, cucumber.	32	PICK ME UP Oranges, turmeric, carrots.	34
ENERGY BOOSTER Lime, green tea, apple, ginger.	36	CARROT & CUCUMBER Oranges, turmeric, carrots.	30
		PINK LEMONADE Grapefruit, lemon, ginger, apples.	36
		PINEAPPLE EXPRESS Pineapple, celery, ginger, turmeric.	36



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SANDWICHES AND WRAPS

YOUR OPTIONS

SANDWICHES	WRAPS
Seeded Health, Wholewheat, Rye, White Poppy Seed Banting Bread (Extra - R10)	Wholewheat Cauliflower (Add R15)

✓ CHEESE & TOMATO Cheddar cheese and tomato.	38	CHICKEN HERB Free range chicken, avo, hummus, roasted red pepper, topped with fresh coriander.	55
✓ EARLY BIRD Free range boiled eggs tossed in homemade mayo with diced red onion. (Extra crispy bacon - R12).	34	LAMB & MINT Grilled lamb sausage with homemade tomato chutney, crisp lettuce with a touch of mint.	56
✓ PURE FRESH Avo, sweetcorn, red peppers and yoghurt with a drizzle of fresh lime.	38	BACON'S BEST MATE Crispy bacon, Dalewood Brie finished with a ginger chilli preserve.	60
✓ INNER ROOTS Grilled aubergine, baby marrow, smashed chickpeas, tomato finished with mixed herbs.	44	THE LONDONER Rare roast beef with a horseradish mayo and rocket.	60
CHICORN MAYO Free range chicken, sweetcorn and our homemade mayo finished with crisp lettuce leaves.	50	TWIN CHEESE AND BACON Crispy bacon with a creamy gorgonzola and mature cheddar.	59
✓ CREAMY GREEK Belnori® Goats Cheese, hummus, roasted red peppers topped with baby spinach.	50	SMOKED SALMON TROUT Smoked salmon trout shavings with homemade citrus mayo, baby spinach leaves and cucumber.	59
BLT & BEYOND Crispy bacon, homemade mayo, crisp lettuce, and seasoned roma tomato.	49	HOME GROWN Chicken, bacon, avo, tomato and mixed greens.	65
TUNA MAYO Tuna, homemade citrus mayo, cucumber and lettuce.	52	THE EUROPEAN UNION A feast of salami, hickory ham, emmental cheese with sundried tomato and basil.	64
HICK HAM AND CHEESE Hickory ham and matured cheddar, homemade mayo and lettuce.	54		

PLATTERS

TO DIE 4
Choose any 4 different sandwiches/wraps
200

DOMINS
Choose any 8 different sandwiches/wraps
400

SALADS

✓ THE GREEK Crisp lettuce, cucumber, red onion, green pepper, olives topped with a feta cheese.	45	✓ ORIENTAL Glass noodles, red & white cabbage, carrots, bean sprouts, cashew nuts with a Teriyaki dressing.	55
✓ ZESTY BEETS Beetroot, feta, basil and cucumber with a lime dressing on a bed of lentils, red onions and herbs.	52	✓ PLUMS AWAY Plums, baby spinach, goats cheese, walnuts, mixed greens with a walnut dressing.	60
TUNA NICOISE Tuna, olives, cucumber, green beans, cherry tomatoes, red onion and a boiled egg on a bed of mixed greens.	65	✓ ROASTED VEG SALAD Butternut, sweet potato, cauliflower, baby marrow, bulgar wheat, feta with a balsamic dressing.	56
ABC Avo, bacon and chicken salad with a mustard dressing.	68		

FILLED CROISSANTS

✓ Cheese and tomato.	45
Ham cheese and tomato.	52
Bacon and scrambled eggs.	56
Smoked salmon and cream cheese.	62

HOT OATS

PEANUT BUTTER OATS Oats, peanut butter, banana, honey.	35
CINNAMON OATS Oats, sugar, cinnamon.	35
CHOCOLATE OATS Oats, Nutella, dark chocolate.	40
HERTZOGGIE OATS Oats, coconut, apricot jam.	35

BURGERS

*Hand made 180g beef burger OR
Roasted free range chicken breast.
Served with shoestring fries or a green salad.*

PLAIN Lettuce, tomato, pickles and red onion.	70
MATURE CHEDDAR Lettuce, tomato, pickle and red onion with melted mature cheddar.	80
BACON BLUE Crispy bacon and lettuce with decadent layers of blue cheese.	95
EGG BURGER Fried egg, lettuce, tomato, pickle and red onion.	75

BUILD A BREAKFAST

BASIC 2 eggs scrambled, grilled tomato, toast.	28
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ADD YOUR OPTIONS

Mature cheddar	15	Smoked salmon	26
Sauteed mushrooms	15	Beef patty	35
Avocado	15	Baked beans	12
Bacon	25	Grilled aubergine	12
Lamb sausage	30		

OPEN TOAST

✓ CREAMY AVO Boiled egg, red onion, coriander and pumpkin seeds with a pinch of cayenne.	42	SCRAMBLED EGG Cream cheese and smoked salmon.	50
✓ CASHEW BUTTER Sriracha sauce, toasted cashew nibs, spring onions and lime.	55	✓ PLAIN TOAST Served with butter and fruit preserve.	22

HOT BOWLS

✓ 3 CHEESE MAC (Extra bacon - R15).	65	MOROCCAN LAMB BOWL Moroccan lamb stew served with broccoli and rice (sub with cauliflower mash R10)	74
✓ AUBERGINE PARMIGGIANO Aubergines, napolitana sauce, mozzarella and parmesan, baked in the oven.	68	BREAKFAST BOWL Soft boiled eggs, lamb sausages, homemade baked beans.	56
WARM CHICKEN AND LENTIL SALAD Roasted free range chicken breast, on a warm lentil and chickpea salad with avo, coriander and lime.	85	✓ VEGGIE BOWL Falafel, quinoa, roasted aubergine, grilled peppers, broccoli, lime dressing.	70
MEATBALLS Meatballs, grilled mushrooms, grilled baby marrow served with rice (sub with cauliflower mash R10)	95		



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