

## BREAKFAST



### Avo Toast

With cream cheese  
Served on health loaf  
R 49

### Bacon, Egg, Cheese & Tomato Toastie

On health loaf, served closed.  
R 55

Muesli & Yoghurt  
With honey  
R 38

### Muesli & Yoghurt

With raspberry coulis  
R 45



## PANINI



### Big Papa

Braised BBQ  
Beef with  
gherkins,  
mozzarella &  
greens  
R 79

### The European

With bacon, feta, avo &  
caramelised onions  
R 67

### The Club

With chicken, bacon, cheese,  
tomatoes & greens  
R 69

## SARMIES

Served on health loaf with leaves

### Traditional Chicken Mayo

R 45

### BBQ Beef & Gherkins

R 58

### Hickory Ham & Cheese

R 39

### Cheese & Tomato

R 32



### Chicken Mayo & Avo

R 58

Ask our crafters about freshly baked muffins, mini loaves, tarts,  
croissants and cakes.

## FLAPJACKS & FRITTERS

### Bacon & Maple Syrup

Flapjack stack  
R 59

### Banana & Dark Chocolate

Flapjack stack  
R 55



### Bacon, Cheese & Tomato

Corn fritter stack  
R 65

### Spicy Mince, Cheese & Tomato

Corn fritter stack  
R 68

## WRAPS

### Pesto Chicken & Feta

R 54

### Avo, Tomato & Humus

R 54

### Mexican Wrap

Spicy mince, cheddar,  
tomato & avo  
R 62

### Hoisin Chicken Wrap

With cucumber  
R 54



## SALADS



### Chicken, Avo, Feta & Tomato Salad

With pesto mayo or  
vinaigrette  
R 68

### Warm BBQ Beef Salad

With avo,  
feta, greens,  
vinaigrette &  
salted nachos  
R 72



### Cape Town CBD

Mandela Rhodes building  
Cnr Wale Street and St Georges Mall  
021 424 8570

*Drink the Love*



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## Coffees



<b>Espresso</b> Single / double	R 15	R 17	
<b>Macchiato</b> Single / double	R 18	R 20	
<b>Cortado</b> Single / double	R 20	R 22	
<b>Traditional cappuccino</b> Double espresso cut with silky steamed milk.	R 24		
<b>Cappuccino / Flat white</b> Espresso cut with milk, steamed to your preference.	R 20	R 25	R 29
<b>Americano</b>	R 18	R 22	R 2
<b>Latte</b>		R 24	R 29
<b>Flavoured latte</b> Select a shot of flavoured syrup to add to your latte.	R 26	R 28	R 35
<b>Breve</b> Espresso, steamed milk and pouring cream.	R 26	R 28	R 35
<b>Mocha</b> Espresso & dark chocolate sauce, cut with steamed milk.	R 23	R 29	R 34
<b>★ THE DICTATOR ★ MAKE THE DAY OBEY YOU</b>	R 23		
Espresso, condensed milk, cream & chocolate shavings.			
<b>★ TOURIST ★</b> Espresso, steamed milk, syrup, cream & chocolate shavings.	R 24	R 30	R36
<b>Affogato</b> Espresso over Madagascar vanilla ice cream.	R 28	R 34	

## Slow Brew



<b>Pour-over</b> Crisp & bright. Brewed with the blend of the day. (Not available in all cafés)	R 25	R 30	
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## Iced Coffees

<b>Iced latte</b> Ice blocks, milk, espresso.	R 23	R 28	
<b>Blended ice latte</b> White chocolate base, milk, espresso, blended with ice.	R 30	R 38	
<b>★ FROZEN TOURIST ★</b> Espresso, white chocolate powder & flavoured syrup. Blended with ice, topped with cream & chocolate shavings.	R 32	R 42	

## Chocolate

<b>Hot chocolate</b>	R 21	R 26	R 35
<b>White hot chocolate</b>	R 21	R 26	R 35
<b>Ice d'Ivoire</b> Decadent chocolate base, milk & ice. Blended with Belgian chocolate bits.	R 35	R 44	

## Tea



<b>Red cappuccino</b>	R 21	R 27	R 30
<b>Chai latte</b>	R 21	R 26	R 35
<b>Frozen chai latte</b> Organic chai, made with Malawian black tea, blended with milk & ice.		R 34	R 44
<b>Specialty tea</b> Assorted flavours.		R 25	
<b>Tea</b> Rooibos / Five Roses / Earl Grey / Green Tea.		R 18	

## Refugees

<b>The farmers daughter</b> A blend of fresh & frozen berries, banana, honey, frozen yoghurt & ice.	R 33	R 43	
<b>Citrus spris</b> A blend of fresh & frozen citrus fruits, honey, ginger, frozen yoghurt & ice.	R 32	R 38	
<b>Peanut butter cup</b> Peanut butter, banana, Belgian chocolate bits, milk & ice.	R 35	R 43	
<b>Frozen lemonade</b> Organic lemon cordial, fresh lemon, sour lemon concentrate & ice.	R 30	R 35	
<b>Kiwi, apple &amp; mint crush</b> Harrismith apple juice, kiwi puree, fresh mint & ice.	R 32	R 37	
<b>Seasonal juices</b>	R 24		

### ALSO AVAILABLE

Valpre Still, Valpre Sparkling, soft drinks & iced teas.