

salt

served from 07h30 to 12h00

breakfast

fruit & muesli parfait

with full cream yoghurt & fresh seasonal fruit, choose from:

luxury 48

homemade muesli with dried apricots or cranberries

banting 52

homemade muesli cinnamon & coconut crunch

warm oats 39

toasted almond flakes, cinnamon, fresh apple slices & drizzled with honey, served with a choice of hot or cold milk

yoghurt pancakes 55

topped with full cream yoghurt, fresh banana, homemade berry coulis & toasted almond flakes, drizzled with maple syrup

gluten-free delight 56

fluffy scrambled eggs on fresh avo, topped with feta, roasted pumpkin seeds & baby leaves

mushroom stack

black mushrooms layered with grilled tomato, basil pesto & cream cheese

vegetarian 78

with fresh avo

loaded 80

with bacon & a poached egg

basic breakfast 45

2 eggs made to order (poached, fried or scrambled), bacon & grilled tomato, served with a slice of artisan bread

cheese & preserves 15

add to any breakfast or choice of freshly baked goods

3 egg omelette

served with toast, choose from:

green omelette 48

spinach, herb pesto & mozzarella

gypsy omelette 52

gypsy ham & mozzarella

loaded omelette 63

bacon, cheddar & cherry tomatoes

poached eggs on rye 56

2 slices of rye toast, topped with poached eggs, fresh avo, fresh cherry tomatoes, greens & a sprinkle of feta

french toast 59

made with homemade artisanal bread, topped with bacon & pan-fried banana, drizzled with maple syrup

green eggs & ham 58

2 poached eggs served with gypsy ham, pan-fried spinach & melted mozzarella on a slice of rye

cauliflower benedict

2 poached eggs set on cauliflower hashbrowns, topped with a smoked paprika hollandaise, choose between:

smoked salmon 89

bacon 79

the full monty 89

2 eggs (poached, fried or scrambled), bacon, grilled mushrooms, roasted cherry tomatoes, a beef sausage & artisan bread with cheese & preserves

freshly baked goods

see our selection of scones, muffins & pastries

smoothies

very berry 47

mixed berries, banana, whey protein, almond milk, full cream yoghurt

peanut butter 45

banana, peanut butter, low fat milk, whey protein, full cream yoghurt

protein smoothie 42

banana, whey protein, low fat milk, full cream yoghurt

funky monkey 37

banana, milo, low fat milk, whey protein, full cream yoghurt

skinny smoothie 35

honey, cinnamon, whey protein, low fat milk, ice

go green 38

banana, spinach, dates, green apple, honey, juice, ice

cheeky kiwi 48

kiwi, banana, strawberries, spinach, water, ice

the beetroot 48

beetroot, ginger, pineapple, spinach, water, ice

cold drinks

decadent shakes	34
- american coffee shake	
- oreo	
- peanut butter	
- nutella	
classic milkshakes	30
- chocolate	
- strawberry	
- banana	
- vanilla	
bos ice tea	22
<i>a variety available</i>	
fresh orange juice	18
fresh juice of the day	sq
<i>see our blackboard</i>	
sodas	17
tizers	23
mineral water	12
<i>250ml still / sparkling</i>	

coffee

coffees are served at an average coffee temperature, please specify if you like your coffee extra hot. add R5 for a mug resize

americano	22
- mild	
- strong	
refill	18
flat white	24
cappuccino	24
espresso	16 / 18
<i>single / double</i>	
café latte	26
chocochino	30
iced coffee	30
almond milk	+5
<i>to replace milk in any of the above</i>	

tea

pot of tea	20
- ceylon	
- rooibos	
rooibos cappuccino	26
rooibos latte	26
chai tea	25
earl grey	22
green tea	22
kombucha	35
<i>various</i>	

hot drinks

milo	25
hot chocolate	25

welcome

At Salt we are passionate about good food set in a cosy, scenic environment. Specialising in breakfast & lunch, we prepare & serve food with an edge, ensuring that all ingredients are fresh & sourced locally.

We pride ourselves on having some of the best coffee in town.

We cater for any event from parties to get-togethers. Let us design a menu shaped to your dreams, taste & pocket.

021 872 7580
hello@saltrestaurant.co.za

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served from 11h00 to 16h30

lunch

grilled honeyed chicken salad <i>with stewed apricots, toasted nuts, cherry tomatoes, crispy croutons, feta, cucumber & finely sliced onion, dressed in a minted honey vinaigrette</i>	84
salmon salad <i>with mixed leaves, orange carpaccio, capers, fresh avo, cucumber, a poached egg yolk & a creamy dill dressing</i>	92
broccoli salad <i>steamed broccoli florets, chickpeas, feta & a poached egg, topped with deep-fried capers & toasted sesame seeds</i>	72
crunchy mexican bowl with nachos <i>a fresh medley of corn, chickpeas, tomato & onion salsa, red & yellow peppers, spring onions, finely sliced red onion & coriander, dressed with lemon juice, topped with fresh avo & served with crunchy corn nachos</i>	88
gypsy wrap <i>gypsy ham rolled with a herb pesto, roasted cherry tomatoes, rocket, preserved fig, peppered cream cheese & mozzarella, served with skinny fries or a side salad</i>	72
cajun chicken wrap <i>rolled with fresh avo, red onion & rocket, served with skinny fries or a side salad</i>	68
veggie wrap <i>julienne veg stir-fried in a chili, ginger, honey & soy dressing, rolled with a zesty, peppered cream cheese, served with skinny fries or a side salad</i>	66
rare roast beef open sandwich <i>with grain-mustard butter, homemade onion marmalade, rocket & manchego cheese, served on toasted homemade artisanal bread with skinny fries or a side salad</i>	95
grilled chicken mayo sandwich <i>with honey-mustard mayo, pan-fried apple, toasted seeds & greens on homemade artisanal bread, served with skinny fries or a side salad</i>	64
creamy cajun chicken tagliatelle <i>rustic tagliatelle pasta with zucchini, red peppers, mushrooms & fresh cream, topped with zesty parmesan & bacon bits</i>	72
oriental chicken stir-fry <i>with egg noodles & a chili, ginger, honey & soy dressing, served with a homemade chilli paste</i>	75
pepper grilled beef sirloin <i>with fresh salsa verde & rocket drizzled balsamic, served with skinny fries or a side salad</i>	105

to share

chunky guacamole & gluten-free corn chips <i>ask for chilli paste for an extra bite</i>	68
cheese board <i>3 locally sourced cheeses, pita bread, olives, herb pesto, apple & onion chutney, preserved green fig & mixed exotic nuts</i>	85
charcuterie board <i>3 locally sourced cured meats, pita bread, olives, olive tapenade, roasted cherry tomatoes, apple & onion chutney, wholegrain mustard</i>	125

wine & beer

stubborn man wines

<i>chenin blanc</i>	25 / 75
<i>chardonnay</i>	25 / 75
<i>sauvignon blanc</i>	25 / 80
<i>rose</i>	25 / 100
<i>red blend</i>	30 / 105
<i>merlot</i>	30 / 100

pearl mountain wines

<i>wagon trail shiraz</i>	150
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bergriver brewery craft beer

<i>lager</i>	34
<i>pale ale</i>	30
<i>blonde ale</i>	36

dessert

decadent chocolate brownie <i>with berry coulis, a scoop of nutella & ice-cream</i>	38
salted caramel ice-cream sundae <i>with homemade salted caramel, topped with caramel popcorn</i>	35
baked lemon cheesecake <i>served with salted caramel & a scoop of ice-cream or whipped cream</i>	45
vanilla ice-cream & chocolate drizzle	28

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