



{SA-LU-BRI-OUS}

ADJECTIVE

1. Health-giving; healthy.

SYNONYMS:

Healthy · health-giving · beneficial

Now this menu, I'll have you know is gluten/wheat free contains only coconut oil or olive oil, has no sugar and the lowest carbohydrate count on any menu from here to Cairo

SALUBRIOUS BREAKFAST

AVO & BACON • R65

Natal Avo, stuffed with cream cheese & rosemary butter bacon

MUCHROOMS & GARLIC • R60

Garlicky wild mushrooms on mustard rye

HOLLANDAISE & BRINJAL • R72

Poached free range eggs, streaky bacon, lemony hollandaise on grilled brinjal

EGGS & MARMITE • R42

Dippy eggs & marmite soldiers - on banting loaf

SALUBRIOUS LUNCH

FISH & CHIPS • R85

Coconut oil grilled fish, served with chargrilled Parmesan & lemon zest courgette chips

PESTO & COURGETTES • R75

Homemade courgette spaghetti, fresh basil pesto, cherry tomatoes, baby spinach parmesan

CHICKEN & CAULIFLOWER • R82

Coconut crusted crispy chicken on a creamy cauliflower purée with chili lemon drizzle

PUMPKIN & CHORIZO • R62

Oven roasted pumpkin soup, with crispy chorizo and croutons

{ H E - D O N - I S M }

NOUN

1.The pursuit of pleasure

SYNONYMS:

self-indulgence • indulgence

These items may be a little naughtier, but we haven't compromised on quality ingredients. We have just totally ignored the teachings of the great Dr Noakes, paid no attention to paleo, celebrated the carbohydrate and rather praised wheat.

HEDONISTIC BREAKFAST

SAUSAGE & BEANS • R75

Full fry up - bacon, fried eggs, beans, mushroom, tom & Adams grilled ciabatta.

EGG & AVO • R58

Deluxe sarmie - guacamole, baked egg, tomato, spinach & cheese on Adams ciabatta.

BACON & EGGS • R50

Scrambled eggs, streaky bacon on ciabatta.

STRAWBERRIES & CREAM CHEESE • R75

Strawberry cheese cake French toast - served with honey and toasted nuts.

HEDONISTIC LUNCH

TOMATO & PASTA • R68

Tagliatelle pasta tossed with fresh garlic, olive oil & hint of fresh chili - served with baby spinach and cherry tomatoes and parmesan

PORK & HALLOUMI • R85

Slow roasted pork, grilled halloumi on potato and rosemary loaf with sweet red onion jam & served with sliced apple.

CHICKEN & PERI-PERI • R90

Marinated Rotisserie chicken with a bite served with fskinny fries and garlic aioli.

STEAK & FRITES • R125

250g rump steak, rolled in peppercorns, grilled over an open flame. Served with a brandy horseradish sauce & parmesan fries.

COLD DRINKS

STILL • R15

SPARKLING • R15

ICE TEA • R25

COKE • R18

CRÈME SODA • R18

ICED COFFEE • R25

ICED CHOC • R25

HOT DRINKS

ESPRESSO Single • R12 Double • R18

CAPPUCCINO Single • R20 Double • R26

AFRICANO Single • R18 Double • R24

LATTE Single • R22 Double • R28

EL PADRE Single • R18 Double • R24

HOT CHOC • R20

FIVE ROSES • R18

GREEN TEA • R22

MINT TEA • R22

KIDS BREAKY

DIPPY EGGS AND TOASTED SOLDIERS • R30

BACON AND EGG TOASTIE • R35

FRENCH TOAST, BACON AND SYRUP • R42

KIDS LUNCHY

BURGER AND FRIES • R50

CHICKEN MAYO TOASTIE • R35

MARGARITA PIZZA • R40

FRIES • R20

MILKSHAKES

VANILLA • R25

CHOCOLATE • R25

STRAWBERRY • R25

FAQ

1.

Yes you can hire this whole venue

2.

Yes we do whole roasted chickens in our rotisserie
so your work load can end at at 5pm

3.

Sure, the opening hours are
7:30am - 5pm Mon - Fri
8-3pm on a sat (sat may change due to the rugby)

4.

No not at all, please only tip if your happy with the
service.

