- FRESHLY BAKED -

see display for daily baked goods

Croissants, muffins & other goods
-ayw-

add home-made jam - 9
add home-made marmalade - 9 - ***New!***
add cheddar cheese - 12

Two wholesome slices of
Bootlegger Banana Bread/Coconut Bread
-39-

- BREAKFAST -

exchange for rye - 2

Vanilla Oats
with honey
-49-
with **Apple, Cinnamon & Almonds**
-59-

Superfood Chia Breakfast
coconut chia, vanilla & seasonal fruit
-68-

Raw Cacao Chia Pod - *New!*
almond milk, cinnamon, date syrup, Malden sea salt & granola
-68-

Bircher Muesli
chia seeds, flax seeds, apple juice & granny smith apple
-68-

Granola, Fruit Salad
home-made granola, seasonal fruit, orange & cinnamon infused honey
-68-

Buttermilk Flapjacks & Crème Fraîche
with powdered sugar & maple bacon
-68-

Mushrooms on Ciabatta
truffle infused mushrooms, poached eggs with cream cheese, thyme
-69-
add pork bangers - 25

No - Toast Breakfast
poached eggs, mushrooms, roasted rosa tomatoes & hollandaise topped with spring onion
-69-

The Sandbar Breakfast
poached eggs, baby spinach, tomato relish & feta on sourdough
-69-

Chicken Livers Peri-Peri - *New!*
on toast, with a soft sunny side fried egg
-65-

French Toast
french toast **Banana bread**/Croissant with syrup & a side of bacon
-78-
add fresh banana - 9

Breakfast Bun - *New!*
with beef mince, a sunny side egg & tomato-chilli jam
-78-

Bacon Scrambowl
four scrambled eggs, cream cheese, corn, Parmesan & sourdough
-78-

Salmon Trout Scrambowl
four scrambled eggs, cream cheese, corn, Parmesan & sourdough
-89-

Classic Benedict
bacon/gypsy ham, poached eggs, baby spinach & hollandaise on toast
-88-

Ham & Mushroom Benedict - *New!*
baby spinach, gypsy ham, poached eggs, hollandaise on giant brown mushroom
-95-

Smoked Salmon Trout Benedict
poached eggs, baby spinach & hollandaise on toast
-95-

Beef Mince Omelette
with home-made tomato chilli jam & toast
-88-

Bacon, Potato Rösti
poached egg, rosemary roasted tomatoes, rocket, truffle infused creamy mushrooms, Parmesan
-88-

Salmon Trout, Potato Rösti
poached eggs, cottage cheese & chives
-98-
add hollandaise - 16

Croissant Melt
bacon/gypsy ham, Emmental cheese, scrambled eggs & rocket
-89-

Green Omelette
avo, goat cheese, fresh baby spinach, peas, pesto & spring onion
-89-

Omega Smash
smashed & not so smashed avo, sourdough, salmon trout, two poached eggs & lemon-infused olive oil
-89-

The BootEgger - *New!*
eggs to your liking, bacon, rosemary roasted tomatoes, mushrooms, toast, chicken sausage/boerewors/pork banger
-98-
add avo - 22

- DIY BREAKFAST -

A slice of toasted artisanal bread
100% rye/sourdough/health bread/ciabatta
-10-

egg to your liking
rocket
mayo
fresh tomato
tomato chill jam
-9-

cheddar
Emmental
cottage cheese
feta cheese
cherry tomato
hollandaise
-16-

potato röstis
-19-

avo
bacon
goat cheese
smashed avo - ***New!***
gypsy ham
boerewors
mushrooms
baby spinach
chicken sausage
-22-

pork bangers
free-range chicken
-25-

beef mince
smoked salmon trout
-38-

plain omelette & toast
-38-

- SMOOTHIES -

Power
peanut butter, banana, cacao, almond milk, honey
-45-

Green - *New!*
spinach, pineapple, coconut water, banana, coconut pieces
-50-

Breakfast - *New!*
banana, maca, dates, almond milk, cinnamon, cashews
-50-

- COFFEE -

double shots standard

Espresso
-19-

Cortado
Macchiato
Americano
-26-

Flat White
Magic - three quarter flat white
-28-

Latté
Hot Chocolate
-32-

Mocha
Chai Latté
Iced Coffee
Red Cappuccino
Honey Nut Latté
-36-

Freezochino
-40-

Milk
glass of milk - 10
exchange for soy - 10
exchange for almond milk - 10

- FUNCTIONAL -

Turmeric Flat White
Beetroot & Cocoa Flat White
Matcha Flat White
-36 each-

- TEA -

Ceylon/Rooibos/Earl Grey
-20-

Organic Rooibos
Jasmine Queen/The Connoisseur
-25-

- MILKSHAKES -

Berry/Vanilla/Brownie/
Chocolate/Peppermint Crisp/
Bootlegger Coffee/Salted Caramel Popcorn
-49-

- OTHER -

Coke
Sprite
Other Sodas
-20-

Appletiser
Grapetiser
-25-

Home-Made **Iced Tea**
Lemon/Berry
-25-

Mountain Falls Still/Sparkling water
330ml - 22
750ml - 32

- FRESH JUICES -

One
orange juice

Two
apple, cucumber, spinach & celery

Three
apple & ginger

Four
carrot & orange

Five
beetroot & carrot

Six
ginger, apple, carrot, orange & beetroot

regular - 35
large - 40

shot of ginger - 18

ginger, chilli, honey & lemon shot - 22

- CAKES & SNACKS -

when available

Assorted Cookies
Buttermilk Rusks
Muesli Rusks
Wheat-Free Crunchies
-ayw-

apple cake
double roasted cocoa cake
carrot & cream cheese cake

Wheat & Gluten-Free:
orange & almond cake
double roasted cocoa quinoa
-ayw-

produced in a bakery where tree nuts, ground nuts & gluten are present