

## EATING. WITH PURPOSE

### BREAD OF THE DAY

- essene bread – Tuesdays R54  
Sprouted organic wheat bread - a blend of ancient Khorosan and SA Witwol (both from Lowerland) – mashed together into a paste with a touch of sourdough starter and desert salt. Slow baked at a low temperature to create a highly nutritious loaf.
- ezeziel – Wednesdays R58  
Inspired by the recipe given to Ezeziel by God himself. He was instructed to create a high protein substance before the famine struck. This loaf contains; Ancient wheats, malted barley-, millet- and chickpea flour combined with lentils, red beans and organic Teff (Lowerland).
- rene's rye – Thursdays R58  
A Wholegrain Rye bread from Tartine. Contains buttermilk, dark beer, flax-, sunflower-, pumpkin- and sesame seeds with a drop of honey. Made with SA grown rye (Lowerland)
- corn porridge bread – Fridays R44  
The ultimate “braai broodjie” bread. Bertie Coetsee from Lowerland Farm, Prieska, farms the tastiest organic yellow mielies. Seeing as mieliemeel has no baking qualities, we created a porridge and merged it into country loaf dough.
- mosbolletjie – Sundays R58  
We don't need to tell you anything about this old “staatmaker”. Enjoy with too much butter and Nastergal Jam.

## NAKED JUICES & INFUSIONS

grapefruit, beetroot & pear	R45
apple, mint & lemon	R38
orange, pineapple & ginger	R48
iced coffee sweetened with raw honey	R33
still   sparkling water 250ml/750ml	R18/ R38
apple   pineapple   grape fizz	R30

## DAILY BREAD

schoon sourdough	R38
Our signature loaf, scripted with an "S", requiring 3 days. A combination of rye-, whole wheat- and white bread flour makes for a delicious, flavourful everyday loaf for every occasion.	
country loaf	R38
A sandwich loaf for the daily bread bin. A white and whole wheat sourdough bread made with stoneground flour accentuates the creamy flavours of wheat and revives the memories of how real bread was once made.	
baguette	R27
A high crust to crumb ratio. Prepared with a long overnight ferment to develop flavour with an added South African touch of yellow maize meal.	
rustique	R33
A well hydrated loaf with a long overnight ferment baked at high temperatures offers a bread with a very thin crust and a big open, chewy crumb.	
whole grain dark rye	R48
A dark loaf with a long palate. Made with the only organic rye in the country. Nuances of roasted coriander and honey.	
olive bread stick	R22
Green olives held together by baguette dough.	
cheese stick	R22
Grana Padano in baguette dough. An upgraded version of the cheesy bun.	
chocolate bread stick	R22
A mixture of dark & white chocolate.	

## HOT BEVERAGES

flat white	R28
red flat	R30
latte	R30
cortado	R26
americano with milk or pouring cream	R27
espresso	R20
hot chocolate a smear of dark chocolate ganache & steamed milk	R44
mocha a smear of dark chocolate ganache, a shot of espresso & steamed milk	R49
taai koffi double shot espresso with a shot of condensed milk & steamed milk	R35
twg tea- rooibos   earl grey   green tea   ceylon	R35
Schoon espresso blend 3 parts Honduras organic, a medium/dark roast with aroma's of vanilla & hazelnut and flavours of nut & chocolate 2 parts Brazil Cerrado, a medium roast with flavours of almond, chocolate & malt 1 part Ethiopian Yigacheffe, a medium roast with sweet floral aroma's and a fruity,lemon complex flavour	

## PASTRY OFFERING

plain croissant Layered dough with cultured butter, rolled & folded several times in succession	R30
hazel nut chocolate croissant Croissant dough, filled with a chocolate & hazelnut ganache, drizzled with chocolate	R45
almond croissant A reakfast pastry with a sweet almond filling topped with toasted almonds	R45
ricotta & honey croissant Croissant dough rolled with fresh ricotta, baked & drizzled with honey	R30
cronut Croissant dough deep fried & filled with vanilla custard, rolled in cinnamon & sugar	R22
cinnamon square Croissant dough generously dusted with sugar before being baked to develop a thick caramelized crust	R18
baked cheesecake   baked choc cheesecake Made with creamcheese   raw cocoa powder & 65% dark chocolate	R48/R52
pasteis de nata A traditional Portuguese custard tart with a delicate salty pastry crust.	R26
lemon & poppyseed mini loaf A classic, packed with zesty flavours, we pour our lemon icing sugar on hot out the oven for it to soak in	R21
almond & apple friand A rich lemon cake traditionally made with almond-meal baked upside down with a poached winter apple and almond flakes.	R32
chocolate rye peanut butter tart A chocolate rye crust filled with caramel, peanut butter & chocolate ganache	R50
Butterkuchen Flattened baguette dough with cinnamon & sugar, flaked almonds & butter caramel sauce	R20

croissant / toast with jam, boland cheese & salted butter	R52
toasted ham & gruyere croissant with whole grain mustard	R75
herb ricotta & lemon mushrooms on toasted essence	R85
brioche french toast with baked apple & brie, mascarpone & buchu syrup	R85
soft scrambled egg on toasted Sourdough with bacon & slow roasted tomato	R82
*on a croissant	R95
smoked trout, spring onion & scrambled egg on mosbolletjie toast	R55
*on a croissant	R68
croque madame with wholegrain mustard & gruyere bechamel, pork loin & soft poached egg	R98
toasted poached chicken mayo with mielies & coriander on sourdough	R75
grilled 3 cheese & honey roasted tomatoes on sourdough	R95
toasted bacon & creamed leeks with mustard cream cheese & baby spinach	R80

yogurt & stewed winter fruit with granola bar	R55
baked oats with figs & nuts topped with plums poached in rose honey syrup	R72
soft mielie pap with burnt honey butter & toasted almonds	R45
roasted tomato soup with herb croutons	R76
creamy cauliflower, chicken & split pea soup with spiced seeds   served with fresh slice of bread	R82

#### ADD-ONS

bacon	R28
poached egg	R14
scrambled egg	R32
jam	R15
slow roasted tomato	R18
boland cheese	R15
cream cheese	R12
bread slice	R15