

HARVEST



CAFE & DELI

102 Wale Street, Bo-Kaap, Cape Town

Beetroot & berry smoothie bowl *with toasted coconut, frozen berries, granola & cacao nibs* R62

Quinoa porridge *with banana, coconut, tumeric, toasted buckwheat & passionfruit* R60

Birchers chai & coconut soaked oats *with dates, berries, Greek yoghurt & sliced apple* R58

Eggs Benedict served on zucchini fritters with wilted spinach & toasted almonds
with sauteed mushrooms & cranberries R75 | bacon R84 | smoked salmon R92

Avocado rose *on toasted sourdough sprinkled with dukkah* R52
add a poached egg R7

Coconut & garlic oyster mushroom ragout *with poached eggs, lemon zest & fresh chilli* R80
served on toasted sourdough
add bacon R12

Pumpkin fritters *with Greek yoghurt, seasonal berries, granola & drizzled with maple syrup* R68

**All our eggs are free range*

LUNCH

HARVEST

Grilled honey & sesame aubergine salad *served on a bed of baby spinach, chickpeas, cranberries & toasted pumpkin seeds – dressed in a thyme & tahini yoghurt* R65

Tenderstem broccoli & snap pea salad *served with green beans, blueberries, feta & toasted almonds – drizzled with a honey & mustard dressing* R75

Quinoa tabouli *with cranberries, olives, diced tomato, toasted almonds & lemon zest* R68

Grilled haloumi & charred tomato salad *served on a bed of lentils, sunflower seeds & blueberries* R82

Add a tumeric & coconut chicken fillet to any of the above for an additional R25

Thai butternut & coconut soup *with pickled carrots, cabbage, snap peas, chilli & coriander* R62

Beef burger *with pickled cucumber, grilled aubergine, rocket & green dressing* R85

Falafel burger *with avocado, pickled cabbage & a green dressing* R75

Harissa chicken wrap *with beetroot hummus, avocado, rocket & haloumi* R75

Grilled aubergine wrap *with avocado, feta, pickled cabbage & sriracha mayo* R64

SMOOTHIES 470ml

Berry Blaze: <i>mixed berries, banana, orange juice, coconut milk, chia seeds, goji berries & honey</i>	R56
Cacao Nut: <i>peanut butter, banana, cacao nibs, cinammon, chia seeds, almond milk & honey</i>	R54
Tropical Date: <i>pineapple, papaya, banana, coconut milk, dates & macadamia nuts</i>	R54
Lean Green: <i>spinach, avocado, kale, banana, almond milk, honey & moringa</i>	R52

FRESH JUICES 250ml

Old Fashioned: <i>100% orange</i>	R25
Gingifer: <i>carrot, apple & ginger</i>	R28
Harvest: <i>kale, spinach, cucumber, apple, lemon & mint</i>	R32
Jitterbug: <i>beetroot, carrot, lemon & apple</i>	R30
<i>Add ginger for R5</i>	

SHOTS 50ml

Wheatgrass & apple	R28	Ginger	R20
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HOT DRINKS

Espresso	R18	Americano	R20
Cortado	R24	Flat White	R26
Latte	R28	Honest Hot Chocolate	R34
Red Cappuccino	R28	Babyccino	<i>our treat</i>

Decaf available on request R2 | Almond milk for an additional R7

HERBAL TEAS

The Connoisseur	R18	Black Breakfast	R18
Earl Grey	R22	Jasmine Queen	R20
Cape Green	R20	Hot Cross Bun Chai	R22
Devil's Advocate	R22	The Cleansing Detox	R22