

caffeine infused.

Espresso	R18
Macchiato	R20
Cortado	R22
Americano	R20
Cappuccino/Flat White	R24
Cafe Latte	R26
Cafe Mocha	R28
Chaikovsky	R28
Extra shot	R5
decaf	R3
add almond milk	R8

Affogato R30
Vanilla ice cream
& espresso

caffeine refused.

Hot chocolate	R25
Matcha latte	R35
Match tea	R25
Chai latte	R28
Red cappuccino	R28
Babychino	R10
add almond milk	R8

**Sorry but
no split bills!**

high tea. *lady Bonin's tea*

Earl Grey	R25
Ceylon black tea & bergamot oil	
Moroccan mint	R25
Green tea & mint	
Teatox	R25
organic honeybush, fennel, aloe, calendula, lemon & peppermint	
Harmony	R25
organic buchu, roses, orange, apple, cinnamon, lavender & jasmin	

soft drinks.

Appletiser . Grapetiser	R22
Coca Cola . Coke Zero . Sprite	R18
San Pelegrino . Aranciata Rossa	R25
San Pelegrino . Limonata	R25
Water . still or sparkling 500ml	R18
BOS organic iced tea's	R22
Kombucha . fermentet health tea	R40

No gratitude included.
Please tip your waitron if you
received great service.
10% service fee added for a table
of more than 6 people
Thank you.

freshly pressed.

High five .	R38
beetroot, carrot, apple, ginger, lemon	
Green mamba .	R38
cucumber, celery, apple, ginger & spinach	
Super greenie.	R44
kale, celery, spinach, parsley, apple & kelp	
Roger rabbit .	R38
carrot, apple & ginger	
Orange .	R38
Flu fighter .	R44
orange, apple, ginger, honey, cinnamon & ceyenne pepper	



drinks

frappes & smoothies.

Iced coffee . double shot	R38
Iced mocha . double shot	R40
Iced chai	R35
Iced chocolate	R35
Bananarama .	R35
banana, honey, cinnamon	
Peanutbutter deluxe .	R40
peanutbutter & banana	
Berry delight .	R40
berries, apple & banana	
★ add yogurt	R5
★ add almond milk	R10



dairy free power smoothies.

Super power smoothie
cacao, hemp powder,
dates, cinnamon & banana

Green smoothie
baobab, spirulina, hemp seed
protein, barleygrass, wheatgrass,
wild harvested moringa leaf & banana

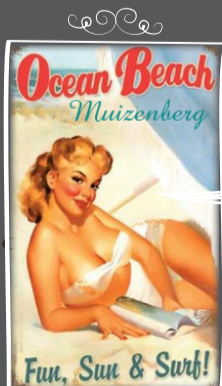
Energizer smoothie
lucuma, mesquite, cacao, hemp seeds,
maca, taheebo, cinnamon,
vanilla & banana

Vanilla mesquite smoothie
lucuma, chia seeds, mesquite, hemp
seeds, maca & banana

Maca love smoothie
maca, dates, banana
& a touch of sea salt

R48

Surf's up!



breakfast.

7.30am - 11.30am

Surfers chow R82

2 free range eggs, bacon, mushrooms, emmentaler cheese & bread of your choice

Beach babe R70

2 free range eggs, feta, sun dried tomato pesto & baby spinach on bread of your choice

add avo SQ R15

Hang Ten benedict with spinach & balsamic hollandaise:

mushrooms R78 . bacon R87

Stoked hippie R78

Avo, roasted tomatoes, junky cottage cheese, sprouts, toasted seeds & sun dried tomato pesto with bread of your choice

Amped brekkie R45

2 free range eggs, jam, butter & 2 slices of boere toast
add bacon R20

bread options: boerie toast, sourdough, seeded, rye
glutenfree bread R12

Frenchy toast R67

with apple compote, double cream yogurt, toasted almonds, honey & cinnamon

Barrel bowl R68

Granola, fresh seasonal fruit, double cream yogurt, cinnamon & honey

Vegan barrel bowl R78

Granola, fresh seasonal fruit, almond milk, cinnamon & coconut nectar

savoury crêpes.

Veganissimo (V) R87

Spicy lentil babootie with aubergine jam in a gluten & dairy free cumin crepe

Fat Freddy R78

Salami, scrambled egg, mozzarella, sweet corn, jalapeños, tomato relish & oregano

Wannabe Freddy (V) R75

Spinach, scrambled egg, mozzarella, sweet corn, tomato relish, jalapeños & oregano

El Greko (V) R75

Feta, spinach, olives, sun dried tomatoes, jalapeños, tomato relish & toasted sesame seeds

The Italian Job (V) R78

Mozzarella, calamata olives, sun dried tomato pesto, baby spinach & oregano

Old Mc Donald R78

Gypsy ham, scrambled egg, mushrooms, spinach & mozzarella

ZA Brekkie Crêpe R78

Bacon, scrambled eggs & mozzarella

Kiss My Butternut R78

Roasted butternut, feta, sun dried tomatoes, spinach, greek yogurt & toasted sesame seeds

Tree Hugger R55

Feta, spinach, sun dried tomatoes & oregano

The Hero R55

Gypsy ham, mozzarella, tomato relish & oregano

gluten & dairy free base R12

sweet crêpes.

What the fudge R50

Home made caramel fudge, banana & toasted almonds

Absolutely nutty R50

Belgium chocolate, banana & toasted almond

Mr. Bee R50

Honey, banana & toasted almonds

Apple-di-duda R55

Apple compote, honey, toasted almonds & cinnamon

Plain jane R40

Belgium chocolate **or** caramel fudge

The classic R35

Cinnamon-Sugar & fresh lemon wedge

Almonds toasted R8 . Banana R5
Belgium chocolate or caramel fudge R10 . Vanilla ice cream R10
gluten & dairy free base R12