BREAKFAST

served from 7am until 11. 45am

CROISSANTS a cafe classic

plain with no frills	20
white cheddar or homemade preserve	28 | both 36
tomato, mozzarella & basil pesto	40
fresh ham & cheddar	45

A FRESH START

MERAKI - made coconut, honey & almond **granola** served with a helping of farm fresh plain yoghurt & honey 38

add fruit 15

seasonal fruit bowl with plain yoghurt & drizzled with honey 35

add seeds 8 | extra honey 8 | seasonal berry compote 10

rolled oats cooked with toasted nuts & cinnamon served with honey & milk on the side 35

EGGY CLASSICS

classic **french toast** with maple flavoured syrup & a helping of creme fraiche 45

add bacon 18 | bruleed banana 15 | nutella chocolate 15

two egg omelettes served with your choice of bread

mushroom, white cheddar & basil pesto 68
bacon, leeks & feta 70

THE BEE'S KNEES BREAKFAST

morning hunter's delight croissant filled with wholegrain mustard, gypsy ham, emmenthaler cheese & handful of garden greens 55
add a poached egg 10

eggs benedict poached eggs, streaky bacon, roasted tomato and hollandaise sauce on crispy ciabatta toast 65

croque monsieur a french classic, melted cheese, wholegrain mustard, gypsy ham & béchamel sauce sandwich on sourdough 60

madam with an egg on top 68
(v) provençal tomato instead of ham 48

corn fritters & honey bacon creamy corn fritters with honey bacon, fresh herbs & a sriracha yoghurt dressing & seasonal salsa 60

add a poached egg 10

shakshuka slow cooked tomatoes with fresh herbs, harissa, feta, fresh herbs & a poached egg served with crispy ciabatta toast 70

CREATE YOUR PLATE

bread	
rye | sourdough | ciabatta | whole wheat	12
brioche | croissant	20
eggs	
poached or scrambled	
1 egg	12
2 eggs	20
cheese	
white cheddar | emmenthal | feta | chevin	15
preserves & butters	
MERAKI - made jam | raspberry preserve | marmalade	12
nut butter (buttanutt)	10
meat	
bacon | pork sausage	18
mackerel | salmon	25
veggies	
roasted or fresh tomatoes	10
mushrooms | pronto mama tomato	15
avocado (when available)	18

LUNCH

served from 12pm until 5pm

POWER BOWLS

a super healthy & crazy tasty "power lunch" bowl loaded with healthy, delicious ingredients - protein loaded grains, vegetables, fruits, nuts, meats, cheeses & seeds.

- revitalise & energise your body with these wholesome bowls.

daily power bowl - see our menu board for our daily power bowl combination 78

SEASONAL PLATE

summer produce plate (v) a summery plate of beautiful summer fruits, plum tomatoes, a chunk of ricotta cheese & honey 65

mediteranean veggies (v) a bowl of seasonal roasted veggies & homemade basil pesto 55

SANDWICHES & TOASTIES

available on a banting wrap instead of bread **add** 8

chicken livers pan fried served with roasted onion & cream on your choice of bread 65

chicken & bacon on sourdough with homemade basil pesto, aioli & rocket 58

triple cheese mature cheddar, emmenthaler & chevin goats cheese melted on toasted sourdough & served with grilled tomatoes 45

add bacon 18

CLASSIC SALADS & WRAPS

roasted veggies seasonal combination of vegetables, baby leaves, toasted seeds, hummus & MERAKI-made dressing 60 | 65

add dukkah chicken 15

caesar salad reworked chicken, bacon, egg, cos lettuce, parmesan shavings & a light anchovy dressing 60 | 75

add anchovy fillets 15

smoked mackerel with roasted sweet potato, garden greens, goats cheese, roasted red onion & toasted seeds 60 | 80

green salad a simple bowl of fresh greens, toasted pine nuts, parmesan & refreshing dressing 60

caprese salad handmade fior de latte, basil & fresh tomato 68

fresh figs & parmesan farm fresh figs, fresh greens, toasted pine nuts, paremsan & a refeshing dressing 70

MEAT

served with your choice of skinny fries, sweet potato fries or kale chips

beer braised brisket on soft bun with tomato relish, homemade pickles & fresh rocket served with skinny fries 75

chicken breast on a soft bun with aioli, cucumber pickles, tomato relish & rocket served with skinny fries 60

quinoa burger crispy quinoa & chickpea MERAKI -made patty on a soft bun, aioli, marinated brinjal & rocket served with sweet potato fries 75

pulled pork & asian slaw on a soft bun with creme fraiche & grilled pineapple 68

SMALL SIDES

skinny fries | sweet potato fries | kale chips 25

garden greens with pine nuts & parmesan 30

pickles 18

SWEET

churros in cinnamon sugar, nutella chocolate sauce for dunking 30

affogato vanilla ice cream with a single or a double shot of espresso 30

ICE CREAM COMMUNITY the best ice cream in town 25
- select your flavour from the fridge under the counter

freshly baked pastries
- feel free to browse our pastry case stocked with a delectable array of buttery goodness

DRINKS

COFFEE

we love to **make** coffee. for the neighbourhood that **loves** to drink it.

espresso	12 / 14
americano	14 / 16
cortado	16 / 18
flat white	20 / 22
cuppaccino	20 / 22
latte	22 / 24
ice coffee ice & ice-cream & coffee	30 / 32
ice latte coffee & ice & milk	20 / 22
hot chocolate	22
nutella hot chocolate	30

TEA

NIGIRO. finest leaf teas.

the art of tea is in its making. please allow the tea to do the talking
& learn the wisdom that comes from surrendering to tea & silence.

pure **wild rooibos**	20
black tea assum hajua	20
earl grey blue flower	20
peppermint leaves	20
ginger tea	25
green tea **sencha fukujyu**	25
chai latte	22
red cappucino	20
red latte	24

mineral WATER

500ml	still or sparkling	15
1000ml	still or sparkling	30

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raw JUICE

35

add ginger 12

MISS SUNSHINE. orange base with a mix of available fruit & veggies

MR. APPLETON. apple base with a mix of available greens

MRS. BEETLEMINT. beetroot base with apple & mint

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other DRINKS

add ginger 12

JUICEBOX. bottled seasonal juice 22

ÜBER FLAVOURED ICED TEA
mango & vanilla | apple & cinnamon | lemon & honey 25

FIZZIES

coke or coke light	16
appletizer or grapetizer	22

SMOOTHIES

40

RASPBERRYsummer. raspberries, banana, yoghurt & ice-cream

tropical PAPAYA. papaya, pineapple, yoghurt & a scoop of ice-cream

NUTELLA delight. nutella, crunchy peanut butter, yogi & ice-cream

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CIDER

Rekordelig swedish imported cider 4.5% alc. 48
- pear
- strawberry & lime
- wildberry

Sxollie golden delicious apple cider 4.5 % alc. 28

BEER

Jack Black 25
Heineken 25
Windhoek Lager 22

Ginger Beer **Fiery Dragon** 5.5% alc. 40

&Union. Bavarian Craft Beer 5% alc 40
- Stephweiss
- Light Lager
- Handwerk Indian Pale Ale

GIN o'clock

single 35 | double 45

GIN CLASSIC. inveroche classic gin & indian tonic

BARCELONA STYLE. tanquray gin finished with a twig of rosemary, lemon & a caper berry

RUBY. tanquray gin with ruby grapefruit

BOMBAY GREEN. with cucumber & basil

WINE

SAUVIGNON BLANC

Sophie Te Blanche	165
Tokara	155
Springfield	220

CHARDONNAY

Brennaissance. knight of white	185

BLEND sauv blanc. semilon. pinot gris miss Lucy	175

RED

REYNECKE. organic red	175
ERNST & Co. pinotage	195

BY THE GLASS Sophie Te Blanche Tokara REYNECKE. organic red	40