

LIGHT MEALS



Sandwiches Or Wraps

Served with Fries, Sweet Potato Wedges or side salad

BREAD OPTIONS

White, Brown, Rye, Health or Wrap

Tai Chilli Chicken	R57.90
Sweet chilli marinated Chicken, soya sauce & sesame oil, red cabbage & fresh coriander	
Mac N Cheese Toastie	R56.90
Homemade Mac & three cheese sauce toasted with mature cheddar cheese	
Chicken Mayo	R49.90
Add Bacon	R18.00
Add Avo	R12.00
Chicken Relish Toastie	R54.90
Thinly Sliced grilled chicken fillet with homemade beetroot relish & Brie Cheese	
Sun Worshipper	R69.90
Avo, Sundried tomato, hummus, basil & pine nut pesto mayo on rocket	
Philly Steak	R72.90
Grilled Steak Strips with caramelized onion & cheese	
Smoked Salmon Smashy	R104.90
Smoked salmon, cream cheese, spring onions, avo, fresh dill, lemon & smashed avo	

Falafel & Beetroot R64.90

Homemade chickpea falafel croquettes with red cabbage, beetroot relish, hummus, cucumber, greek yogurt & fresh coriander

Roasted Veg & Feta R54.90

Roasted Sweet potato and beetroot with crunchy relish and feta

Toasted Sandwiches (No Sides included)

BREAD OPTIONS

White, Brown, Rye or Health

Bacon & Egg	R24.90
Cheese	R19.90
Chicken & Mayo	R29.90
Ham & Cheese	R32.90
Cheese & Onion	R19.90
Ham, Cheese & Tomato	R36.90
Cheese & Tomato	R26.90
Bacon & Cheese	R32.00
Chicken Curry	R30.00
Beef Curry	R30.00

PLEASE RATE YOUR EXPERIENCE



THE BEAN STORY

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Add Soya or  
Almond Milk for  
R12.00



## ESPRESSO

|            | Regular | Large  |
|------------|---------|--------|
| Americano  | R23.90  | R34.90 |
| Cappuccino | R28.50  | R37.50 |
| Espresso   | R18.90  | R29.90 |
| Latte      | R30.50  | R41.50 |
| Macchiato  | R24.90  | R34.90 |
| Flat White | R28.50  |        |

## HOT DRINKS

|                   |        |        |
|-------------------|--------|--------|
| Spiced Chai Latte | R32.90 |        |
| Honey Nut Latte   | R40.90 |        |
| Hot Chocolate     | R30.90 | R38.90 |

## TEA

|                |        |  |
|----------------|--------|--|
| Earl Grey      | R21.90 |  |
| Ceylon         | R19.90 |  |
| Green Tea      | R19.90 |  |
| Rooibos Tea    | R19.90 |  |
| Red Cappuccino | R30.90 |  |

**PLEASE ASK YOUR WAITRON WHAT  
BOTTLED AND CANNED BEVERAGES ARE  
AVAILABLE**

## **KIDS** meals & drinks

**12 YEARS AND YOUNGER**

|                 |        |               |        |
|-----------------|--------|---------------|--------|
| Bambino Brekkie | R29.90 | Coco Shake    | R25.90 |
| Oats & Apple    | R19.90 | Berry Shake   | R25.90 |
| Mac N Cheese    | R37.90 | Vanilla Shake | R25.90 |
| Chicken Nuggets | R37.90 | Babycinno     | Free   |
| Cheesy Toasty   | R27.90 |               |        |





# Breakfast

**AUTHENTIC**



## Breakfast

|                                                      |         |
|------------------------------------------------------|---------|
| Berries & Mango Granola                              | R 49.90 |
| Garden Breakfast                                     | R74.90  |
| Eggs Florentine - Rye                                | R69.90  |
| Eggs Florentine - Rosti                              | R74.90  |
| Sunrise Breakfast                                    | R35,90  |
| Scrambled Egg (served with<br>Toast)                 |         |
| Bacon & Tomato                                       | R58.90  |
| Spring Onion, Salmon & Cheese                        | R109.90 |
| Vegetarian Stack                                     | R79.90  |
| Oats Original                                        | R29.9   |
| Oats with Cashew Nuts &<br>Banana                    | R65.90  |
| Omelette Spinach, Creamy<br>Mushrooms & Spring Onion | R63.90  |
| Omelette Bacon, Roast Baby<br>Tomatoes & Feta        | R63.90  |
| Salmon, Sweet Potato & Baby<br>Marrow Stack          | R115.90 |

## Extra's

|                        |        |
|------------------------|--------|
| Bacon (2 slices)       | R18.00 |
| Fresh Tomato Slice     | R5.00  |
| Creamy Black Mushrooms | R25.00 |
| Danish Feta            | R15.00 |
| Pork Sausages          | R15.00 |
| Sundried Tomatoes      | R10.00 |
| Avo                    | R12.00 |
| Fresh Chilli           | R5.00  |
| Creamed Spinach        | R15.00 |
| Grilled Chicken        | R20.00 |
| Onion Fresh            | R5.00  |
| Egg                    | R8.00  |
| Rump Steak (150G)      | R50.00 |
| Toast                  | R4.50  |





# THE BACKYARD

Served with Chunky Fries or  
Sweet Potato Wedges or a  
Side Salad

**ELEMENTARY BEEF BURGER R61.90**

Homemade 200g Beef Burger

**CHEESE BURGER R79.90**

Homemade 200g Beef Burger with a  
rich creamy mature cheddar cheese  
sauce

**CHEESE & BACON BURGER R87.90**

Homemade 200g Beef Burger with  
grilled bacon & cheddar cheese

**THE ELEMENT BURGER R91.90**

Homemade 200g Beef Burger topped  
with Danish Feta,bacon,onion relish &

Avo

**GOURMET CHICKEN BURGER R61.90**

Grilled chicken fillet with fresh Dill &

Mayo

**CHICKEN SUPREME BURGER R74.90**

Grilled chicken fillet topped with  
brie,homemade relish,mayo & grilled  
bacon

**FALAFEL & MUSHROOM BURGER R82.90**

Homemade falafel patty topped with  
creamy black mushrooms,greek  
yoghurt,hummus & red onion





# Off Our Grills

## MAIN MENU

SERVED WITH CHUNKY FRIES, SWEET POTATO WEDGES OR SIDE SALAD

### BEEF

|                                                                                     | 150G           | 250G           |
|-------------------------------------------------------------------------------------|----------------|----------------|
| <b>Rump Egg &amp; Chips</b>                                                         | <b>R87.90</b>  | <b>R99.90</b>  |
| <b>Rump with the Works</b>                                                          | <b>R119.90</b> | <b>R135.90</b> |
| Grilled Rump topped with creamy black mushrooms served with sweet potato & beetroot |                |                |
| <b>Beef Curry &amp; Rice</b>                                                        |                | <b>R50.00</b>  |
| Served with Sambals                                                                 |                |                |

### CHICKEN

|                                                                                                 |  |               |
|-------------------------------------------------------------------------------------------------|--|---------------|
| <b>Chicken Curry &amp; Rice</b>                                                                 |  | <b>R50.00</b> |
| Served with Sambals                                                                             |  |               |
| <b>Grilled Chicken Hollandaise with Roasted Veg</b>                                             |  | <b>R79.90</b> |
| Grilled Chicken fillet with Hollandaise sauce served with sweet potato & beetroot or side salad |  |               |
| <b>Chicken Schnitzel</b>                                                                        |  | <b>R50.00</b> |
| Crumbed Chicken fillet topped with your choice of creamy cheese or black mushroom sauce         |  |               |

### PASTA & SOUP

|                                                                        |  |               |
|------------------------------------------------------------------------|--|---------------|
| <b>Mac N Cheese</b>                                                    |  | <b>R59.90</b> |
| Homemade rich, creamy cheese sauce & macaroni (not served with a side) |  |               |
| <b>Spaghetti Bolognese</b>                                             |  | <b>R50.00</b> |
| <b>Thick Vegetable Soup</b>                                            |  | <b>R35.00</b> |
| Served with a bread roll                                               |  |               |



# THE GREENERY

• SALADS & SIDES •



## BACON FETA & AVO SALAD R74.90

Baby Spinach, rocket, Danish Feta, grilled bacon & caramelised cashew nuts / roasted walnuts

## GRILLED LIME CHILLI CHICKEN SALAD R66.90

Marinated Chicken in sweet chilli, soya sauce and sesame oil, rocket, baby spinach, red cabbage, avo, red onion & fresh coriander

## SMOKED SALMON SALAD R98.90

Smoked Salmon, cucumber, fresh dill, avo, rocket, baby spinach & roast pine nuts

## GRILLED STEAK SALAD R86.90

Grilled Steak Strips, rocket, sundried tomato & Cheddar Strips

## FALAFEL & CASHEW SALAD R79.90

Homemade falafel crouettes, baby spinach, red cabbage, danish feta, homemade beetroot relish & caramelised cashew nuts

## SIDE ORDERS

Just a little extra to add or complete your perfect meal

### CHUNKY FRIES R19.90

### SWEET POTATO WEDGES R24.90

### ROASTED SWEET POTATO & BEETROOT R35.90

### SIDE SALAD R35.90

Mixed lettuce, rocket, sundried tomatoes & feta

# ELEMENTS

## smoothies & fresh juices

NOT YOUR AVERAGE SMOOTHIE BAR  
 SOYA OR ALMOND MILK OPTION ADD R12.00  
 350ml 500ml

**VITALITY** R39.90 R49.90

Orange Juice,banana,mango,goji berries  
 coconut shavings & fresh Ginger

**PEANUT BUTTER BANANA** R41.90 R51.90

Banana,low fat milk,peanut butter,vanilla,  
 greek yoghurt,cocoa,cinnamon & honey

**MEAN GREEN MACHINE** R41.90 R51.90

Pineapple,baby spinach,pineapple juice  
 & apple

**MANGO MADNESS** R44.90 R54.90

Mango Juice,mango pieces,greek yoghurt  
 low fat milk,banana,vanilla & lemon Juice

**BLUE BANANA** R39.90 R49.90

Blueberries,apple Juice & Banana

**BLUEBERRY SHORTCAKE** R41.90 R51.90

Blueberries,milk,almonds,honey,dates,  
 vanilla & oats



350ml 500ml



**ALL HEALTH JUICE** R40.90 R50.90

Carrots,fresh Ginger,avo,celery,cucumber  
 & apple

**FLU BUSTER** R37.90 R45.90

Orange,pinapple,carrot & fresh ginger

**FRESH PINACOLADA** R46.90 R52.90

Pineapple,fresh ginger,apple & coconut  
 milk

**GREEN LEMONADE** R60.90 R70.90

Apple,lemon,cucumber,celery,baby  
 spinach & fresh ginger

**SWEET BEET** R50.90 R61.90

Beetroot,apple,carrot & orange



# Freezy Teeth - Healthy Cheat



## Milkshakes

|                         |        |
|-------------------------|--------|
| Berry Shake             | R45.90 |
| Coffee Shake            | R45.90 |
| Blueberry Shake         | R45.90 |
| Cosmo Delight           | R45.90 |
| Pinacolada Paradise     | R45.90 |
| Passion Fruit Explosion | R45.90 |
| Chocolate Bliss         | R45.90 |
| Ferrero Rocher          | R45.90 |

## The Muffin

|           | STD    | LRG    |
|-----------|--------|--------|
| Carrot    |        | R35.90 |
| Chocolate | R12.90 | R25.90 |
| Savoury   |        | R25.90 |
| Vanilla   | R12.90 |        |
| Bran      | R12.90 |        |

## Temptation

|                         |        |
|-------------------------|--------|
| Fruit Salad & Ice Cream | R35.90 |
| Waffles & Ice Cream     | R35.90 |

PLEASE RATE YOUR  
EXPERIENCE

