

BREAKFAST

A good way to start your day
Served till 11:30

Eggs Benny R95
A twist on the classic, two poached eggs on a bed of spinach, served on an English muffin with a 'healthy' helping of our hollandaise sauce. **(Less R20 without salmon)**

The Classic R95
2 eggs, grilled rosa tomatoes, mushrooms, avocado with choice of 2 cocktail sausages or rashers of macon and toast.

The Mini Classic R50
1 egg, grilled rosa tomatoes, mushrooms, avocado, served with the choice of a sausage or a rasher of macon and toast.

Free Range Omelette R70
3 egg omelette filled with grilled veg, fresh chilli, and a duo of cheeses. Served with a slice of bread of your choice.

Eggs Your Way R50
2 eggs your way, served with a slice of bread.

EXTRAS

Cocktail sausages **R25**
Macon rashers **R25**
Smoked salmon **R45**
Halloumi / Feta **R25**
Cheese (Mozzarella/Cheddar) **R10**
Grilled mushrooms **R15**
Avocado **R15**
Egg **R8**
Rosa tomato **R10**
Spinach **R10**
Chicken breast **R35**
Slice of bread (plain or toasted) **R10**
Fries **R15**

EASY EATING

Allow 20-25 minutes for preparation time
All served with a side of fries or salad
Prepared on ciabatta, low gi or wrap

Chicken Fajita R85
Spicy grilled chicken breasts, seasonal roasted veg, baby spinach, red cabbage and avocado, with a cooling yoghurt sauce to combat the heat.

Falafel R80
Chickpea falafel, hummus, cucumber, baby spinach, red onion and tangy tahini drizzle.

Chicken & Macon R90
Grilled chicken breasts with slices of Macon, baby spinach, tomato, avocado slices and a honey, mayo, mustard sauce.



THE MAIN EVENT

Bowls
Ramen
~Chicken **R85**
~Prawn **R95**
Served with a warm broth, egg noodles, a side of veg and a soft boiled egg.

Curry
~Butter chicken **R90**
Creamy coconut butter chicken, served with rice and a carrot salad.
~Chana masala **R80**
Spicy chickpea curry flavoured with 'gharam' (hot) masala and freshly chopped coriander.

Poke
(Deconstructed sushi) on a bed of rice, mix of fresh seasonal veg, edamame & avocado.
~Spicy salmon **R95**
~Ahi tuna **R85**

Breakfast Wrap R80
A full breakfast wrapped up! Filled with egg, spinach, rosa tomatoes, avo, macon and mushrooms.

Breakfast Bowl R65
2 eggs your way served on a bed of fresh rosa tomatoes, avocado and our in house pesto.

Shakshuka R85
2 poached eggs in a middle eastern spiced tomato and red pepper sauce, topped with avo served with a slice of ciabatta. **(Less R15 without avo)**

Granola R70
Our in-house granola, served with fresh fruit, a fruit preserve and layered with greek yoghurt.

Gluten Free Flap-Stack R85
(Chocolate or Plain)

Fluffy GF flapjacks topped with seasonal fruit and a drizzling of maple syrup.
+ **R15.00 for choc chips OR Add extra macon rashers and an egg for R25.00**

Our promise

All food is prepared fresh on demand, please allow 15-20 minutes for preparation. Please let us know of any food allergies. Certain products may contain traces of nuts, gluten, wheat, egg, dairy, soy, fish or fish allergens.

OPEN SANDWICHES

a choice of ciabatta or low gi bread

Smashed Avo 5 ways:

Topped with salt & pepper **R40**
Topped with 2 eggs your way **R50**
Topped with smoked salmon ribbons **R70**
Topped with smoked Salmon & eggs **R85**

Mediterranean R60
— topped with feta, rosa tomato, olives & balsamic drizzle

Gourmet Scramble R80
Fluffy scrambled egg on a bed of cream cheese and balsamic caramelised onion, topped with a creamy mushroom sauce.

French Nutter R65
Thick slices of ciabatta French toast topped with banana, chia seeds and a generous drizzle of nut butter and maple syrup.

Philly Cheese Steak R95
Steak strips, pan fried mushrooms and peppers, fresh rocket topped with melted mozzarella cheese and mayo.

Pesto Grilled Cheese R45
A duo of mozzarella and cheddar grilled cheese smothered with our in house pesto.
Add roast veg + R10 | Add chicken + R20 | Add Macon + R20

Sriracha Chicken Mayo R80
Grilled chicken smothered in a mix of mayo and spicy Sriracha and avocado.
(Less R15 without avo)

Lox Bagel R85
Cream cheese, red onion, smoked salmon, avocado, cucumber & rocket.

All Day Breakfast Bagel R65
2 Eggs scrambled or fried, honey roasted macon, caramelised onion avocado and rocket.

Chic-Fillet Bagel R75
Grilled chicken breast, avocado, rocket, red onion and mayo.

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Firebird R105
Spicy grilled chicken with radish, baby spinach, rosa tomatoes, grilled veg, couscous and a cooling yoghurt dressing.

Nomad R95
Chickpea falafel, hummus, fresh baby spinach and a deconstructed chopped salad.

Honey I'm home R105
A leafy green salad, grilled chicken breast, Macon, Avo, rocket, spring onion, a boiled egg and other fresh notes.

Rainbow R110
A fattoush salad with lettuce, radish, green onion, tomato, cucumber, croutons, feta and halloumi & a grilled chicken breast. **(Less R30 without chicken)**

Autumn Jewel R125
Beet and butternut salad, served with an array of greens, topped with Feta and mixed seeds & balsamic honey salmon. **(Less R30 without salmon)**

Lamb Chops R125
Grilled lamb chops with braised couscous, feta, red onion and mint.

