



## ALL DAY BREAKFAST

### BREAKFAST WRAP

R45 | BABY SPINACH, EGG OMELETTE, CHEDDAR CHEESE, CHERRY TOMATOES & SRIRACHA MAYO  
CURED BEEF RASHER +R15 | BEEF SAUSAGE +R20 | VEG SAUSAGE +R15 | AVO +R10

### MUESLI AND YOGHURT CUP

R40 | DOUBLE CREAM YOGHURT & HOME MADE MUESLI  
BERRY COMPOTE +R10 | SLICED BANANA +R5

### SHAKSHUKA

R50 | 2 EGGS POACHED IN A TOMATO AND RED PEPPER SAUCE  
SERVED WITH A TOASTED FLATBREAD

### EGG BENEDICT SANDWICH ON THE GO

R40 | ROCKET, POACHED EGG, ENGLISH MUFFIN & HOLLANDAISE SAUCE  
CURED BEEF RASHER +R15 | SMOKED SALMON +R25 | AVO +R100

### SMOKEY BEAN BOWL

R55 | SERVED WITH POACH EGG AND CRISPY SOURDOUGH  
CURED BEEF RASHER +R15 | COTTAGE CHEESE +R12 | AVO +R10 | RED PEPPER HUMMUS +R10

## WRAPS / SALADS

### R100 | SLOW ROAST LAMB

MINT YOGHURT, CUCUMBER AND RED ONION SALSA, DANISH FETA & ROCKET

### R80 | PAN FRIED BEEF

AVO, FETA, ROCKET & BALSAMIC REDUCTION

### R80 | BBQ BEEF

AVO, FETA, ROCKET & BALSAMIC REDUCTION

### R60 | CAPE MALAY CHICKEN

CHERRY TOMATOES, SUNFLOWER SEEDS, DANISH FETA & MALAY YOGHURT DRESSING

### R65 | VIETNAMESE CHICKEN

DAIKON AND CARROT PICKLE, CLASSIC MAYO, FRESH CHILL, ROCKET AND CORIANDER

### R60 | CHICKPEA & QUINOA FALAFEL (VEGAN)

CARROT AND BEETROOT PICKLE, RED PEPPER HUMMUS, ROCKET & AVO VINAIGRETTE

### R60 | BASIL PESTO & AVOCADO (VEGETARIAN)

CHERRY TOMATO, DANISH FETA, TOASTED SUNFLOWER SEEDS, ROCKET & BALSAMIC GLAZE

## BURGERS, BREADS & BUNS

### R70 | BEEF BURGER

150G BEEF PATTY, CUCUMBER PICKLE, MUSTARD MAYO, CHERRY TOMATOES & CHEDDAR CHEESE - SERVED WITH A SIDE OF FRIES

### R65 | CHICKPEA & QUINOA FRITTER BURGER (VEGAN)

ROCKET, CARROT AND BEETROOT PICKLE, RED PEPPER HUMMUS & AVO VINAIGRETTE  
SERVED WITH A SIDE OF FRIES

### R65 | VIETNAMESE CHICKEN BAGUETTE

DAIKON AND CARROT PICKLE, CLASSIC MAYO, FRESH CHILL AND CORIANDER

### R50 | BOEREWORS BAGUETTE

TRUFFLE BUTTER, BALSAMIC ONION MARMALADE WITH YOUR CHOICE OF :  
MUSTARD MAYO, SRIRACHA OR TOMATO SAUCE  
SERVED WITH A SIDE OF FRIES

## FLATBREADS

### R110 | SLOW ROAST LAMB

CUCUMBER & RED ONION SALSA, DANISH FETA, CHEDDAR CHEESE, MINT YOGHURT & ROCKET

### R100 | PAN FRIED BEEF

AVO, FETA, CHEDDAR CHEESE, ROCKET & BALSAMIC REDUCTION

### R75 | CAPE MALAY CHICKEN

CHERRY TOMATOES, SUNFLOWER SEEDS, DANISH FETA, CHEDDAR CHEESE, ROCKET & MALAY YOGHURT DRESSING

### R75 | ROAST VEG (VEGETARIAN)

PEPPERS, OLIVES, ARTICHOKE, DANISH FETA, CHEDDAR CHEESE, BASIL PESTO & ROCKET

### R75 | ASIAN BBQ MUSHROOM (VEGAN)

CUCUMBER SALSA, TOASTED SUNFLOWER SEEDS, ROCKET, CREAMY CORINADER DRESSING & BALSAMIC REDUCTION

## SIDES

### R40 | FALAFEL SIDE

4 FALAFELS WITH RED PEPPER HUMMUS

### R45 | CHICKEN WINGS

5 CRUMBED CHICKEN WINGLETS | SPICY OR STICKY ASIAN BBQ SAUCE

### R20 | FRIES

### R30 | TRUFFLE PARMESAN FRIES

### R10 | GLUTEN FREE WRAP

### R40 | SIDE SALAD

### R10 | MUSTARD MAYO

### R10 | SRIRACHA MAYO

### R10 | RED PEPPER HUMMUS

## SMOOTHIES

R50 | 375ML

R60 | 500ML

**GREEN SMOOTHIE** AVO, PINEAPPLE, KALE, ALMOND MILK & WHEY PROTEIN

**BANANARAMA** FROZEN BANANA, ALMOND MILK, DATE, SUGAR-FREE PEANUT BUTTER

**TROPICAL** PAPAYA, MANGO, MINT, YOGHURT OR COCONUT CREAM

**CACAO** CACAO NIBS, FROZEN BANANA, ALMOND MILK, ALMOND BUTTER

**BLUEBERRY** BLUEBERRY, PEANUT BUTTER, ALMOND MILK OR YOGHURT

**LITCHI** LITCHI & COCONUT CREAM

**MIXED BERRY** MIXED BERRIES, ROLLED OATS, OAT MILK OR YOGHURT AND DATES

## JUICES

R35 | 375ML

R45 | 500ML

**GREEN JUICE** KALE, CUCUMBER, APPLE, MINT

**CARROT & ORANGE**

**PINEAPPLE & ORANGE**

**BEETROOT** WITH CUCUMBER, CARROT & APPLE

**GINGER SHOT** R20

**WATER** 500ML | R15 750ML | R20

**ICE TEA & SOFT DRINKS** 330ML | R15

## HOT DRINKS

(SWITCH TO DECAF +R2)

### ESPRESSO

SGL R20 DBL 23

	SHORT (+R3)	TALL (+R5)	GRANDE (+R7)
SUBSTITUTE ALMOND/OAT MILK			
AMERICANO	R24	R28	R30
MACCHIATO	R24		
CORTADO (3/4 FLAT WHITE)	R25		
FLAT WHITE	R27	R29	
CAPPUCCINO	R27	R29	R33
LATTE		R29	R33
CAFE MOCHA		R33	R35
HOT CHOCOLATE	R29	R31	R33
CHAI LATTE	R29	R31	R33
RED CAPPUCCINO	R29	R31	R33
TURMERIC LATTE	R29	R31	R33
BABYCHINO	R12		

### FLAVOUR SYRUPS R5

(HAZELNUT | VANILLA | CHOCOLATE | SALTED CARAMEL)

CEYLON | ROOIBOS | EARL GREY R20  
HERBAL TEAS R25

ICED AMERICANO R30 R33  
ICED LATTE (BLENDED OR ON ICE) R33 R35  
CREAMY ICED COFFEE (ICE CREAM) R40 R50

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