



— T H E —
PLANTSMAN
• E A T E R Y •

www.theplantsmaneatory.com

Portion 699 of the farm
White River, Mpumalanga, 1240
health@theplantsman.co.za

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**M E
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BREAKFAST

FARMERS BREAKFAST	R96
Two Eggs (the way you like it), Beef Sausage, crispy Bacon, Mushrooms and two slices of Toast	
SOUTH AFRICAN BREKKIE	R82
Toast layered with savoury Mince, topped with a fried Egg and sprinkled with Spring Onion from the garden	
EGGS BENEDICT	R86
Two poached Eggs served on a toasted English Muffin, topped with Basil Pesto and Bacon, drizzled with home-made Hollandaise Sauce and Chives <i>Replace the English Muffin with a Gluten-Free English Muffin: R15 Add Halloumi: R30</i>	
SMASHED AVO 	R76
Creamy Avo served on Toast <i>Plantsman suggestion: Add crispy Bacon and a poached Egg</i>	
CHICKEN LIVERS & TOAST	R90
Chicken Livers garnished with fresh Spring Onion from the garden, served with two slices of Toast	
SCRAMBLED TOFU 	R72
Aromatic scrambled Tofu, Onion, and Herbs served on Toast of your choice	
PAJAMA OVERNIGHT OATS  	R68
Chocolate and Peanut Butter overnight Oats soaked in plant-based Milk	
ESPRESSO FLAPJACK STACK	R76
Flapjacks drizzled with Espresso Chocolate sauce, Blueberries and Mint, served with a side of cream <i>Plantsman suggestion: Add a scoop of Vanilla Ice-cream for R14</i>	
THE CYCLIST BREAKFAST	R90
Rustic three Egg Omelette filled with Cheddar Cheese, Bacon, Tomato and Mushrooms, served with a slice of Toast	
PINK PITAYA SMOOTHIE BOWL  	R78
Berry and Banana Smoothie Bowl topped with Gluten-Free Granola, sliced Banana and sprinkled with Chia Seeds and Blueberries	
FRUIT AND YOGURT BOWL  	R75
Granola, Greek Yogurt and seasonal Fruit drizzled with Honey	
EXTRAS	R10
Macadamia Butter scoop / Almond Butter scoop	

LIGHT LUNCH

CHICKEN WRAP	R85
Chicken Breasts, fresh Lettuce from our garden, Coriander, Cucumber, Tomato, pickled Red Onion, creamy Danish Feta and Mayo <i>Replace Wrap with a Sweet Potato Wrap: R16</i>	
HALLOUMI WRAP 	R96
Halloumi fingers, fresh Lettuce from our garden, Tomato, Cucumber, Olives, Danish Feta, Spring Onion and Mayo <i>Replace Wrap with a Sweet Potato Wrap: R16</i>	
KRIS' SALAD 	R90
Roasted Butternut, Baby Spinach, Sundried Tomatoes, creamy Danish Feta layered on a bed of Panzanella, drizzled with her secret salad dressing and sprinkled with toasted Pumpkin Seeds <i>Replace Panzanella with Gluten-Free Panzanella: R15</i> <i>Plantsman suggestion: Add half an Avo</i>	
CHICKEN SALAD 	R95
Cajun Chicken strips, Cherry Tomatoes, pickled Red Onion, Cucumber, Black Olives, and creamy Feta, drizzled with our famous Herb dressing <i>Plantsman suggestion: Add half an Avo</i>	
MEDITERRANEAN HALLOUMI SALAD 	R105
Halloumi Steaks, Cherry Tomatoes, pickled Red Onions, Cucumber, Black Olives, Herb Panzanella, a slice of Lemon to squeeze over the Salad and drizzled with our famous Herb dressing	
AROMATIC SUMMER SALAD 	R109
Roasted Sweet Potato wedges, Chickpeas, Bulgur Wheat, Cucumber, Red Onions and Rocket, layered on a bed of aromatic Pesto Yogurt dressing	
QUINOA AND FALAFEL BOWL  	R118
Quinoa, aromatic Falafels, Black Olives, Cucumber, pickled Red Onion, Cherry Tomatoes, Baby Spinach served with a Herb and Mayo dressing	
SANDWICHES	
THE SIMPLISTIC SANDWICH	R60
Hickory Ham, Basil Pesto, Rocket, Cheese and Onion Relish	
BEEF ME UP SANDWICH	R76
Pastrami, Gherkins, tangy Mayo, Onion Relish and Whole Grain Mustard	
THE FORAGE SANDWICH 	R66
Pickled mushrooms, Baby Spinach and aromatic vegan Mayo	
Toasted Cheese	R36
Toasted Cheese and Tomato	R40
Toasted Cheese and Ham	R45
Toasted Cheese, Ham and Tomato	R50
Chicken Mayonnaise	R55
<i>Replace Toast with Gluten-Free option: R15 per slice</i>	

SALADS

We provide **PICNIC BASKETS** with selected items to enjoy in our beautiful Plantsman Gardens!



LIGHT LUNCH

CHEESY NACHOS

Corn Chips topped with melted Cheese, Salsa, Sour Cream and Quacamole

R74

THE PLANTSMAN BURGER R130

150g Beef Patty topped with caramelized Red Onion, Cheddar Cheese, Tomato, Lettuce, our Mayo Sauce and served with Chips
 Replace the Bun with a Gluten-Free Bun: R20
 Replace Patty for a Vegan Patty: R38

CRISPY CHICKEN BURGER R98

Grilled or fried Chicken breast, pickled Gherkins, Red Onions, Lettuce, slice of Cheese and a dollop of Mayo served with a side of Potato Chips

CHICKPEA BURGER R120

Chickpea Patty, pickled Gherkins, Rocket, pickled Red Onions and aromatic vegan Mayo served with a side of Potato Chips

BITE OF THE OCEAN R105

Battered Hake served with a side of Potato Chips or a Plantsman Salad served with a Tartar sauce and a Lemon wedge

QUICHE OF THE DAY R115

Served with *The Plantsman Salad*:
 Please ask your waitron which Quiche is available today

EXTRAS



- Egg (1) R9
- Bacon (3 Rashes) R22
- Sausage (1) R26
- Slice of Bread (100% Rye / Sourdough / Ciabatta) R11
- Slice of Gluten-Free Bread R15
- Avo (Half) R24
- Sweet Potato Chips R30
- Chips R26
- Salad R35
- Mince (200g) R54
- Beef Pattie (150g) R30
- Mushrooms R14

LITTLE SEEDLINGS

KIDDIES MENU

BREAKFAST

I AM BRAVE R48
 Sausage, scrambled Eggs and Toast cut into long fingers

I AM KIND   R34
 Cinnamon and Apple Oats drizzled with Syrup

I BELIEVE IN MYSELF   R48
 Flapjacks sprinkled with chocolate chips and banana and drizzled with syrup

LUNCH

I CAN BE ANYTHING I WANT TO BE R52
 Chicken Strips and Potato Chips served with a side of Mayo

I AM STRONG R55
 100% Beef Burger topped with Cheese, Chips and Mayo
 Replace the Bun with a Gluten-Free Bun: R20

I AM SMART R55
 Fish fingers and Chips, served with a side of Mayo

EXTRAS

Sweet Potato Chips R25 | Chips R20 | Salad R28

MILKSHAKES (250ML)

- Strawberry R35
- Chocolate R35
- Vanilla R35
- Lime R35
- Bubblegum R35
- Milo R42

JUICES

- Ceres Apple Juice R14
- Ceres Mixed Fruit R14

You can request Bunny and Chicken food from your Waitron to feed the animals for R15

SOMETHING SWEET

Please select your favourite **SWEET TREAT** from our baked goods table.

ASK YOUR WAITRON FOR THE PRICE LIST
 YOU CAN ORDER A WHOLE CAKE!

We offer a variety of **PLATTERS** for functions. Functions can be held in the Bunny Burrow, Tree House or Rose Garden.



BEVERAGES

CORDIALS

Cola Tonic, Passion Fruit and Lime served with Fitch and Leeds Soda Water R28

HOME-MADE SIGNATURE DRINKS

Chai Iced Tea
 Lemongrass Iced Tea R28
 Orange and Chamomile Iced Tea R28
 R32

CRUSHERS (350ML)

Passion Fruit R30
 Mango R30

JUICE (330ML)

Sir Orange Juice R25
 Sir Apple Juice R22

MILKSHAKES (350ML)

STANDARD

Strawberry R55
 Chocolate R55
 Vanilla R55
 Lime R55
 Bubblegum R55

SPECIALITY

Macadamia R65
 Espresso R65
 Raspberry R65
 Chai R65

ICED COFFEE (350ML)

Espresso Iced Coffee R40
 Vegan Iced Coffee  R52
 Add a single shot of Espresso: R18

BOOSTER SHOTS

SPICY TURMERIC SHOT R22
 Orange, Carrot, Turmeric, Cayenne Pepper and Lemon
 GINGER KICK R22
 Ginger, Apple and Lemon

SMOOTHIES (350ML)

Add a scoop of vegan Protein Powder: R26

INNER CHILD GO WILD   R65

Dates, Banana, vegan Vanilla and Cinnamon Protein Powder and Peanut Butter

VITAMIN C BOMB   R58

Turmeric, Ginger, Pineapple, Banana and Orange

THE DETOXIFIER   R65

Spinach, Apple, Cucumber and Moringa Powder

VERY BERRY R60

Mixed Berries, Almond Butter and Flaxseeds

PEANUT BUTTER BOMB  R48

Peanut Butter, Oats, Banana, Honey and Milk

COLD DRINKS

Coke 300ml R22
 Coke Zero 330ml R22
 Sprite 300ml R22
 Sprite Zero 300ml R22
 Fanta Orange 300ml R22
 Cream Soda 300ml R22
 Appletizer 330ml R28
 Grapetizer 330ml R28
 Sparkling Water 500ml R20
 Still Water 500ml R20
 Sugar Free Peach Iced Tea R26
 Sugar Free Raspberry Iced Tea R26
 Sugar Free Sparkling Orange R26
 Sugar Free Sparkling Apple R26

HOT BEVERAGES

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Cappuccino	R32	R36
Babyccino	R20	
Americano	R30	R34
Red Cappuccino		R38
Single Espresso	R22	
Double Espresso		R26
Decaf Cappuccino	R34	R38
Vegan Chai Latte 		R52
Chai Latte		R42
Vanilla Latte		R50
Dirty Latte		R48
Vegan Hot Chocolate 		R55
Hot Chocolate		R46
Milo		R46
Caffé Mocha		R46
Caffé Latte		R44

Add a shot of Collagen for R30

MILK ALTERNATIVES: R9

Almond | Oat | Macadamia

Extra Cream R11

TEA

Five Roses Tea R26
 Rooibos Tea R28
 Organic Green Tea R34
 Chai Tea R30
 Earl Grey Tea R30

Pass by our BAKERY to grab a fresh loaf of Sourdough, Zwakopmund Rye loaf, Ciabatta and Tapenades.

You can place a bulk order at: bakery@theplantsman.co.za

THE PLANTS MAN TRADING HOURS:

Monday – Friday: 7am – 4pm
 Saturdays & Sundays: 7:30am – 3pm
 Public Holidays: 7:30am – 3pm

