

# LUNCH & BRUNCH

From 12pm until closing, every day

## SALADS



### Bliss Bowl

green taboulé (kale, broccoli, quinoa, roasted red pepper, butternut, golden beets, avocado, toasted sunflower seeds, with a vegan mustard dressing) 139

### Wholesome Salad

spinach, fennel, cucumber, avocado, pickled beets, dry roasted chickpeas, sourdough croutons, salsa verde dressing 95

add an egg +10, chargrilled chicken + 55  
smoked

salmon +65

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### The Constantia Croissant

brie, grape relish, fresh fruit of the season, rocket, garnished with caramelised apple and candied pecans 145

### Grilled Cheese & Tomato Soup

grilled cheese & tomato served with roasted tomato petite soup 110

### Club Sandwich

chargrilled chicken, tomato, crispy beef bacon, cos lettuce, garlic mayo, with triple cooked fries 135

## COLD PRESSED JUICES

all natural, non HPP, no water added 45

(\*local\* / SunLife, Sea Point)

Rise & Run (orange, pineapple, carrot, ginger)

Reset (kale, spinach, celery, ginger)

Fresh Goals (grapefruit, orange, pineapple)

freshly squeezed orange juice

single varietal apple juice (\*local\* Terra Madre, Elgin)

## smoothies

mixed berries 65 | mango kiwi 65

banana, peanut butter, almond mylk 69

## SHAKES

Vanilla rooibos | Café mocha | Chocolate 60

Other cold drinks options may be available.

## CAFÉ BISTRO

### Chicken Teriyaki & Soba Noodles

gluten free buckwheat noodles, carrot, spring onion, sesame seeds 195

pakchoi

### Crispy Lamb Belly

slowed roasted Karoo lamb belly, herbed fries & pickles 249

## PASTA

### Margherita Pasta

linguine, cherry tomato, fresh basil 159

fior di latte, pesto &

### Lemon Chicken Pasta

linguine, chargrilled chicken, creamy lemon sauce, fresh basil & chives 175

### Smoked Salmon & Zucchini Noodles

roasted red pepper & tendergreen peas on sautéed zucchini noodles, extra virgin olive oil 159 add parmesan 25



## BURGERS

### BBW

8-hour wood fire smoked brisket burger, smoked mozzarella, coleslaw & pickles, with herbed fries 198

### Angus Burger

premium beef patty, guacamole, tomato, caramelised onion, pickled cucumber on garlic brushed grilled bun, with triple cooked fries 145

+ egg 10 + beef bacon 35 + cheddar 35

### Crêpe Burgers

served with mushroom sauce & emmenthal on gluten free buckwheat Breton - style crêpe 159

choice of premium beef patty or portobello 

## kombucha

(\*local\* Culture Lab, Muizenberg) 38

buchu - green rooibos, lemongrass or wild

dagga - ginger

## water

(\*local\* Verve, Western Cape)

still or sparkling: 750ml 48 | 250ml 19



Includes VAT. No substitution allowed please. A 12% gratuity will be added to any party of 6 or more.