

COFFEE CULTURE

HOT

Espresso : Solo | Doppio 18 | 22

Macchiatto 20

Single espresso with a touch of foam

Cortado 22

Single espresso in ratio of : 1/2 espresso, 1/2 foam infused milk

Africano 22

Double espresso topped with hot H2O, with or without milk

Regular Coffee 20 | 24

Single espresso topped with hot H2O, with or without milk

Cappucino 24 | 28

Single or double espresso in ratio of : 1/3 espresso, 1/3 steamed milk, 1/3 foam

Muggucino 30

Double espresso, lots of milk and foam

Flat White 30

Double espresso, 2/3 steamed milk and a thin layer of micro foam

Cafe Latte 28

Single espresso in ratio of : 1/3 espresso, 2/3 steamed milk and a thin layer of foam

Vienna Coffee 30 | 35

Single or double espresso, steamed milk and whipped cream

Spanish 26 | 30

Single or double espresso infused with cinnamon and orange, steamed milk and a thin layer of foam

Spanish Chocolate 28 | 32

Hot Blondi 32

Double espresso, white chocolate , steamed milk and foam

Cafe Mocha 32

Single espresso, dark chocolate , steamed milk and foam

CHILLED

Iced Coffee 28

Single espresso, crushed ice and cold milk

Iced Blondi 32

Iced Cafe Mocha 32

Decaf available at an additional R5

Soya milk alternative at an additional R8

MORE HOT & CHILLED DRINKS

HOT

Red Espresso 15

Red Cappucino 24 | 28

Single or double rooibos espresso in ratio of : 1/3 espresso, 1/3 steamed milk, 1/3 foam

Red Latte 30

Single rooibos espresso in ratio of : 1/3 espresso, 2/3 steamed milk and a thin layer of foam

Chai Latte 30

Spiced tea, milk and a thin layer of foam

Hot Chocolate 28

White or dark

Milo 28

Tea 15

5 Roases or Rooibos with or without milk

Herbal Tea 17

Camomile | Green tea | Mint | Earl grey

CHILLED

Fresh Red 30

Single rooibos espresso, apple juice, lemon and mint

Milkshakes 32

Chocolate | Vanilla | Fresh strawberry or mango | Coffee

Berry Banana Smoothie 35

Contains dairy

Fresh Fruit Juice 18 | 22

Mango | Orange | Strawberry | Apple | Cocktail

Soda 18 | 20

200ml : Ginger ale | Tonic | Lemonade |

340ml : Coke | Coke zero | Fanta grape | Sprite | Cream soda

Tizer 25

Apple or grape

Mineral Water 22

500ml still or sparkling

BOS Iced Tea 25

Lemon | Peach | Berry

Dutchess 35

Rock Shandy 28

BREAKFAST - served until 11:30 am

House-made Cranberry Almond Muesli & Yoghurt (V) - All Day 45

A light breakfast of layers, drizzled with honey and topped with fresh banana, blue berries and pecan

Super Food Breakfast (V) - All Day 50

Yoghurt, avo, hemp seed powder, flax seed powder, pumpkin seed, cocoa nibs, gogi berries, strawberries, blueberries, cranberries, cinnamon, cayenne pepper, almonds, chia seeds, coconut and a dash of extra virgin olive oil

Eggs on Toast 35

2 poached eggs on 2 slices of wholewheat or 40% rye

Avocado Toast 40

With roasted tomato and fresh basil on 2 slices of wholewheat or 40% rye

Toasted Bacon & Egg 45

On Ciabbata with Cheddar and Rocket

Courgette Cakes (V) 60

With corn and peppers, on rocket, with avo salsa, feta and coriander pesto

Add poached egg R8, Add bacon R15

Cafe Breakfast 72

2 Fried or poached eggs, bacon, pork sausage, roasted tomato, mushrooms, slice of toast: choice of whole wheat, or 40% rye, house-made berry jam

Make it banting (drop the Toast add Avo) extra R5

Mediterranean Breakfast (V) 72

Grilled halloumi, 2 poached eggs, hummus, marinated calamata olives, roasted tomato, and pita

Banting Breakfast Salad 75

Rocket, roasted tomato, mushrooms, avo, red onion, poached egg, bacon and shaved parmesan

Vegetarian - marinated red peppers instead of bacon

Eggs Benedict 48 | 73

English muffin, poached egg, parma ham, avocado and house-made hollandaise

Eggs Onassis 59 | 93

English muffin, 2 poached eggs, smoked salmon, house-made hollandaise, seaweed caviar, capers and dill

Add Avo 8 | 12

KIDS

BREAKIE

Yoghurt and Banana with Honey 25

Soldiers & Bacon 30

Egg on Wholewheat Toast 25

LUNCH

Lil Pita Pizza (Chicken or margarita) 25

Beef or Chicken Burger & Chips 40

Grilled Chicken Strips & Chips 30

Brownie & Ice Cream 20

Ice Cream & Chocolate Sauce 20

LUNCH - served from 11:30 am

Quiche and Salad 70

A choice of either vegetarian or chicken

Bacon, Feta and Avo Salad 80

Mixed greens and pecan

Vegetarian option with butternut instead of bacon

Chicken Thigh Salad (Banting) 90

Stuffed with feta, cashew and coriander, on rocket with roasted tomatoes, grilled aubergine, butternut and feta

Moroccan Spiced Chicken (Banting) 85

With snap peas, baby spinach, feta, courgettes and cauliflower rice

Vegetarian option with butternut

Chicken & Coriander Pasta 65

With mushroom and grated parmesan

Beef Fillet 120

250g fillet on the bone with mushroom sauce, wilted spinach and roasted butternut, and potato fries

Harissa Chicken Avo Burger 90

Chicken thighs, coriander pesto, feta, rocket, and side salad or potato fries

No Frills Beef Burger 50

200g house-made pattie, relish, caramelised onion

Basil Pesto Beef Burger 85

200g house-made pattie with brie, marinated peppers and side salad or potato fries

Mushroom, Bacon Beef Burger 90

200g house-made pattie with cheddar, and side salad or potato fries

Falafel Burger (V) 85

Best house-made falafel, hummus, marinated peppers, and side salad or potato fries

LIL BITES

Savoury Muffin 22

Bacon or vegetarian

Lil Pizza - served after 11:30am 30

On pita bread with : olives, mushroom, feta and basil, OR Chicken, roasted tomato, basil and rocket

Courgette Cakes (V) 60

With corn and peppers, on rocket, with avo salsa, feta and coriander pesto

Add salmon 18

Meze Platter - served after 11:30am 55

Pita, hummus, marinated calamata olives, rocket pesto, marinated peppers and falafel

Classic Toasted Sandwiches on a choice of Whole Wheat, or 40% Rye - all day

Roasted Chicken Mayo 38

Cheddar & Roasted Tomato 38

Emmenthal, Roasted Tomato & Basil 45

Cakes and other sweet things

Ask your waitron for whats on offer

WHITE WINES

SAUVIGNON BLANC

La Capra 32 | 115

Fresh melon, grapefruit and gooseberries on the nose. The palate is well- balanced with minerality and a fresh citrus finish.

Journey's End 45 | 160

Lime, passionfruit, kiwifruit, gooseberries, and hints of herbaceous and mineral characteristics. A lovely light weighted wine.

CHARDONNAY

Anura Chardonnay (wooded) 35 | 135

Elegant lemon, lime and papaya flavours, combined with a floral bouquet and hints of spice, honey and very subtle French oak.

WHITE BLENDS AND OTHER VARIETALS

La Capra Pinot Grigio 35 | 115

Mango and white pear on the nose. Light to medium body with tropical fruit flavours and a crisp finish.

The Emily 48 | 185

Pinot Noir 30% / Chard 70%

A fresh wine, bursting with aromas of ripe guava, pineapple, kiwi, fresh citrus and kumquat preserve, and green apple.

ROSE

Jordan Chameleon 35 | 135

Primary fruit flavours of strawberry coulis & dried cranberries with delicate spiciness.

RED WINES

MERLOT

Vondeling Petit Rouge 35 | 130

A vibrant fruit filled aroma of sleek cherries, subtle raspberry and soft, black pepper.

RED BLEND

Anura Arpeggio SMV 36 | 125

Sweet cherry, mulberry and blackcurrant flavours combined with a subtle fragrance of spice.

CORKAGE 35

BEER & CIDER

LOCAL

Hansa 22

Black Label 22

Castle Lite 25

IMPORT

Windhoek Lager 22

Amstel Lager 22

Heineken 24

CRAFT BEER

Devil's Peak Draft on tap 500ml 35

Devil's Peak Draft on tap 330ml 25

Jack Black Lager 340ml 34

CBC Lager 440ml 52

CIDER

Hunters Dry 25

Savanna Dry 28