

BREAKFAST - served until 11:30 am

House-made Cranberry Almond Muesli and Yoghurt (V) - All Day R40

A light breakfast of layers, drizzled with Honey and topped with fresh Banana, Blue Berries and Pecan

Super Food Breakfast (V) - All Day R40

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

Toast

Choice of Whole Wheat, or 40% Rye - 2 slices

Avocado with roasted Tomato and fresh Basil R28

2 Poached Eggs R30

Toasted Bacon & Egg R35

On Ciabatta with Cheddar and Rocket

Rye Rocket R38

Slice of 40% Rye with Rocket, Roasted Tomatoes, Bacon, Poached Egg and shaved Parmesan

Courgette, Peppers and Corn Cakes (V) R45

On Rocket, with Avo Salsa, Feta and Coriander Pesto
Add Poached Egg R6, Add Bacon R12

Omelette (Basic 3 Egg) Banting R30

Add Mushroom, OR Cheddar, OR Mozzarella OR Bacon R10
Add Roasted Tomato, OR Feta, OR Anchovy OR Olives R8
Add Emmenthal R12, Basil Pesto R5, Salmon R15
(Toast optional extra R3)

Café Breakfast R63

2 Fried or Poached Eggs, Bacon, Pork Sausage, Roasted Tomato, Mushrooms, slice of Toast: choice of Whole Wheat, or 40% Rye, whipped Butter and House-made Berry Jam

Make it Banting (drop the Toast add Avo) R5

Mediterranean Breakfast (V) R63

Grilled Halloumi, 2 Poached Eggs, Hummus, Marinated Calamata Olives, Roasted Tomato, and Pita

Banting Breakfast Salad R62

Rocket, Roasted Tomato, Grilled Mushrooms, Avo, Red Onion Slivers, Poached Egg, Bacon and shaved Parmesan

Vegetarian - Roasted Red Peppers instead of Bacon (V)

Eggs Benedict

English Muffin, Poached Egg, Parma Ham, Avocado and House-made Hollandaise

Single - 1 Egg R45 Double - 2 Eggs R69

Eggs Onassis

English Muffin, 2 Poached Eggs, Smoked Salmon, House-made Hollandaise, Seaweed Caviar, Capers and Dill

Single - 1 Egg R49 Add Avo R10

Double - 2 Eggs R85 Add Avo R10

LUNCH - served from 11:30 am

Quiche & Salad R59

A choice of either a Vegetarian or Chicken Quiche

Bacon, Feta & Avo Salad R69

Mixed Greens, Pecan

Vegetarian Option with Butternut (V)

Deboned Chicken Thigh Salad - Banting R75

Stuffed with Feta, Cashew and Coriander, on Rocket with roasted Tomatoes, grilled Aubergine, Butternut and Feta

Moroccan Spiced Chicken, Snap Peas, Baby Spinach, Feta & Mint - Banting R75

Courgettes, Cauliflower Rice with Mustard Seed

Vegetarian Option with Butternut

Chicken, Mushroom & Coriander Pesto Fettuccine R65

With Fresh grated Parmesan

Asian Chicken, Honey, Chilli & Soy Bowl R69

Rice Noodles, Baby Spinach, Mushrooms, Peppers and Snap Peas

Beef Fillet - Banting R105

Mushroom Sauce, Wilted Baby Spinach and Roasted Butternut, Cauliflower Rice OR Potato Fries

Chicken Croissant Burger R85

Bacon, Avo, Mayonaisse, Feta, Grilled Mozzarella and Rocket

The following Burgers are on a choice of Ciabatta or Sesame Burger Bun. Make the burgers Banting by dropping the bun and fries, have it on salad instead.

Rocket Pesto Beef Burger R80

With Cheddar, roasted Tomato, and a side of Potato Fries

Mushroom, Cheddar, Bacon Beef Burger (Make it Banting) R75

With a side of Potato Fries

No Frills Beef Burger R62

Bun, Beef, Relish, Lettuce, Caramelised Onion, and a side of Potato Fries

Falafel Burger (V) R79

With Feta, Rocket Pesto, Hummus, roasted Red Peppers, and a side of Potato Fries

All baking, other than bread, is done in-house using Unbleached Stone Ground Flour. In an effort to serve our customers non-processed foods, most sauces, mayonnaise and pesto's are house-made.

A 12% gratuity will be added to table of 8 or more. Please feel free to tip the Child Minder at your service.