

Good Morning!

Popular

TOAST

Rye bread, soy linseed, sour dough,
pumpkin seed panini, fruit bread or gluten free 5.5
+
Berry Jam, Marmalade, Peanut Butter, Nutella
Honey, Vegemite OR Peanut Butter Ricotta

BANANA + WALNUT BREAD

Vanilla mascarpone, passionfruit + crushed
pistachios 6.5 (gf)

GRANOLA

Poached pear, mixed berries, raspberry
panna cotta, mango bubbles + zaatar 15.9

EGGS BENNY

Your choice of smoked salmon OR beef brisket
on a sweet potato + corn fritter w. poached eggs,
seasoned kale, dill hollandaise sauce, pickled chilli
+ mustard seeds (gf**) 19.5

MAC & CHEESE CROISSANT

Free range ham off the bone, gruyere cheese,
napolitana sauce + dry shallots 15.5

NUTELLA FRENCH TOAST

Nutella stuffed brioche w. crunchy cornflakes,
peanut butter ricotta, sour cherries,
berry maple syrup + crushed pistacio 16.9
Add: Vanilla ice cream 3.0

POLENTA PORRIDGE

Polenta + milk porridge w. rhubarb compote,
lavender praline, kiwi + berry (gf) 16.5

CHIA POD

Chia seeds soaked in coconut milk + served w.
coconut yoghurt, toasted granola, seasonal fruit
+ mango bubbles (gf**) 16.5

HEALTHY BOWL

Beetroot hummus, avocado, roasted field
mushrooms, roasted pumpkin, persian feta,
poached eggs, dukkah, bread
+ green shot (gf**) 19.5

SPICED SMASHED AVO

Heirloom tomatoes, pomegranate, radish,
lemon ricotta + mixed grains
on sourdough w. poached eggs (gf**) 19.5

BREAKFAST BRUSCHETTA

Heirloom tomatoes, radish, haloumi,
mushroom duxelle, preserved lemon +
dukkah on sourdough w. poached eggs
(gf**) 19.5

ROSEMARY FIELD MUSHROOMS

Beetroot hummus, kale pesto, persian feta,
dry gremolata on rye bread
w. poached eggs (gf**) 19.5

CHILLI SCRAMBLE

Fermented chilli, roasted broccolini, crispy
kale, bacon + mixed grains on sourdough
w. scrambled eggs (gf**) 19.5

SHAKSHUKA

Chorizo, lentils, tumeric labneh, dukkah,
crispy okra + flat bread w. poached eggs
(gf**) 19.5

BLACK PUDDING SAUSAGE

Grilled black pudding sausage w. rice fritter,
sauerkraut, apple puree + dark soy sauce
w. fried eggs 19.5

Sides

ADD A SIDE OR TWO

Extra Egg (poached, fried) 3.0 Each

Haloumi, Avocado, Field Mushrooms,
Lemon Ricotta, Roasted Pumpkin, Sautéed Spinach,
Grilled Tomato, Fresh Tomato, Beetroot Hummus
or Persian Feta.
Smoked Salmon, Chorizo, Free Range Ham, Bacon.
Scrambled Eggs, Sweet Potato + Corn Fritter
or Potato Hash Brown
4.0 Each

IMMUNITY JUICE SHOTS

Blood Pressure - beetroot, apple, celery,
lime + ginger 3.0

Detox - carrot, tumeric, ginger, orange
+ apple cider 3.0

Please advise of any allergies to your waiter
as not all ingredients are listed

Gluten Free UPON REQUEST (gf**) / Gluten Free (gf)

10% Surcharge applies on Public holidays

Cold Beverage

COLD PRESSED JUICE

8.0

Orange Juice

Green: Apple, Pear, Kale, Ginger, Mint, Lime

Watermelon Rockmelon, Lime & Mint

Carrot w. Apple, Pineapple, Ginger & Lemon

KOMBUCHA (ASK FOR FLAVOURS)

6.5

SOFT DRINKS (330ML GLASS BOTTLE)

5.5

Coke, Coke Zero, Sprite, Soda, Ginger Ale, Lemon Lime & Bitters, Ginger Beer

Soda Lime Bitters, Tonic Water, Brita Sparkling Water H2O (750ml)

Smoothies

GREEN SMOOTHIE

Find your inner Popeye strength w. our special blend of leafy spinach leaves, mango cheeks, banana & almond milk

8.0

CHOCOLATE HALVA

This candy-inspired smoothie is actually good for you! Made w. traditional halva, cocoa, banana & finished w. almond milk.

8.0

TANGY MANGO

Start your morning off a smooth combination of mango cheeks, orange, banana & almond milk w. a touch of tumeric

8.0

Hot Beverages

COFFEE 'HOUSE BLEND'

Ristretto, Espresso or Macchiato

3.5

Flat White, Cappuccino or Caffè Latte

R 4.0 / L 4.5

Mocha or Chai Latte

R 4.2 / L 4.8

Hot Chocolate (made with melted chocolate)

R 4.2 / L 4.8

Matcha Latte, Taro Latte, Red Velvet Latte or Charcoal Activated Latte

R 4.5 / L 5.0

Extras: Shot, Flavour, Almond Milk, Soy,

+0.5

TEA

4.2

English Breakfast, Earl Grey, Green Tea, Peppermint, Camomile, Lemongrass & Ginger, Chai

STICKY CHAI

Blend of natural spices, brewed with soy milk

6.5