

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 and pecan

New Buddha Breakfast Bowl (V) - All Day 45

Coconut and cinnamon oats, avo, hemp seed powder, flax seed powder, cocoa nibs, cranberries, almonds, toasted coconut, honey, banana and a dash of extra virgin olive oil

2 slices of wholewheat or 40% rye toast

with either of the following:

Avocado with roasted tomato and fresh basil 40

2 Eggs fried, poached or scrambled 40

House-made Berry Jam 22

New Waffles - All day 35

With fresh banana and honey

Add bacon 18

Add whipped cream 8

Courgette Cakes (V) 60

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

Add poached egg R8, Add bacon R18

New Exotic Mushrooms on Brioche 55

2 slices home-made brioche, with cream cheese, sage, rocket, toasted sesame and shaved parmesan

Add poached egg 8

Bacon, Egg & Cheddar 50

On lightly toasted ciabatta with rocket

New Egg, Mushroom & Avo (V) 60

On lightly toasted ciabatta with hollandaise & rocket

Cafe Breakfast 69

2 Fried or poached eggs, bacon, 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 R8

New Falafel Scotch Egg - All Day 60

Grilled halloumi, hummus, marinated peppers, avo, rocket, and exotic mushroom

Eggs Benedict 48 | 73

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

Eggs Onassis 59 | 95

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

Add Avo 10 | 15

Kids (under 12 years)

New Waffle with Banana & Honey 20

Yoghurt and Banana with Honey 25

Soldiers & Bacon 30

Egg on Wholewheat Toast 25

Lunch - served from 11:30 am

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

New Quarter Jerk Chicken (spicy!) 60

With slaw, chips and harissa mayo

New Butternut & Ricotta Panzerotti (V) 70

with Sage, Napoli Sauce, Spinach and Feta

New Vegan Bowl (V) 55

Coconut quinoa, chickpea and kidney bean, snap peas, slaw, grilled aubergine and marrow

No Frills Beef Burger 50

200g house-made pattie, relish, caramelised onion

Basil Pesto Beef Burger 95

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

Harissa Chicken Avo Burger 90

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

Falafel Burger (V) 85

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

Light Bites

New Chilli Bean Springrolls (V) 50

Crema fraiche, avo salsa & small salad

Lil Pizza (V) - served after 11:30am 35

On pita bread with olives, mushroom, feta and basil

Courgette Cakes (V) 60

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

Add salmon 25

Meze Plate - served after 11:30am 55

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

Scone 25

With Cream and House-made Jam OR with Cheddar

Chocolate Cake 30

Baked Cheesecake 35

With chocolate glaze

Carrot Cake 33

Salted Caramel Brownie 35

With Cream or Vanilla Ice Cream & toasted almonds

Kids (under 12 years)

Lil Pita Pizza (Chicken or margarita) 30

Beef or Chicken Burger & Chips 40

Grilled Chicken Strips & Chips 30

Brownie & Ice Cream 20

Ice Cream & Chocolate Sauce 20

New **Waffle, Honey, Cream or Ice Cream** 25

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 20 | 22

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

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

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

Goats do Roam 35 | 130

Rosse water and strawberry notes compliment a wide range of dishes. A well-balanced favourite food wine.

RED WINES

MERLOT

Arabella 35 | 125

Succulent flavours of ripe plum and blackcurrant, enhanced by hints of coffee and chocolate.

RED BLEND

Anura Arpeggio SMV 35 | 135

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