

Breakfast - served until 11:30 am

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**

Courgette Cakes (V) **60**

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

Add poached egg R8, Add bacon R18

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

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)

Waffle with Banana & Honey **20**

Yoghurt and Banana with Honey **25**

Soldiers & Bacon **30**

Egg on Wholewheat Toast **25**

All Day Eats

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

Buddha Breakfast Bowl (V) **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

Avocado with roasted tomato and fresh basil **40**

Waffles **35**

With fresh banana and honey

Add bacon **18**

Add whipped cream **8**

Falafel Scotch Egg **60**

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

Bacon, Egg & Cheddar **50**

On lightly toasted ciabatta with rocket

Meze Plate - served after 11:30am (V) **55**

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

Lunch - served from 11:30 am

Moroccan Spiced Chicken Salad **79**

Mixed greens, snap peas, olives and feta

Vegetarian option with butternut instead of chicken

Chicken Thigh Salad **89**

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

Spicy Chicken Thighs **69**

With slaw, chips, roasted butternut and harissa mayo

Chicken & Coriander Pasta **65**

With mushroom and grated parmesan

Butternut & Ricotta Panzerotti (V) **69**

with Sage, Napoli Sauce, Spinach and Feta

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 **89**

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

Harissa Chicken Avo Burger **89**

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

Chilli Bean Springrolls (V) **50**

Creme 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**

Scone **25**

With Cream and House-made Jam OR with Cheddar

Chocolate Cake **30**

Baked Cheesecake **35**

With chocolate glaze

Carrot Cake **33**

Brownie **35**

With Cream or Vanilla Ice Cream & toasted almonds

Kids (under 12 years)

Lil Pita Pizza (Chicken or margherita) **30**

Beef or Chicken Burger & Chips **40**

Grilled Chicken Strips & Chips **30**

Brownie & Ice Cream **20**

Ice Cream & Chocolate Sauce **20**

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

Rock Shandy 28