

## 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 ciabbata 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, capers and dill

Add Avo **10 | 15**

### Kids (under 12 years)

**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

### 2 slices of wholewheat or 40% rye toast

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

**Bacon, Egg & Cheddar** **50**

On lightly toasted ciabbata with rocket

**Meze Plate** **55**

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

## Lunch - served from 11:30 am

**Chicken Thigh Salad** **89**

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

**Butternut & Aubergine Salad (V)** **65**

On a bed of greens with feta

**Chicken & Coriander Pasta** **65**

With mushroom and grated parmesan

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

with Sage, Napoli Sauce, Spinach and Feta

**No Frills Beef Burger** **50**

200g house-made pattie, relish, caramelised onion

**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**

**Baked Cheesecake** **35**

**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**

**Brownie & Ice Cream** **20**

## Frozen Meals

**Beef Moussaka**

**Sml Med**  
**65 125**

**Beef Lasagne**

**65 125**

**Butternut & Spinach Lasagne**

**60 115**

**Chicken Korma**

**60 100**

**Butter Chicken with Butternut**

**60 100**

**Butternut, Chickpea & Brinjal Curry**

**60 100**

**Chicken Curry**

**60 100**

**Brown Basmati Rice**

**10**

With spinach and caramelised red onion

## 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