

MENU

BREAKFAST

Avo On Toast	45.00
<i>Toasted health bread with fresh avocado (Seasonal)</i>	
Pesto Poacher	63.00
<i>Toasted Rye or Health bread with pesto smashed avo, 2 poached eggs & rosa tomatoes</i>	
Breakfast Roll	75.00
<i>Toasted roll filled with scrambled egg, tomato, bacon & avo</i>	
Sunrise Breakfast	40.00
<i>1 x Egg, 2 x rashers bacon, fried tomato & toast</i>	
Homemade Granola Special	57.00
<i>Mixed raw nuts, cranberry & coconut crunchy granola served with plain or vanilla yoghurt</i>	
Oat Bowl	52.00
<i>Warm oats served with banana, nuts & honey</i>	
French Toast With Bacon & Banana	52.00

Ask About Our Freshly Baked Goods

LUNCH

All Main Meals Served With Your Choice Of Chips Or Salad
Sweet Potato Chips R15 Extra

WRAPS / SALADS

Chicken	75.00
<i>Grilled Chicken, Avo & Feta</i>	
Bacon	75.00
<i>Bacon, Avo & Feta</i>	
Lamb	90.00
<i>Slow roasted pulled lamb served with caramalized onion & tzatziki</i>	
Salmon	85.00
<i>Smoked Salmon, Avo & Cottage Cheese</i>	
Lentil	65.00
<i>Lentils, Sundried Tomatos, Feta & Avo</i>	

EXTRAS

Bacon - 15 • Veg - 18 • Cheese - 8
Beef - 35 • Chicken - 25 • Egg - 6

BURGERS / PREGO ROLLS

Giant Burgers For The Hungry. Bunless Options Also Available

Beef	85.00
Chicken	85.00
Steak	85.00
Add Mushroom Sauce	15.00

GRILLS

Chicken Shnitzel	79.00
<i>Served with cheese or mushroom sauce</i>	
Sweet Potato Nachos	65.00
<i>Crispy sweet potato fried in coconut oil served with fresh guacamole, dollops of cream cheese and Mexican salsa topped with melted cheese</i>	
<i>Add Chicken - R25 Add Mince - R35</i>	
Flalitas <i>Hand made crisp flatbreads gently brushed with a garlic oil and cream cheese base topped with melted mozzarella</i>	
Slow Roasted lamb with onions and tzatziki	90.00
Chicken strips with caramelised onion & herbed mushroom	79.00
Vegetarian - Balsamic roasted cherry tomato, mushrooms, caramelised onions olives, sprinkled with pesto	65.00

PASTA

Choice Of Penne Or Tagliatelle

Basil	55.00
<i>Basil pesto with roasted cherry tomatoes and herbed mushrooms</i>	
<i>Add Chicken - R25</i>	
Bacon Alfredo	70.00
<i>Creamy bacon and mushroom Alfredo</i>	

TOASTIES

Traditional Toasted Sandwich, Served With Chips Or Salad

Cheese	35.00
Cheese & Tomato	40.00
Chicken Mayo	52.00
Bacon & Egg Or Cheese	57.00

Enquire About Our Speciality Cake Options

KIDDIES MEALS

Southern Fried Chicken Strips & Chips	45.00
Mac & Cheese	45.00
Calamari & Chips	50.00
Portion Chips	22.00

DRINKS MENU

COFFEE

Espresso Single	18.00
Espresso Double	22.00
Americano	20.00
Cappuccino	24.00
Red Cappuccino	24.00
Latte	26.00
Red Latte	26.00
Milo	30.00
Hot Chocolate	30.00
White Hot Chocolate	30.00
Iced Cafe Mocha	35.00
Speciality Iced Coffee With Ice Cream	45.00

TEA

Green Tea	16.00
Rooibos	16.00
Regular 5 Roses	16.00
Chai Tea	30.00

SMOOTHIES

Tropical Fruit Smoothie	40.00
Seasonal Fruit Smoothie	45.00
Protein (1 Scoop)	45.00
Protein (2 Scoops)	60.00

MILKSHAKES

Bubblegum, Strawberry, Vanilla, Chocolate, Banana, Lime	
<i>Small</i>	30.00
<i>Large</i>	40.00

GOURMET MILKSHAKES

Oreo Crunch, Strawberries & Cream, Salted Caramel, Mango & Coconut	
<i>350ml</i>	55.00
<i>600ml</i>	75.00