

# MENU

## BREAKFAST

<b>Avo On Toast</b> .....	45.00
<i>Toasted health bread with fresh avocado (Seasonal)</i>	
<b>Pesto Poacher</b> .....	63.00
<i>Toasted Rye or Health bread with pesto smashed avo, 2 poached eggs &amp; rosa tomatoes</i>	
<b>Breakfast Roll</b> .....	75.00
<i>Toasted roll filled with scrambled egg, tomato, bacon &amp; avo</i>	
<b>Sunrise Breakfast</b> .....	29.00
<i>2 x Eggs, 2 x rashers bacon, fried tomato &amp; toast</i>	
<b>Homemade Granola Special</b> .....	57.00
<i>Mixed raw nuts, cranberry &amp; coconut crunchy granola served with plain or vanilla yoghurt</i>	
<b>Oat Bowl</b> .....	52.00
<i>Warm oats served with banana, nuts &amp; honey</i>	
<b>French Toast With Bacon &amp; Banana</b> .....	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

<b>Chicken</b> .....	75.00
<i>Grilled Chicken, Avo &amp; Feta</i>	
<b>Bacon</b> .....	75.00
<i>Bacon, Avo &amp; Feta</i>	
<b>Lamb</b> .....	90.00
<i>Slow roasted pulled lamb served with caramalized onion &amp; tzatziki</i>	
<b>Salmon</b> .....	85.00
<i>Smoked Salmon, Avo &amp; Cottage Cheese</i>	
<b>Lentil</b> .....	65.00
<i>Lentils, Sundried Tomatos, Feta &amp; 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
<b>Add Mushroom Sauce</b> .....	15.00

## GRILLS

<b>Chicken Shnitzel</b> .....	79.00
<i>Served with cheese or mushroom sauce</i>	
<b>Sweet Potato Nachos</b> .....	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>	
<b>Flalitas</b> <i>Hand made crisp flatbreads gently brushed with a garlic oil and cream cheese base topped with melted mozzarella</i>	
<b>Slow Roasted lamb with onions and tzatziki</b> .....	90.00
<b>Chicken strips with caramelised onion &amp; herbed mushroom</b> .....	79.00
<b>Vegetarian - Balsamic roasted cherry tomato, mushrooms, caramelised onions olives, sprinkled with pesto</b> .....	65.00

## PASTA

Choice Of Penne Or Tagliatelle

<b>Basil</b> .....	55.00
<i>Basil pesto with roasted cherry tomatoes and herbed mushrooms</i>	
<i>Add Chicken - R25</i>	
<b>Bacon Alfredo</b> .....	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

## 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

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

### GOURMET MILKSHAKES

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

*Enquire About Our Speciality Cake Options*