



ALL DAY BREAKFAST SCRAMBLED. POACHED. FRIED.

ALL CLASSIC EGGS SERVED WITH ROAST TOMATO		
WITH SMOKED SALMON, CREAM CHEESE & LEMON	105	
WITH PORK / BEEF SAUSAGE, BACON & MUSHROOMS	96	
WITH BACON & MUSHROOM	75	
WITH BACON	60	
JUST EGGS & ROAST TOMATO	50	V

*Breakfasts are dressed with green pesto oil which contains nuts. Please ask if you would prefer to have it omitted.

BREAKFAST & TOASTIES ARE SERVED ON A CHOICE OF SOURDOUGH, BUTTERMILK RYE OR SEEDED HEALTH BREAD. IF YOU PREFER:
gluten free add R5 | low carb add R5 | croissant add R18

OMELETTE

3 EGG OMELETTE	48	V
Served with our roasted tomato conserve.		
WITH SMOKED SALMON	105	
WITH BACON & CHEESE*	77	
3 CHEESE MIX	69	V
BACON	60	

*Mozzarella, gouda & cheddar

EGGS BENEDICT59V

Two poached eggs with hollandaise sauce served on your choice of sourdough, buttermilk rye or seeded health bread with our roasted tomato conserve & your favourite side:

WITH SMOKED SALMON128

WITH BACON75

HEALTHY THINGS

BIRCHER MUESLI BOWL	63	V
Rolled oats soaked in mango juice, chia seeds, almond milk & mixed with coconut yoghurt. Served with nuts, our own granola, seasonal fruit & honey on the side.		
SMOOTHIE BOWL	63	V
Made with pawpaw, banana, cocoa powder & soaked oats. Served with coconut yoghurt, toasted coconut flakes, berries & seasonal fruit.		

SNACK BOARDS

CROISSANT WITH BACON, AVO & ROCKET	63	
CROISSANT WITH CHEESE & JAM	52	
SCONE WITH CHEESE, JAM & CREAM	46	V

BRUNCH

CRUNCHY APPLE CRUMBLE GRANOLA BOWL63V

Handmade Knead granola, custard yoghurt, salted caramel sauce, cinnamon pie apples & fresh apple.

BURGER BENEDICT104

Beef burger, sliced tomato, caramalised onions, bacon, a poached egg & hollandaise sauce with a side of fries.

ALL DAY BREAKFAST PIZZA77

Bacon, beef sausage, cherry tomatoes, mushroom, egg & rocket. (Low carb & gluten free bases available as an add on).

SPICY MINCE ON TOAST WITH A POACHED EGG77

Served with fresh salsa & topped with a poached egg.
*For extra heat ask to add chilli

AVO, TOMATO & FETA ON TOAST WITH A POACHED EGG79V

Mashed avo, Danish feta, roasted tomato preserve, finely sliced radish & spring onions, topped with a poached egg.

WITHOUT AN EGG73

CREAMY MUSHROOMS ON TOAST WITH A POACHED EGG73V

Mushrooms in a creamy sauce with parmesan shavings & a poached egg, served on toast spread with a cheesy béchamel.

WITHOUT AN EGG68

Add bacon20

SWEETCORN FRITTERS68V

Served with sliced avo, roast tomato conserve, spring onions and a poached egg.

ADD SMOKED SALMON120

With a creamy herb dressing and lemon.

ADD CRISPY BACON & MUSHROOMS98

CROQUE MADAME84

A smoked ham & three cheese mix toasty on ciabatta, topped with a grilled cheesy béchamel sauce & a poached egg.

TOASTED SANDWICHES

SERVED WITH FRIES OR A SIDE SALAD		
THE CUBAN	130	
Ham, pulled pork, three cheese mix, cucumber pickle & whole grain mustard mayo on a Turkish roll.		
BACON, CHEESE & SRIRACHA CHICKEN MAYO	84	
BACON, EGG & CHEESE WITH MAYO	72	
HAM, CHEESE & TOMATO WITH MAYO	69	
CHICKEN WITH RED PEPPER PESTO MAYO	64	
With cucumber pickle, tomato & sweet red onion.		
CLASSIC CHICKEN MAYO	63	
With cucumber pickle, tomato & sweet red onion.		
CLASSIC 3 CHEESE WITH MAYO	51	V
Melted gouda, cheddar & mozzarella. (Please ask for tomato).		
QUATTRO FORMAGGI (4 CHEESE) WITH MAYO	78	V
Melted gouda, cheddar, mozzarella & brie served with our tomato conserve.		
QUATTRO FORMAGGI, BACON, BRIE & CARAMELISED ONIONS WITH MAYO	90	

LIGHT MEALS

TUNA FISH CAKES & SALAD74

Tuna and potato fish cakes with a summer crunch salad, creamy herb dressing, avo & roasted seeds.
Add a side to my fish cakes10

CREAMY CHICKEN PASTA WITH BACON58

With spinach & slow roasted tomatoes, tossed with spaghetti and topped with crispy bacon shards & parmesan.

STANDARD BURGERS

OUR BURGERS ARE SERVED ON SOFT KITKA BUNS WITH A CHOICE OF FRIES OR A SIDE SALAD

100% BEEF	
BACON & CHEESE	84
CHEESE	74
CLASSIC	64

OUR BURGERS ARE DRESSED WITH BBQ SAUCE, MAYO, A DEEP FRIED ONION RING, CARAMELISED ONIONS, CUCUMBER PICKLE, SWEET RED ONIONS, SLICED TOMATO & ROCKET – UNLESS OTHERWISE STATED.

FRIED CHICKEN

BUTTERMILK FRIED CHICKEN BURGER75

Buttermilk marinated chicken breast coated & deep fried then served with a tangy slaw, cucumber pickle & sriracha mayo on a burger bun.

VEGGIE

Our vegetarian burger patties are made daily with quinoa, chickpeas, cannellini, kidney beans, green peas, celery and coriander & dressed with hummus. They are gluten free & do not contain egg or dairy.

CLASSIC VEGGIE64V

Add avo20

OUR BURGER BUNS CONTAIN EGG & DAIRY. PLEASE ASK YOUR WAITRON FOR OTHER BREAD OPTIONS OR VEGAN MAYO.

BURGER SIDES	M	L
SWEET POTATO FRIES	19	38
DEEP FRIED ONION RINGS	19	
HUMMUS	19	

STANDARD SALADS

ALL OUR SALADS ARE SERVED COLD

CHICKEN, BACON, AVO & BLUE CHEESE77

Grilled chicken, salad leaves, crispy bacon, sliced avo, cherry tomatoes & blue cheese crumbs. Served with a blue cheese dressing.
*If you prefer feta/house dressing instead of blue – please ask.

CHICKEN CAESAR75

Grilled chicken, crispy bacon, cos & iceberg lettuce, croutons, boiled egg & parmesan shavings. Served with our Knead Caesar dressing.
*Contains anchovies

Add avo20

QUINOA WITH ROAST ROOT VEG, MIXED SEEDS, FETA & ORANGE62V

Roast beetroot, carrots and sweet potato, gluten free seed mix, orange slices and feta tossed with quinoa & rocket.

Add avo20

Add grilled chicken27

Add falafel27

HALOUMI, QUINOA & SMASHED MINTED PEAS73V

Grilled Haloumi, smashed minted pea and feta, sliced avo, a soft boiled egg, hummus & roasted spiced chickpeas. Served with a creamy herb dressing.

Add falafel27

MOROCCAN HARISSA BOWL83V

With quinoa, salad greens, spicy Moroccan carrots with dried cranberries, cherry tomatoes, olives, roasted spiced chickpeas and butternut & a creamy herb dressing. With your choice of either:

CRUNCHY COATED FALAFEL* or GRILLED BUTTERMILK MARINATED HARISSA CHICKEN

*Made with our veggie burger mix

Add avo20

STANDARD PIZZAS

ALL OUR PIZZAS ARE MADE ON ITALIAN PIZZA BASES WITH GRATED MOZZARELLA & A ROAST ITALIAN TOMATO SAUCE

BACON, AVO & CHERRY TOMATOES84

With fresh rocket.

MARGHERITA DELUXE83V

Fresh mozzarella (fior de latte) with roasted tomato conserve, rocket pesto and served with fresh tomato & basil leaves.
*Pesto contains nuts

BACON, FETA & CHEESY RUSSIAN77

With cherry tomatoes & caramelised onions.

BBQ CHICKEN & CHORIZO77

Grilled chicken marinated in our own BBQ sauce & thinly sliced chorizo.

ALL DAY BREAKFAST PIZZA77

Bacon, beef sausage, cherry tomatoes, mushroom, egg & rocket.

CREAMY SPINACH & FETA68V

CHEESE & TOMATO52V

With homemade tomato sauce & grated mozzarella.

GLUTEN FREE BASE ADD R10 / LOW CARB BASE ADD R10
Our low-carb bread and pizza bases are also gluten free.
PLEASE ASK IF YOU WOULD LIKE TO ADD CHILLI

EXTRAS

Pesto	18	Mozzarella / parmesan	20
Egg	13	Mushrooms	25
Olives	15	Cheesy Russian sausage	25
Spinach	15	Beef sausage	25
Avocado (seasonal)	20	Chicken (roasted / grilled)	27
Bacon	20	Chorizo sausage slices	32
Feta / cheddar / gouda	20	Fresh smoked salmon	64

SOUPS

BEAN, CHORIZO & TOMATO62

Our house tomato soup with chorizo, cannellini, kidney beans & garlic.

TOMATO SOUP50V

Rustic thick chunky tomato soup served with rocket & walnut pesto.
*Pesto contains nuts

SOUPS ARE SERVED WITH SOURDOUGH, BUTTERMILK RYE OR SEED ED HEALTH BREAD. TO SUBSTITUTE ADD:
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TACOS

BBQ PULLED PORK79

Slow roast pork shoulder & homemade BBQ sauce with tangy slaw, fresh salsa and a creamy coriander & mint dressing.

BUTTERMILK FRIED CHICKEN75

Buttermilk marinated chicken breast coated and deep fried with tangy slaw, fresh salsa & sriracha mayo.

HARISSA CHICKEN75

Chicken breast marinated in a buttermilk Harissa paste with tangy slaw, fresh salsa and a creamy coriander & mint dressing.

FALAFEL*85V

Crunchy coated falafel with avo, tangy slaw, fresh salsa, coriander & a creamy mint dressing.*Made with our veggie burger mix

CHORIZO & CRISPY SWEET POTATO85

Chorizo sausage and sweet potato deep fried with tangy slaw, fresh salsa & sriracha mayo.

LOADED NACHOS90

Nachos loaded with cheese, guacamole, Mexican mince, fresh salsa, coriander, jalapenos & a creamy herb sauce.

TACOS ARE MADE WITH 4 X 10cm MINI TACOS & SERVED WITH A SIDE OF CHEESY NACHOS & SRIRACHA MAYO DIP. FOR EXTRA* ADD:
cheese R15 | chilli R15 | avo R20 **only when served with tacos*