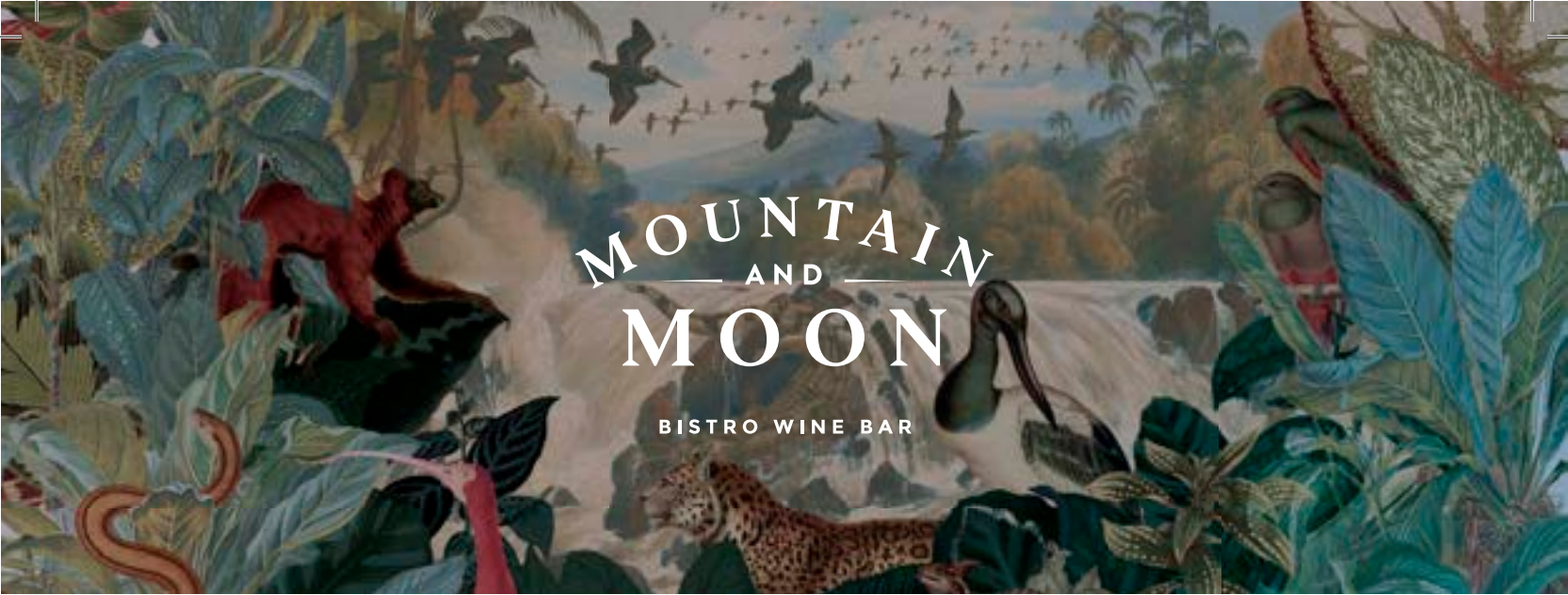




BREAKFAST

available all day

BAKERY

Butter croissant	
· with butter, mild cheese & preserves	58
· with smoked ham, Emmental cheese, wholegrain mustard & rocket	72
· with creamy scrambled free-range eggs & bacon	74
Muffin	
· Bran, nut & raisin with butter, mild cheese & preserves	52
· Spinach & feta with a touch of cayenne & butter	42
Lightly toasted banana bread	
Served with honey mascarpone	65
A basket of freshly-milled stoneground bread	
Toasted & served with mild cheese & preserves	48

CLASSICS

Seasonal fruit bowl	
Greek yoghurt with fresh seasonal fruit, caramelised almonds & raw honey	68
+ Granola	20
Eggs Benedict	
Free-range soft poached eggs & Hollandaise on toasted ciabatta with roasted tomatoes	
· with bacon	98
· with salmon trout	108
Scrambled free-range eggs	
Slow roasted marinated tomatoes served with freshly-milled stoneground toast	78
Traditional English breakfast	
Free-range eggs, oven-roasted tomatoes & bacon with freshly-milled stoneground toast & butter	86
Mountain and Moon Grand Breakfast	
Free-range eggs, crispy bacon, pork chipolatas, mushrooms, courgette & potato hash brown served with freshly milled stoneground toast & butter	128
Free-range egg omelette	48
+ Mild cheese	18
+ Pan-fried mushroom	25
+ Smoked ham	25
+ Smoked salmon trout	48

FAVOURITES

	1 slice	2 slices
Smashed Avocado on toasted sourdough		
With fresh lemon & coriander	54	68
+ Poached egg		10
+ Bacon		25
+ Salmon trout		48
Free-range poached egg		
Crispy bacon & Hollandaise on courgette & potato hash brown		84
Courgette & Potato hash brown		
Topped with smoked salmon, cream cheese, caper salsa & free range poached egg		88
Creamy wild mushrooms		
On toasted ciabatta		89
+ Poached egg		10
Flapjacks		
With seasonal berries mascarpone & raw honey		68
+ Bacon		25
French toast		
Topped with seasonal fruit & crème fraiche		68

LUNCH & LATER

available all day

LUNCH BUFFET

A daily selection of delicious homemade food
Available from midday until 15.00 (Mondays - Fridays) 20 per 100g

LIGHT MEALS

Minestrone soup	
Pesto & Parmesan served with toasted ciabatta	72
Quiche of the day	
Served with a fresh green salad	68

SALADS

Cajun chicken	
Butternut, feta & toasted seed mix	94
Ceasar salad	
With cos lettuce, crispy bacon, parmesan, croutons with a classic Caesar dressing	84
+ Chicken	32
Butter lettuce, avocado	
Toasted pumpkin seeds, parmesan shavings & a sweet raspberry honey dressing	75

ARTISAN SANDWICHES

(Fresh or Toasted)	
Two slices of freshly milled stoneground bread	
Served with a choice of French fries, coleslaw or salad	
· Roast chicken & fresh herb mayonnaise	76
· Smoked ham, mild cheese & tomato	76
· Cheese, tomato, crispy bacon & bacon jam	76
· Slow-roasted beef, sweet chilli sauce, fresh coriander & toasted sesame seeds	76
· Coronation chicken	76

WRAPS

Sweet chilli chicken	
Red pepper & feta	86
Roasted Butternut	
Lentil, basil pesto & feta	78

MAINS

Creamy chicken & leek pie	
Served with French fries & salad	115
Traditional 100% pure beef burger	
With French fries & salad	125
Smoked salmon, cream cheese & caper salsa	
On open toasted sourdough rye	89
+ Avocado	18
Pan-fried chicken livers	
In a creamy tomato sauce	78
Aubergine Parmigiano	
Of slow-cooked aubergine, plum tomatoes, mozzarella, parmesan & fresh basil	86
Soft taco	
Served with coriander salsa & fresh corn	
Choose from:	
· Pulled pork	84
· Cajun chicken	84
· Sweet chilli beef	84
Cajun chicken corn fritter	
With coriander salsa & sour cream	72
Bunless 100% pure beef burger	
With grilled aubergine & black mushroom, served with French fries & a salad	115

SIDES & SNACKS

Fresh green salad	38
Bowl of French fries Served with homemade mayonnaise	36

CHILDREN

Free-range scrambled eggs on toast	46
Crunchy fried chicken strips Served with French fries	68
Bowl of French Fries	28
French toast Served with Nutella	35

SWEETS

available all day

SCONES

Served with butter, preserves, whipped cream & mild cheese	52
---	-----------

CAKES

Carrot cake	48
Cheese cake	54
Pecan Praline cheesecake	60
Chocolate cake	48
Gluten-free chocolate cake	48

TREATS

Chocolate brownie	34
Chocolate caramel shortbread	34
Carrot cake cupcake	34
Muesli bars with chocolate & caramel	38
Breakfast bar	22

DRINKS

HOT

COFFE

Exclusively blended, M&M's coffee is freshly ground & locally roasted	
Espresso	22
Americano	23
Filter	21
Flat White sgl + Almond milk	26 4
Flat White dbl + Almond milk	28 4
Caffè Latte	28
Macchiato	22
Cortado	22
+ Decaf	2
+ Almond milk	4

HOT CHOCOLATE

Mountain and Moon hot chocolate	28
Nutella hot chocolate	34

TEA & RED ESPRESSO

Pot of tea	for one	for two
Ceylon Earl Grey English Breakfast Rooibos	24	28
Pot of loose leaf tea Japanese Green Sencha Andean Peppermint Leaves Wild Forest Berry Infusion Pear & Cinnamon Infusion		28
Chai Latte		32
Red Flat White With honey & cinnamon		28
Red Latte With honey & cinnamon		30
Red Chai Latte		32

DRINKS

COLD

MINERAL WATER

Our most sought after spring water is formed by the cracks in the granite rocks of Paarl mountain.
Served chilled in glass bottles.

Mineral Water (still or sparkling)	
440ml	20
750ml	30

PRESSED JUICE

Orange Carrot, apple & orange	42
Green Apple & cucumber	42
Red Beetroot & carrot	42
Pure Orange	34
+ Ginger Celery Mint Spinach	5

SMOOTHIES

Morning Mango, fresh orange juice, yoghurt & raw honey	38
Berry Berries, banana, & fresh apple juice	38
Raw Yoghurt, banana, dates, peanut butter, soy milk & chia seeds	38

MILKSHAKES

We make our milkshakes with real home-made ice cream.	
Vanilla Strawberry Dark Chocolate Coffee · Children's	32
· Regular	42

ICED TEA

Bos ice tea	27
Fresh red Rooibos iced tea & fresh apple juice on ice	26
Iced coffee Espresso iced coffee with milk, condensed milk & topped with whipped cream	28

SODA

Appletiser Grapetiser (red or white)	28
Coke Coke light	23



+27 (0)21 863 0740
hello@mountain moon.co.za
www.mountainandmoon.co.za
@mountainandmoonbistro