

BREAKFAST served until 11:30am

EGGS BENEDICT 65 / 82

Served on rye or sourdough with hollandaise & your choice of either, fried mushrooms or local salmon trout + Add avocado 15

POACHED EGGS, MUSHROOMS & AVOCADO 65 Served on rye or sourdough

SMOOTHIES / BOWLS served all day

NUTTY 52 / 62 Banana, almond butter, cacao, almond milk & dates

BERRY & BUCHU 50 / 60 Mixed berries, buchu water, mint & honey

DRAGON FRUIT 52 / 62 Dragon fruit, strawberries & honey

MANGO 52 / 62 Mango, banana, dates & coconut flakes

+ Bowls are topped with gluten free granola, chia seeds, coconut flakes, goji berries & fresh fruit

SWEET TREATS served all day

PLAIN / CHOCOLATE CROISSANT 28 / 32

VEGAN OMEGA, SEED AND GINGER MUFFIN 32 with carrot, apple, pear, banana, ginger, dates, and a mix of nuts and seeds

BANANA & QUINOA BREAD 40 with chunks of organic 85% dark chocolate and a creamed cottage cheese vanilla bean icing

COFFEE

ESPRESSO 24
AMERICANO 24
FLAT WHITE 28
LATTE 30
CHAI LATTE 28
DIRTY CHAI 35
MOCCA 35
HOT CHOCOLATE 28
TURMERIC / BEETROOT / MATCHA LATTE 30
ICED LATTE / CHOCOLATE / CHAI 30

* All coffees double shot

JUICES

RED 38 Beetroot, apple, cucumber & ginger

GREEN 42 Apple, kale, lemon, celery & mint

ORANGE 38 Carrot, apple & ginger

PINK 40 Strawberry, apple, coconut water & mint

OJ 35 Orange juice

SOFT DRINKS

WATER STILL/ SPARKLING 18 330ml mountain falls

KOMBUCHA 32 *please inquire about available flavors

SANDWICHES served all day

BRIE & PARMA toasted 70
Brie cheese, parma ham & caramelized fig

CAPRESE toasted 60 Mozzarella, basil pesto & tomato

SALMON & CREAM CHEESE open 72 Cream cheese, local salmon trout, wasabi and avocado dressing, pickled red onion, sesame seeds & black pepper

AVO & HUMMUS open 60 Red lentil hummus, avocado & onion sprouts

- + Add side salad 18
- * All sandwiches served on rye or sourdough

SALADS served from 12pm

QUINOA 78

Quinoa, rocket, tomatoes, radish, cucumber, avocado, labneh*, sesame seeds & dried pomegranates

* Swap labneh with red lentil hummus for a vegan option

SALMON & WASABI 85

Local salmon trout, spinach, cucumber, radish, spring onion, poppy seeds, soy roasted sunflower seeds with a wasabi and avocado dressing

PARMA HAM & NAARTJIE 85

Rocket, baby leaves, parma ham, sugar snap peas, fresh naartjies, croutons, fried leeks & parmesan

- *Please check our blackboard for anything special on offer today
- *Kindly note that everything on our menu is subject to availability