



ALL DAY BREAKFAST SCRAMBLED. POACHED. FRIED.

ALL CLASSIC EGGS SERVED WITH ROAST TOMATO

WITH SMOKED SALMON cream cheese & lemon	99
THE KNEAD FULL ENGLISH BREAKFAST WITH PORK / BEEF SAUSAGE, SAGE, BACON, TOMATO & MUSHROOMS	90
WITH BACON & MUSHROOM WITH BACON	70
WITH BACON	57
JUST EGGS & ROAST TOMATO	47

*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:

ciabatta / 100% rye add R5 | gluten free add R10
low carb add R15 | croissant add R18

OMELETTE

3 EGG OMELETTE Served with our roasted tomato conserve.	46
WITH SMOKED SALMON	99
WITH BACON & CHEESE*	77
3 CHEESE MIX	66
BACON	57

*Mozzarella, gouda & cheddar.

EGGS BENEDICT 2 poached eggs & hollandaise sauce served with our roasted tomato conserve & your favourite side:	56
SMOKED SALMON	128
BACON	70

HEALTHY THINGS

BIRCHER MUESLI BOWL Rolled oats, quinoa & chia seeds soaked in almond milk & mixed with grated apple. Served with nuts, gluten free seed mix, toasted coconut flakes, seasonal fruit & honey.	59
CRUNCHY APPLE CRUMBLE GRANOLA BOWL Handmade Knead granola, custard yoghurt, salted caramel sauce, cinnamon pie apples & fresh apple.	59

BRUNCH

BURGER BENEDICT Beef burger, sliced tomato, caramelised onions, bacon, a poached egg & hollandaise sauce with a side of fries.	98
ALL DAY BREAKFAST PIZZA Bacon, beef sausage, cherry tomatoes, mushroom, egg & rocket. (Low carb & gluten free bases available as an add on).	90

SPICY MINCE ON TOAST WITH A POACHED EGG Served with fresh salsa & topped with a poached egg. *FOR EXTRA HEAT ASK US TO ADD CHILLI	72
AVO, TOMATO & FETA ON TOAST WITH A POACHED EGG Mashed avo, Danish feta, roasted tomato preserve, finely sliced radish & spring onions, topped with a poached egg.	75
WITHOUT AN EGG	69
CREAMY MUSHROOMS ON TOAST WITH A POACHED EGG Mushrooms in a creamy sauce with parmesan shavings and a poached egg, served on toast spread with a cheesy béchamel.	69
WITHOUT AN EGG	64
add bacon	20

SWEETCORN FRITTERS With sliced avo & roast tomato conserve	62
ADD SMOKED SALMON Served with whipped herb cheese	120
ADD CRISPY BACON & A POACHED EGG	95

CROQUE MADAME A smoked ham & 3 cheese mix toasty on ciabatta, topped with a grilled cheesy béchamel sauce & a poached egg.	79
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SNACK BOARDS

CROISSANT WITH BACON, AVO & ROCKET	59
CROISSANT WITH CHEESE & JAM	49
SCONE, JAM & CHEESE	44

TOASTED SANDWICHES

THE CUBAN Ham, pulled pork, 3 cheese mix, cucumber pickle & whole grain mustard mayo on a Turkish roll.	125
BACON, CHEESE & SRIRACHA CHICKEN MAYO	79
BACON, EGG & CHEESE WITH MAYO	68
HAM, CHEESE & TOMATO	66
CHICKEN WITH RED PEPPER PESTO MAYO With cucumber pickle, tomato & sweet red onion.	59
CLASSIC CHICKEN MAYO With cucumber pickle, tomato & sweet red onion.	58
CLASSIC 3 CHEESE Melted gouda, cheddar & mozzarella. (Please ask for tomato).	48
QUATTRO FORMAGGI (4 CHEESE) Melted gouda, cheddar, mozzarella & brie served with our tomato conserve.	73
QUATTRO FORMAGGI, BACON, BRIE & CARAMELISED ONIONS	85

LIGHT MEALS

SMOKED SALMON FISH CAKE Served with a mild curry sauce, a soft boiled egg, cucumber yoghurt raita & crispy ciabatta shards.	87
MOROCCAN HARISSA BOWL With quinoa, salad greens, spicy Moroccan carrots with dried cranberries, cherry tomatoes, olives, roasted spiced chickpeas & butternut and a creamy herb dressing. With your choice of either:	97
CRUNCHY COATED FALAFEL* or GRILLED BUTTERMILK MARINATED HARISSA CHICKEN <i>*made with our veggie burger mix</i>	
add avo	20
CREAMY CHICKEN PASTA WITH BACON With spinach & slow roasted tomatoes, tossed with spaghetti & topped with crispy bacon shards & parmesan.	89

SALADS

ALL OUR SALADS ARE SERVED COLD

CHICKEN, BACON, AVO & BLUE CHEESE Grilled chicken, salad leaves, crispy bacon, sliced avo, cherry tomatoes, blue cheese crumbs & blue cheese dressing.	97
IF YOU PREFER FETA/HOUSE DRESSING INSTEAD OF BLUE – PLEASE ASK.	
CHICKEN CAESAR Grilled chicken, crispy bacon, cos & iceberg lettuce, croutons, a boiled egg, parmesan shavings & our Knead Caesar dressing. *CONTAINS ANCHOVIES	89
add avo	20
QUINOA WITH ROAST ROOT VEG, MIXED SEEDS, FETA & ORANGE Honey balsamic roast beetroot, carrots & sweet potato, gluten free seed mix, orange slices and feta tossed with quinoa & rocket.	76
add avo	20
add grilled chicken (120g)	25
add falafel	25
<i>*only when ordered with salads</i>	
HALOUMI, QUINOA & SMASHED MINTED PEAS With grilled Haloumi, smashed minted pea and feta, sliced avo, soft boiled egg, hummus & roasted spiced chickpeas. Served with a creamy herb dressing.	87
add falafel	25

BURGERS

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

100% BEEF	
BACON & CHEESE	99
CHEESE	90
CLASSIC	80

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 BURGER	70
Buttermilk marinated chicken breast coated & deep fried then served with a tangy slaw, cucumber pickle & sriracha mayo on a burger bun.	

VEGGIE SERVED WITH FRIES OR MOROCCAN CARROT SALAD	
Our vegetarian burger patties are made daily with quinoa, chickpeas, cannellini, kidney beans, green peas, celery & coriander and dressed with hummus. They are gluten free & do not contain egg or dairy.	
CLASSIC VEGGIE	60
add avo	20

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

BURGER SIDES	M	L
SWEET POTATO FRIES	18	36
DEEP FRIED ONION RINGS	18	
HUMMUS	18	

EXTRAS			
pesto	12	bacon	20
egg	12	mushrooms	22
olives	15	cheesy Russian sausage	22
spinach	15	beef / pork sausage	25
feta / cheddar / gouda	18	chicken (roasted / grilled)	25
mozzarella / parmesan	18	ham	25
haloumi	18	chorizo sausage slices	26
avocado (seasonal)	20	fresh smoked salmon	32

PIZZAS

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

BACON, AVO & TOMATO Bacon and cherry tomatoes with avo slices & rocket.	99
MARGHERITA DELUXE Fresh mozzarella (fior de latte) with roasted tomato conserve, rocket pesto and served with fresh tomato & basil leaves. *PESTO CONTAINS NUTS	97
BACON, FETA & CHEESY RUSSIAN Bacon, feta, cheesy Russian sausage, cherry tomatoes & caramelised onions.	90
BBQ CHICKEN & CHORIZO Grilled chicken marinated in our own BBQ sauce & thinly sliced chorizo.	90
ALL DAY BREAKFAST PIZZA Bacon, beef sausage, cherry tomatoes, mushroom, egg & rocket.	90
SPINACH & FETA Creamy spinach & feta.	79
CHEESE & TOMATO With homemade tomato sauce & grated mozzarella.	60
ROAST VEG CHEESELESS Roast butternut & beetroot, tomato conserve, chunky tomato sauce & caramelised onions. Dressed with hummus & drizzled with a creamy herb dressing.	62
add avo	20

**PREFER GLUTEN FREE BASE ADD R10
PREFER LOW CARB BASE ADD R15**
Our low-carb bread & pizza bases are also gluten free!
PLEASE ASK IF YOU WOULD LIKE TO ADD CHILLI

SOUPS

BEAN, CHORIZO & TOMATO Our house tomato soup with chorizo, cannellini, kidney beans & garlic.	58
TOMATO SOUP Rustic thick chunky tomato soup served with rocket & walnut pesto. *PESTO CONTAINS NUTS	47

SALADS & SOUPS ARE SERVED WITH SOURDOUGH, BUTTERMILK RYE OR SEEDED HEALTH BREAD. TO SUBSTITUTE ADD:

ciabatta / 100% rye R5 | gluten free R10 | low carb R15

TACOS

BBQ PULLED PORK Slow roast pork shoulder & homemade BBQ sauce with tangy slaw, fresh salsa and a creamy coriander & mint dressing.	74
BUTTERMILK FRIED CHICKEN Buttermilk marinated chicken breast coated and deep fried with tangy slaw, fresh salsa & sriracha mayo.	70
HARISSA CHICKEN Chicken breast marinated in a buttermilk Harissa paste with tangy slaw, fresh salsa and a creamy coriander & mint dressing.	70
FALAFEL* Crunchy coated falafel with avo, tangy slaw, fresh salsa, coriander & a creamy mint dressing. (Made with our veggie burger mix).	85
LOADED NACHOS Nachos loaded with cheese, guacamole, Mexican mince, fresh salsa, coriander, jalapenos & a creamy herb sauce.	85

TACOS ARE MADE WITH 4 X 10cm MINI TACOS & SERVED WITH A SIDE OF CHEESY NACHOS & SRIRACHA MAYO DIP. FOR EXTRA* ADD:

cheese R12 | chilli R12 | avo R20 **only when served with tacos*