



MYO BREAKFAST*

42

FREE RANGE EGGS: SCRAMBLED / POACHED / FRIED
ADD TOMATO PRESERVE +10 | AVOCADO +22 | PORK / BEEF
SAUSAGE +25 | CRISPY BACON +25

ALL DAY BREAKFAST PIZZA

89

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

BREAKFAST & TOASTIES ARE SERVED ON A CHOICE OF OUR SIGNATURE
SOURDOUGH OR SEEDED BUTTERMILK RYE. IF YOU PREFER:
gluten free add R5 | low-carb add R5 | croissant add R22

THE GREEN GODDESS

73/79*

Crushed avo, Danish feta, roast tomato preserve, planed
radish, roast peppers & rocket and served on our signature
Mateo sourdough.

*SERVED WITH A POACHED EGG

EGGS BENNY

65

Two poached eggs with hollandaise sauce served on a
croissant bun with our roasted tomato preserve.

ADD BACON +25

CHEESY OMELETTE

75

3 egg omelette filled with cheese mix, served with roast tomato
preserve, lemon basil pesto, adobo*, tomato drizzle & fresh
basil. Served with our signature Mateo sourdough. *adobo:
Mexican spicy red pepper

ADD BACON +25

THE DAYBREAKER TOASTY

57

Egg, crispy bacon & cheese mix on our signature Mateo
sourdough.

BRUNCH

TOASTED SLICK CHIC'N

49

Sliced roast chicken breast, homemade mayo,
tomato slices, gherkin & rocket on a ciabatta roll*.

TOASTED CHEESY MELT

48

Cheese mix, homemade cheese spread & slow roasted onion
on Knead's signature Mateo sourdough*.

TOASTED CHEESY HAM MELT

65

Ham, sliced tomato, cheese mix, home-made cheese spread &
slow roasted onion on Knead's signature Mateo sourdough*.

CHICKEN RED PESTO MAYO &

82

AVO OPEN SANDWICH

Served on our Mateo sourdough, dressed with pickled and fresh
cucumber, radishes, tomato preserve & red onion.

MAKE A MEAL OF IT
ADD SIDE FRIES +25 / CRUNCHY SIDE SALAD +25

BUTTERMILK FRIED CHICKEN TACOS

95

Buttermilk marinated chicken breast coated and deep fried
with crunchy slaw, fresh salsa, creamy coriander dressing, avo &
radish, served with lemon on traditional soft corn tortillas.

FALAFEL TACOS*

90

Crunchy coated falafel with crunchy slaw, fresh salsa creamy
coriander dressing, avo & radish, served with lemon on
traditional soft corn tortillas.

*Made with our falafel burger mix



VEGAN OPTIONS AVAILABLE PLEASE ASK YOUR WAITRON

BURGERS

CHEESE BURGER

79

Beef patty, cheese mix, sliced tomato, gherkins, lettuce & BBQ
mayo on a burger bun. Served with hand cut fries or a crunchy
side salad.

BUTTERMILK FRIED CHICKEN BURGER

85

Buttermilk marinated chicken breast with a seasoned flour
coating, deep fried and dressed with a crunchy slaw, gherkins
& sriracha mayo on a burger bun. Served with hand cut fries or
a crunchy side salad.

CRUNCHY FALAFEL BURGER

75

Quinoa encrusted veggie falafel made with quinoa, chickpeas,
cannellini & kidney beans, green peas, celery & coriander
dressed with a crunchy slaw, gherkin & sriracha mayo on a
burger bun. Served with hand cut fries or a crunchy side salad.
ADD AVO +22

PIZZAS

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

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

ALL DAY BREAKFAST PIZZA

89

Bacon, beef sausage, cherry tomatoes, egg & rocket

BACON, AVO, FETA & CHEESY

89

RUSSIAN PIZZA

With cherry tomatoes & baby confit onions

CHEESE & TOMATO PIZZA

65

With homemade tomato sauce & grated mozzarella.

SPINACH & FETA

69

Wilted spinach and feta

EXTRAS

PESTO	19	FETA/CHEESE MIX	22
EGG	14	MOZZARELLA	22
OLIVES	16	BEEF SAUSAGE	28
SPINACH	16	PORK SAUSAGE	28
AVOCADO	22	CHICKEN	28
BACON	22	FRIES	25

SALAD

QUINOA WITH ROAST ROOT VEG, (L)85/(M)65 MIXED SEEDS, FETA & ORANGE SALAD

Pickled beetroot, roast butternut, tomato preserve, orange
slices, feta cheese, toasted seeds, quinoa, cos lettuce & rocket.
ADD AVO +22 / GRILLED CHICKEN +28 / FALAFEL +28

Weekly Special

MON - FRI
BURGERS, PIZZAS, TACOS
R65
2PM TO CLOSE