



## BREAKFAST\*

**MYO BREAKFAST (MAKE YOUR OWN) 52V**  
 FREE RANGE EGGS: SCRAMBLED/POACHED/FRIED  
 SERVED WITH TOMATO PRESERVE & GREEN HERB DRESSING

ADD: AVOCADO +22 | PORK / BEEF SAUSAGE +25  
 BACON +25 | MUSHROOMS +26 | SMOKED SALMON +55

**FARMHOUSE BREAKFAST 115**  
 Eggs your way, with crispy bacon, mushrooms, beef sausage, roast tomato preserve and hand-cut fries.

**ALL DAY BREAKFAST PIZZA 89**  
 Bacon, beef sausage, mushrooms, cherry tomatoes and an egg.

**BREAKFAST & TOASTIES ARE SERVED ON A CHOICE OF OUR SOURDOUGH OR BUTTERMILK RYE. IF YOU PREFER: GLUTEN FREE ADD +5 | LOW-CARB ADD +5 | CROISSANT ADD +22**

**THE GREEN GODDESS 73/79\*V**

Crushed avo, Danish feta, roast tomato preserve, thinly sliced radish, roast peppers and rocket. Dressed with lemon & basil pesto and smoky tomato vinaigrette and served on our sourdough.

\*SERVED WITH A POACHED EGG

**THE FOREST FORAGER 73/79\*V**

Mushrooms cooked with garlic, fresh thyme, creamy buttermilk crème fraîche & parsley.

\*SERVED WITH A POACHED EGG

**EGGS BENNY 65V**

Two poached eggs with hollandaise sauce served on toast of your choice with our roasted tomato preserve.

ADD BACON +25 | SMOKED SALMON +55

**CHEESY OMELETTE 75V**

3 egg Omelette filled with a cheese mix and served with roast tomato preserve, fresh Mexican salsa & rocket.

ADD BACON +25 | SMOKED SALMON +55

**RAINBOW BIRCHER MUESLI BOWL 67V**

Bircher oats soaked in oat milk, served with a pineapple turmeric & coconut yoghurt lassi lolly, blueberry chia pudding, nutty granola, seasonal fruit and berries.

**THE BREAKFAST DAYBREAKER TOASTY 57**

Egg, crispy bacon & cheese mix on our sourdough. (NO SIDES)

## BRUNCH

**TOASTED SLICK CHIC'N\* 69**

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

**TOASTED CHEESY MELT\* 68V**

Cheese mix, homemade cheese spread and slow roast confit onions on our sourdough.

**TOASTED CHEESY HAM MELT\* 75**

Ham, sliced tomato, cheese mix and slow roast confit onions on our sourdough.

**\*THESE TOASTED SANDWICHES COME WITH YOUR CHOICE OF HAND-CUT FRIES OR A CRUNCHY SIDE SALAD**

**CHICKEN RED PESTO MAYO & AVO OPEN SANDWICH 82**

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

**CHICKEN CAESAR OPEN SANDWICH 84**

Grilled chicken, cos lettuce, crispy bacon, rosemary garlic croutons, slivers of parmesan, an egg and creamy Caesar dressing. Served on our sourdough. (\*DRESSING CONTAINS ANCHOVIES)

## BURGERS

BURGERS ARE MADE FROM 100% BEEF OR GRILLED CHICKEN BREAST AND SERVED WITH HAND-CUT FRIES OR A CRUNCHY SIDE SALAD AND ONION RINGS UNLESS OTHERWISE STATED.

**CHEESE BURGER 105**

With cheese mix, sliced tomato, gherkins, lettuce and BBQ mayo

**THE SOUTHERN FRIED CHICKEN 85**

With buttermilk marinated chicken breast with a seasoned flour coating, deep fried and dressed with a crunchy slaw, gherkins and sriracha mayo

**CRUNCHY FALAFEL BURGER 75V**

With Quinoa encrusted veggie falafel made with quinoa, chickpeas, cannellini & kidney beans, green peas, celery & coriander dressed with a crunchy slaw, gherkin & sriracha mayo .

**THE ALL DAY BREAKFAST BURGER 110**

With sliced tomato, gherkins, lettuce and BBQ mayo Topped with bacon and a fried egg.

**THE HEART STOPPER (BACON & CHEESE) 110**

With sliced tomato, gherkins, lettuce and BBQ mayo topped with bacon and cheese mix.

**THE SPANISH 110**

With sliced tomato, gherkins, lettuce and topped with grilled chorizo and mozzarella cheese.

**THE ITALIAN 110**

With sliced tomato, gherkins, lettuce and topped with mozzarella and marinara sauce made with kalamata olives.

**THE HAWAIIAN 110**

Beef patty, sliced tomato, gherkins, lettuce and topped with grilled pineapple, BBQ sauce and avo.

## TACOS

**BUTTERMILK FRIED CHICKEN 95**

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

**FALAFEL \* 90V**

Crunchy coated falafel with crunchy slaw, fresh salsa creamy coriander dressing, avo & radish, served with lemon. \*Made with our falafel burger mix

**BBQ CHICKEN 90**

Grilled BBQ marinated chicken breast with crunchy slaw, fresh salsa, creamy coriander dressing, avo & radish, served with lemon.

**GRILLED CHORIZO & CRISPY POTATO 90**

Grilled chorizo with deep fried crunchy potato, fresh salsa, creamy coriander dressing, avo & radish, served with lemon.

**HARISSA CHICKEN 90**

Harissa marinated chicken breast with crunchy slaw, fresh salsa, creamy coriander dressing, avo & radish, served with lemon.

## 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 +10  
 LOW-CARB BREAD & PIZZA BASES ARE ALSO GLUTEN FREE.  
 \*PLEASE ASK IF YOU WOULD LIKE TO ADD CHILLI\*

**ALL DAY BREAKFAST 89**

With bacon, beef sausage, mushrooms, cherry tomatoes, an egg and rocket.

**BACON AVO FETA & CHEESY RUSSIAN 89**

With bacon, feta, avo, cheesy Russian sausage, cherry tomatoes and slow roast confit onions.

**BBQ CHICKEN & CHORIZO PIZZA 89**

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

**CHEESE & TOMATO PIZZA 65**

With homemade tomato sauce, cherry tomatoes and grated mozzarella.

**SPINACH & FETA 90V**

With wilted spinach and feta.

**HAM & PINEAPPLE 89**

With gypsy ham and grilled pineapple.

**BUTTERNUT & FETA 89V**

With roast butternut, Danish feta and red pepper pesto

**SPANISH BRUNCH 90**

With chorizo sausage, crispy bacon, crunchy deep fried potatoes, cherry tomatoes and caramelised onions

## EXTRAS

EGG	14	FETA/CHEESE MIX	22
OLIVES	16	BEEF/PORK SAUSAGE	25
SPINACH	16	FRIES	25
PESTO	19	MUSHROOMS	26
AVOCADO	22	CHEESY RUSSIAN	28
BACON	25	CHICKEN	28
MOZZARELLA	22	SMOKED SALMON	55

## SALAD

**CHICKEN CAESAR SALAD (L)99/(M)79**

Grilled chicken, cos lettuce, crispy bacon, boiled egg, rosemary garlic croutons, slivers of parmesan and a creamy Caesar dressing. ADD AVO +22 (\*Dressing contains anchovies)

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

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

**CHICKEN, BACON, AVO & FETA (L)105/(M)85V**

Grilled chicken, salad leaves, crispy bacon, sliced avo, cherry tomatoes & feta. Served with house vinaigrette dressing.

# Vegan Green Menu

## ALL DAY BREAKFAST

SERVED ON OUR SOURDOUGH OR SEEDED HEALTH BREAD

**VEGAN SCRAMBLED EGGS 59**

Chickpea scramble served with cherry tomato confit, mushrooms, vegan lemon & basil pesto, lemon and roast tomato sauce. ADD AVO 22

**VEGAN FRITTATA 65**

Chickpea frittata with roast red peppers, red onion & spring onions, served with sliced avo, roast cherry tomato confit, rocket, lemon, vegan pesto & fresh salsa.

**GREEN GODDESS 73**

Crushed avo, vegan feta, roast tomato preserve, thinly sliced radish, roast peppers & rocket and served on our sourdough.

**RAINBOW BIRCHER MUESLI BOWL 67V**

Bircher oats soaked in oat milk, served with a pineapple turmeric & coconut yoghurt lassi lolly, blueberry chia pudding, nutty granola, seasonal fruit and berries.

## LIGHT MEALS

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

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

**TOMATO SOUP 53**

Chunky roasted tomato soup served with lemon & basil pesto and our sourdough.

**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

**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

## TOASTED SANDWICHES

**CLASSIC V.CHEESE 68**

Melted vegan cheddar & mozzarella. (Please ask for tomato).Served with hand-cut fries or a crunchy side salad

**TUNISIAN V. CHICKEN\* MAYO 69**

With harissa spices, fresh coriander, vegan mayo, cucumber pickle, tomato & sweet red onion. Served with hand-cut fries or a crunchy side salad

## PIZZAS

ALL OUR PIZZAS ARE MADE ON ITALIAN PIZZA BASES WITH OUR VEGAN CHEESE MIX, ROAST ITALIAN TOMATO & KNEAD VEGAN CHEESE SAUCES

**CHEESE & TOMATO 65**

With vegan cheese mix, vegan cheese sauce and homemade tomato sauce.

**SPINACH & FETA 90**

With vegan cheese mix, vegan cheese sauce, wilted spinach and vegan feta.

## Weekly Special

MON – FRI 2PM TO CLOSE  
**BURGERS, PIZZAS, TACOS**  
**R65**

TERMS & CONDITIONS APPLY ASK INSTORE FOR DETAILS.  
 SIT DOWN ONLY. NO TAKE AWAY

## HOT DRINKS

COFFEE	S	R	T
AMERICANO	23	26	29
CAPPUCCINO	26	29	32
LATTE	26	29	32
FLAT WHITE		28	
MOCHA DARK CHOC	31	35	39 ☉

\*Sugar free also available

SHORTS	S	D
ESPRESSO	20	23
MACCHIATO	23	26
CORTADO	23	26

LATTES	S	R	T
ROOIBOS	29	34	39 ☉
CHAI	29	34	39 ☉

\*Sugar free also available

IF YOU PREFER SOYA MILK PLEASE ASK FOR ALMOND & OAT MILK ADD R10 WE SERVE ALMOND CREAMERY & OATIFY MILK

**BABYCCINO** (FREE TO KIDS UNDER 11)  
Steamed milk with a dusting of chocolate.

**KIDDYCCINO** 15  
Steamed milk & chocolate ganache.

**LOOSE LEAF TEAS**  
ALL OUR TEAS ARE LOOSE LEAF & SUPPLIED BY ENMASSE TEA MERCHANTS.

**CLASSIC TEAS** 20  
**CEYLON**  
Medium bodied black tea with a uniquely full aroma.

**JASMINE GREEN**  
A clean blend of green rooibos & jasmine unique to the Western Cape. Caffeine free.

**ROOIBOS CONNOISSEUR**  
Extra long organic rooibos needles. High in anti-oxidants. Caffeine free.

**EARL GREY**  
Punchy yet delicate, aromatic bergamot & black tea blend.

**SUPER LATTES** 39  
MADE WITH ALMOND CREAMERY NUT MILK\* (OR SOYA MILK IF YOU PREFER)

**MATCHA**  
Contains beneficial antioxidant catechins. Coconut sugar & oil, organic matcha tea powder, wheatgrass, ground peppermint leaf & Himalayan crystal salt.

**GOLDEN MILK TURMERIC**  
Powerful anti-inflammatory effects & a strong antioxidant. Coconut sugar & oil, organic ground turmeric, cinnamon, ginger, black pepper, cardamom, nutmeg, Himalayan crystal salt & cayenne pepper.

HOT CHOC	S	R	T
PLAIN	25	30	35

WE USE ALMOND CREAMERY ORIGINAL ALMOND MILK MADE BY SOAKING, BLENDING AND STRAINING ALMONDS & ADDING DATES FOR A LITTLE SWEETNESS.

## COLD DRINKS

**SODAS** 25  
COKE, COKE LIGHT, COKE ZERO, SPRITE, SPRITE ZERO, FANTA, CREAM SODA, SPARLETTA BERRY

**APPLETISER / GRAPETISER** 27  
**SODA FLOAT ADD** 15

**ZOOKA KOMBUCHA** 36  
GINGER KOMBUCHA  
FRESH COLD-PRESSED GINGER, FIERY AND POWERFUL.

**ENERGY KOMBUCHA**  
LIGHTLY FERMENTED WITH GUNPOWDER GREEN TEA

**HOMEMADE ROOIBOS ICE TEA**  
**LEMON & GINGER** 29

**HOMEMADE CORDIAL FREEZO**  
**LEMON & GINGER** 26

SHAKES	R	T
VANILLA	33	44
CHOCOLATE	33	44
COFFEE	33	44
CHAI	33	44

**ICED FRAPPES** 40  
ICY FROZEN & SLUSHY LATTES  
**COFFEE / CHAI LATTE / CHOCOLATE**

**FRESHLY SQUEEZED** 38  
**ORANGE JUICE**

**JUICE OF THE DAY** 42

**COLD PRESSED JUICES** 35  
**RED**  
BEETROOT/APPLE/RASPBERRY/CARROT/GINGER  
**AMBER**  
CARROT/APPLE/ORANGE/GRANADILLA/GINGER  
**GREEN**  
CUCUMBER/SPINACH/KALE/MINT/APPLE

**SMOOTHIES** 42  
**THE CLASSICO**  
Orange juice, frozen strawberries & banana.  
**PEANUT POWER**  
Milk, peanut butter, honey, frozen banana, chocolate ganache & yoghurt.  
**BERRY SMOOTHIE**  
Frozen fruit & berries with mixed berry juice.

**WATER** 18  
STILL / SPARKLING 400ml

## BEERS, LAGER & CIDERS

SAVANNA / SAVANNA LIGHT	36
WINDHOEK / WINDHOEK LIGHT	32
CASTLE ALCOHOL FREE	30
<b>DRAUGHT</b>	
JACK BLACK 500ml	46
JACK BLACK 330ml	36

## WINES

**HOUSE WHITE** 140 **GLASS** 35  
**Dlemersdal Sauvignon Blanc**  
Tropical Fruit | Crisp Flavours | Mineral Character | Long Fruity Finish

**HOUSE RED** 140 **GLASS** 35  
**Dlemersdal Matys Red Blend**  
Cab-Merlot | Easy Drinking | Dark Plums | Red Berries | Violets

**HOUSE ROSE** 140 **GLASS** 35  
**Dlemersdal Sauvignon Rosé**  
Delicate | Fruity | Lively | Passion Fruit | Lime | Strawberry | Cherry



WE  
*Love*  
TO MAKE  
**COFFEE**

FOR A  
**NEIGHBOURHOOD**

THAT LOVES  
TO DRINK IT



WE  
*Roast & Grind*  
OUR OWN COFFEE



# HAND MADE

# Today

OUR BELIEF IS THAT EVERYONE  
SHOULD EAT WHOLESOME HEALTHY  
FOOD AND GOOD BREAD,

MADE BY *Hand*

FROM THE BEST INGREDIENTS  
AVAILABLE

