



MYO BREAKFAST*

42V

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* V

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

*SERVED WITH A POACHED EGG

EGGS BENNY

65V

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

ADD BACON +25

CHEESY OMELETTE

75V

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

ADD BACON +25

THE 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 & rocket on a ciabatta roll*.

TOASTED CHEESY MELT*

68V

Cheese mix, homemade cheese spread & slow roasted onion
on our sourdough*.

TOASTED CHEESY HAM MELT*

75

Ham, sliced tomato, cheese mix, home-made cheese spread &
slow roasted onion on our sourdough*.

*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, tomato preserve & red onion.

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*

90V

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

V VEGETARIAN OPTIONS AVAILABLE PLEASE ASK YOUR
WAITRON

BURGERS

CHEESE BURGER

105

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

75V

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 RUSSIAN PIZZA

89

With cherry tomatoes & baby confit onions

CHEESE & TOMATO PIZZA

65V

With homemade tomato sauce & grated mozzarella.

SPINACH & FETA

90V

Wilted spinach and feta

EXTRAS

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

SALAD

QUINOA WITH ROAST ROOT VEG, (L)85/(M)65V 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

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 ^{sf}

*Sugar free also available

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

LATTES	S	R	T
ROOIBOS	29	34	39 ^{sf}
CHAI	29	34	39 ^{sf}

*Sugar free also available

IF YOU PREFER SOYA MILK PLEASE ASK FOR ALMOND MILK ADD R10
(FOR A GLASS OF ADD R20)

BABYCCINO (FREE TO KIDS UNDER 1)
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 antioxidants. Caffeine free.

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

SUPER LATTES

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 ENERGY 36

Energy is brewed from high-quality Sencha Green Tea. It contains polyphenol antioxidants, L-theanine and caffeine, boosting metabolism & energy.

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 ORANGE JUICE 38

COLD PRESSED JUICE 35

GREEN: CLEANSE

Spinach, apple, lemon & mint.

AMBER: POWER

Pineapple, pear, ginger & lemon.

RED: THRIVE

Strawberry, blueberry, apple & lemon.

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

To our CUSTOMERS & FRIENDS

To comply with the Government Gazette of 18 March 2010 no. 43107, we have chosen to refrain from selling any alcohol.

This will allow us to trade later and open earlier. We hope you understand and we thank you for your continued support.

KNEAD MANAGEMENT & STAFF



WE Love TO MAKE COFFEE

FOR A NEIGHBOURHOOD

THAT LOVES TO DRINK IT



WE Roast & Grind OUR OWN COFFEE