



LIGHT MEALS

AVO, TOMATO & FETA ON TOAST WITH A POACHED EGG 75

Mashed avo, Danish feta, roasted tomato preserve, finely sliced radish & spring onions, topped with a poached egg.

WITHOUT AN EGG 69

CREAMY MUSHROOMS ON TOAST WITH A POACHED EGG 69

Mushrooms in a creamy sauce with parmesan shavings & a poached egg, served on toast spread with a cheesy béchamel.

WITHOUT AN EGG 64

SPICY MINCE ON TOAST WITH A POACHED EGG 72

Served with fresh salsa & topped with a poached egg. *FOR EXTRA HEAT ASK US TO ADD CHILLI

MOROCCAN HARISSA BOWL 97

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:

CRUNCHY COATED FALAFEL* or GRILLED BUTTERMILK MARINATED HARISSA CHICKEN

**Made with our veggie burger mix*

add avo 20

CREAMY CHICKEN PASTA WITH BACON 89

With spinach & slow roasted tomatoes, tossed with spaghetti & topped with crispy bacon shards & parmesan.

THE CUBAN GRILLED SANDWICH 125

Ham, pulled pork, three cheese mix, cucumber pickle & wholegrain mustard mayo on a Turkish roll served with fries or a side salad.

SMOKED SALMON FISH CAKE 87

Served with a mild curry sauce, a soft boiled egg, cucumber yoghurt raita & crispy ciabatta shards.

PLEASE ASK IF YOU WOULD LIKE TO ADD BREAD WITH YOUR SALAD

*avo is seasonal & subject to availability

TACOS

BBQ PULLED PORK 74

Slow roast pork shoulder & homemade BBQ sauce with tangy slaw, fresh salsa and a creamy coriander & mint dressing.

BUTTERMILK FRIED CHICKEN 70

Buttermilk marinated chicken breast coated and deep fried with tangy slaw, fresh salsa & sriracha mayo.

HARISSA CHICKEN 70

Chicken breast marinated in a buttermilk Harissa paste with tangy slaw, fresh salsa and a creamy coriander & mint dressing.

FALAFEL* 85

Crunchy coated falafel with avo, tangy slaw, fresh salsa, coriander & a creamy mint dressing.

**made with our veggie burger mix*

LOADED NACHOS 85

Nachos loaded with cheese, guacamole, Mexican mince, fresh salsa, coriander, jalapenos & a creamy herb sauce.

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*

SALADS

ALL OUR SALADS ARE SERVED COLD

CHICKEN, BACON, AVO & BLUE CHEESE 97

Grilled chicken, salad leaves, crispy bacon, sliced avo, cherry tomatoes, blue cheese crumbs & blue cheese dressing.

IF YOU PREFER FETA/HOUSE DRESSING INSTEAD OF BLUE – PLEASE ASK.

CHICKEN CAESAR 89

Grilled chicken, crispy bacon, cos & iceberg lettuce, croutons, a boiled egg, parmesan shavings & our Knead Caesar dressing.

*CONTAINS ANCHOVIES

add avo 20

QUINOA WITH ROAST ROOT VEG, MIXED SEEDS, FETA & ORANGE 76

Honey balsamic roast beetroot, carrots & sweet potato, gluten free seed mix, orange slices and feta tossed with quinoa & rocket.

add avo 20

add grilled chicken (120g) 25

add falafel 25

**only when ordered with salads*

HALOUMI, QUINOA & SMASHED MINTED PEAS 87

With grilled Haloumi, smashed minted pea and feta, sliced avo, soft boiled egg, hummus & roasted spiced chickpeas. Served with a creamy herb dressing.

add falafel 25

BURGERS

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

100% BEEF 99

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

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

BURGER SIDES

SWEET POTATO FRIES 18 M 36 L

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

SOUPS

BEAN, CHORIZO & TOMATO 58

Our house tomato soup with chorizo, cannellini, kidney beans & garlic.

TOMATO SOUP 47

Rustic thick chunky tomato soup served with rocket & walnut pesto.

*PESTO CONTAINS NUTS

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

PIZZAS

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

BACON, AVO & TOMATO 99

Bacon and cherry tomatoes with avo slices & rocket.

MARGHERITA DELUXE 97

Fresh mozzarella (fior de latte) with roasted tomato conserve, rocket pesto and served with fresh tomato & basil leaves.

*PESTO CONTAINS NUTS

BACON, FETA & CHEESY RUSSIAN 90

Bacon, feta, cheesy Russian sausage, cherry tomatoes & caramelised onions.

BBQ CHICKEN & CHORIZO 90

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

ALL DAY BREAKFAST PIZZA 90

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

SPINACH & FETA 79

Creamy spinach & feta.

CHEESE & TOMATO 60

With homemade tomato sauce & grated mozzarella.

ROAST VEG CHEESELESS 62

Roast butternut & beetroot, tomato conserve, chunky tomato sauce & caramelised onions. Dressed with hummus & drizzled with a creamy herb dressing.

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

SPECIALS

MONDAY

SEE SEPERATE MENU

TACO TUESDAYS

ALL TACOS 45

BURGER WEDNESDAY

ALL BURGERS 60

PIZZA FRIDAY

ALL PIZZAS 60

Terms & conditions apply. See in-store for further details.