



# ALL DAY BREAKFAST

- Eggs may be ordered fried, scrambled or poached
- Hot breakfasts are served with toast, butter and jam (White, Brown, Wholewheat or Rye Toast)
- Low-carb gluten-free bread available on request (Add R15 per breakfast)

## HOT BREAKFAST

### Sausage Breakfast

Two eggs the way you like them served with beef sausage, chicken sausage, grilled tomato and a golden hash browns

R75

### South African Breakfast

Two eggs, sirloin steak, boerewors, sautéed wild mushrooms, grilled plum tomato and a golden hash browns

R95

### Our Omelette

3-Egg omelette filled with cheddar, mozzarella & fresh basil, topped with diced macon & Danish-style feta, drizzled with a basil pesto mayo & served with pan-fried rosemary cherry tomatoes

R80

#### EXTRA PROTEIN ITEMS

50g Smoked salmon	R50
50g Macon	R20
100g Beef sausage	R20
50g Pastrami	R20
80g Boerewors sausage	R20
100g Beef pattie	R28
200g Chicken breast	R40
80g Chorizo (beef)	R22
1 Extra egg	R8

#### EXTRA VEGETABLE ITEMS

150g French fries	R15
80g Fresh avocado	R20
15g Chopped chilli	R5
20g Wild rocket	R12
1 Side salad	R20
80g Button mushrooms	R20

#### EXTRA CHEESE ITEMS

80g Cheddar	R20
25g Parmesan	R17
80g Mozzarella	R20
75g aFet	R18

## BREAKFAST SPECIALITIES

### Eggs Royale

Toasted English muffin, smoked salmon, two poached eggs & freshly whisked hollandaise. Served with grilled tomato & a hash brown. Low-carb gluten-free bread available on request

R110

### Flapjack Stack

Fresh banana slices, maple syrup, crème fraîche, berry compote

R60

### Eggs Benedict Bowl

Tossed baby spinach, cherry tomatoes & couscous topped with two poached eggs, hollandaise sauce, basil pesto

R80

### Classic Toasted Sandwich

Cheddar Cheese	R50
Cheddar Cheese & Tomato	R60
Chicken Mayonnaise	R65
Pastrami, Tomato & Cheddar	R65

All served with your choice of thick cut fries or a side salad for a healthier option. Low-carb gluten-free bread available on request (Add R28)

## HEALTHY TASTE

### Tropical Breakfast

Fresh seasonal fruit salad served with full cream plain yoghurt, luxury muesli & honey

R60

### Citrus Dawn

Citrus fruits, sliced banana, luxury muesli, full cream plain yoghurt, roasted nuts, fynbos honey and berry compote

R60

# DAY MENU

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## SOUP AND SALAD

### **Roasted Tomato and Basil Soup**

Creamy tomato soup topped with basil pesto, served with toasted mozzarella ciabatta

### **Harvest of Hope Soup of the Day**

Served with fresh rolls and a cheese straw

### **Warm Chicken Salad**

Grilled chicken breast, crunchy croutons, mixed greens, tomato, red onion, parmesan & Caesar dressing

### **Smoked Salmon Salad**

50g smoked salmon, cottage cheese, fresh rocket, baby salad leaves, tomato, red onion, capers, melba toast, lemon segments

### **Cinnamon-roasted Butternut Salad**

With marinated figs, charred peppers, fig and balsamic reduction dressing, crumbed bocconcini

## LUNCH SPECIALTIES

### **Lamb Curry Bao Bun**

With raita, carrot salad

### **Cape Malay Fish and Chips (200g)**

All-time favourite hake in crispy masala batter, served with thick cut fries, side salad and fresh lemon

## BURGER & BAGUETTE

R55

- All served with your choice of thick cut fries or a side salad for a healthier option

- Low-carb gluten-free bread and rolls available on request (Add R15)

R55

### **BBQ Burger**

R80

2 X 100g beef burgers with BBQ basting sauce layered with gherkins, tomato, mayonnaise, red onion & lettuce

R78

### **Double Cheese Burger**

R90

2 X 100g beef burgers with BBQ basting sauce topped with cheddar and mozzarella, layered with gherkins, tomato, mayonnaise, red onion & lettuce

R98

### **Peri Peri Chicken Burger**

R80

Grilled chicken breast burger with lettuce, tomato, sour cream, crispy onion ring

R55

### **Meat Lover's Baguette**

R90

Pastrami, macon, chorizo on whole-grain baguette with pickles and salad

R125

### **Chicken Baguette**

R85

Sesame-crust ed buttermilk chicken strips, rainbow slaw, grated parmesan, baby salad leaves, fresh tomato, drizzled with garlic mayonnaise and honey mustard dressing

R85

### **Grilled Vegetable Baguette**

R75

Grilled vegetable slivers, vegan cheese, rainbow slaw, grated parmesan, baby salad leaves, fresh tomato, drizzled with garlic mayonnaise and honey mustard dressing

# SWEET THINGS & PASTRIES

## DAILY CAKES AND BAKERY ITEMS

Selection changes daily. Below is an indication of treats on offer.

Gateau slice of the day	R30
Large homemade crunchie	R15
Giant chocolate chip cookie	R15
Tea loaf	R15
Croissant - plain	R20
Croissant - jam, butter & cheese	R40
Scone - plain	R20
Scone - jam & butter	R30
Scone - jam, butter & cheese	R40
Muffin	R25

## SPECIALITY

	STANDARD	LARGE
Hazelnut latte	R32	R34
Caramel latte	R32	R34
Red cappuccino	R30	R32
Dirty chai	R30	R32
Chai latte	R30	R32
Hot chocolate	R30	R32
Mocha	R30	R32

## TEAS

Pot of tea	R22
Pot of Nigiro tea	R27

# HOT DRINKS

## COFFEE

	STANDARD	LARGE
Americano	R26	R28
Cappuccino	R30	R32
Café latte	R30	R32
Flat white	R30	R32
Espresso	R22	
Double espresso	R26	

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