

# BREAKFAST

## BREAKFAST BOWLS

Cranberry and almond granola, Greek yoghurt, honey - 54

Ginger-spiced ancient grain granola, Greek yoghurt - 65

Bircher oats, Greek yoghurt, honey - 47

Fruit salad, Greek yoghurt, toasted nuts, seeds - 65

Warm oats, milk, honey - 30

## TOASTS

Avo, verjuice, chives, olive oil on sourdough rye - 50  
- with a poached egg - 60

Toasted nutty whole-wheat banana bread - 20

## FILLED CROISSANTS

Mozzarella, tomato, basil, olive oil - 50

Bacon, tomato, rocket - 48

## EGGS

3 Scrambled eggs - 43

2 Eggs anyway - 30

3 Egg omelettes:

Classic French herb - 48

Grilled mushroom, chives, truffle oil - 60

Sharp cheddar, spring onion - 70

Salmon, cream cheese, chives - 85

Bacon, spinach, mushroom, feta - 85

**Toast options:**

*Sourdough rye; 100% rye; gluten free; seed loaf*

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## BREAKFAST EXTRAS:

*Fresh fruit; stewed fruit; berry compote..... 25*

*Toasted nuts, seeds, coconut..... 30*

*Cheddar or mozzarella..... 30*

*Roast rosa tomatoes..... 15*

*Sauté spinach..... 20*

*Avo (if available)..... 25*

*Grilled mushrooms..... 25*

*Free-range bacon..... 30*

*Beef sausage..... 25*

*Smoked trout..... 40*

# LUNCH

## DAILY MENU

See blackboard.

A fresh, seasonal selection of mains and sides that changes daily.

## COMPOSED SALADS

Buckwheat noodle and avo salad with broccoli, cucumber, a coriander and soya-ginger dressing

- with seared rainbow trout - *R120*

- with sesame tofu - *R80*

## SANDWICHES

	Bagel or seed loaf	Sourdough	Piadina (flatbread)
Tahini avo with cucumber, rocket, sprouts	55	70	90
Roast chicken, homemade mayo, gherkin, greens	60	74	85
Roast chicken, basil pesto, tomato, rocket	66	77	90
Cheese, tomato, greens	45	53	-
Mozzarella, basil pesto, tomato, rocket	74	88	97
Strong cheddar, chutney, gherkin, tomato, greens	60	74	85
Roast chicken, crispy bacon, tomato, greens	66	85	90
Pastrami, cheddar, gherkins, mustard mayo, greens	80	92	105

★ Pasture-reared eggs   ★ Free-range chicken   ★ Biodegradable packaging

# DRINKS

## COFFEE AND HOT CHOCOLATE

Americano.....	23
Espresso.....	23
Flat white.....	26
Tall flat white.....	30
Latte.....	30
Cortado.....	26
Macchiato.....	25
Mocha.....	30
Milk hot chocolate.....	26
Organic dark / skinny dark hot chocolate.....	30
Iced coffee.....	30

## TEAS

Ceylon.....	15
Rooibos.....	15
Peppermint.....	15
Loose leaf infusions (Nigiro teas).....	25

*Lemongrass and hibiscus*

*Strawberry and vanilla rooibos*

*Earl Grey blue flower*

*Masala chai*

*Sencha green with passionfruit*

*Soya and almond milk available; ask for prices*

## COLD DRINKS

Freshly squeezed orange juice.....	32
Freshly squeezed juice of the day.....	38
Mineral water still; sparkling.....	20
Iced latte.....	30
Theonista kombucha.....	26
Theonista Gingerbeer original / sugar free.....	26

## BEER AND CIDER

Peroni; Castle lite.....	20
Striped Horse lager; pils.....	35
Hermanus lager / ale.....	35
Cluver and Jack cider.....	35

## WINE BY THE GLASS

See wine blackboard