



R45

BREAKFAST (served until 11:30)

·	
V • Blueberry detox smoothie	R95
V • Strawberry, yoghurt & mint smoothie	R95
V • "Heavy metal" green smoothie	R95
V • Health breakfast Plain yogurt, fruit salad, muesli and a free baked mini muffin	shly R95
Sardines on toasted ciabatta with pickled red onion, frest tomato and basil	h R115
Basic breakfast 2 eggs, bacon, grilled tomato and toast	R85 R40 R65 R35 R45 R45 R40
 Poached eggs on sourdough with smashed avocado and baby spinach Add Bacon Add Smoked Salmon trout Add ham 	R105 R40 R60 R45
 Eggs benedict 2 poached eggs with hollandaise sauce on toasted ciable Salmon Trout Creamy Chicken livers Bacon 	R155 R145 R135
Ultimate Benedict with "boerewors", two poached eggs, hollandaise and biltong powder	R165
Croissant Benedict filled with soft scramble eggs and har topped with hollandaise brûlée	n, R155
Savoury mince with eggs on 2 slices of toast served with cheddar cheese	R145
Croissant with scrambled eggs Add Smoked Salmon Trout Add Bacon	R85 R60 R40

Add Ham





R60

C		A	A	Э	T L	П	N	IG	C	۱A	<i> </i>	ET	
3	V	N	Λ		ш	ш	13	U	3	٧١		E1	

 Pancake with milktart filling, served with ice cream Our famous Burgundy scone with whipped cream and preserves 	R85 R70
 Health bran muffin with preserves and grated cheddar Plain croissant with cheese and preserves 	R70 R75
Cake - served with cream or vanilla ice cream Carrot cake Chocolate ganache cake Baked cheese cake Lemon meringue Pecan caramel tart	R65
 Apple tarte tatin with almonds Cape date pudding with salted caramel Vanilla pod crème brûlée 	R70 R85 R75

Milkshakes

Chocolate, Strawberry, Vanilla, Lime, Iced Coffee Banana, Bubbelgum

BEVERAGES

• Cortado	R38	
Filter Coffee	R25	Large R30
 Cappuccino 	R38	Large R45
Café Latte, Red Cappuccino	R40	o .
Espresso Decaf espresso	R24	
Double Espresso	R28	
• Chococino	R40	
Americano	R30	Large R36
Hot Chocolate, Milo	R38	J
 Rooibos tea, Five Roses 	R24	
 English Breakfast tea, Earl Grey 	R25	
Camomile, Green tea	R25	
232, 2.2311133		

SOFT DRINKS