

Take Away Menu 2020

please order at the counter

please ask the waitress for our daily soup, pie & quiche options

BREAKFAST

	Morning Bowls		
	Gluten Free Granola with grilled Pineapple		R84
	Gluten free granola served with Greek yoghurt, mixed berries & topped with grilled pineapple Low calorie / GF/ Vegan		
	Old Fashioned Banana & Seed Oats		R60
	Creamy Rolled oats, cinnamon, peanut butter topped with caramelised banana & ultimate seed mix Substitute with almond milk +R10		
	Fruit Bowl		R73
	Seasonal fresh fruit, Greek yoghurt, oat crumble & seed mix served with honey		
	Coconut mango bowl		R103
	Amazonia organic coconut, mango, banana & coconut milk Topped with seasonal fruit, roasted nuts, almond butter, cocoa nibs & chia seeds		
	Acai berry bowl		R103
	Amazonia organic acai, berries, banana with coconut milk Topped with seasonal fruit, roasted nuts, almond butter, cocoa nibs & chia seeds		
	Sweet		
	Add streaky bacon +32		
	Buckwheat pancakes		R98
	With fresh banana, pecan nuts & coconut peanut butter ice cream Served with agave syrup. GF/ Vegan		
	Pumpkin pancakes		R100
	With seasonal fruit and almond butter. Served with agave syrup GF/ Vegan		
	FRENCH TOAST		
	Ciabatta bread drenched in cinnamon vanilla egg mixture		
	Berry Bliss		R83
	Berries, oat crumble & cream cheese. Served with syrup		
	PB Streak		R94
	Peanut butter, honey & streaky bacon		
	Favourites		
	We use free range eggs Choose between rye / ciabatta Gluten free bread +R17		
	Signature smashed avo		R65
	Smashed avo*, roasted cherry tomatoes, fried capers & feta. Served on rye Add scrambled eggs +R24 Add streaky bacon +R32		
	Simple		R39
	Scrambled eggs. Served on toast Add avocado* +R24 Add spicy mince +R32		
	Basic		R78
	Scrambled eggs served on toast, streaky bacon & roasted cherry tomatoes		
	Classic		R95
	Scrambled eggs served on toast, streaky bacon, roasted cherry tomatoes, beef sausage and mushrooms Add avocado* +R24		
	Mexican breakfast bowl		R104
	Scrambled eggs, chorizo, spicy mince, sweet corn salsa, smashed avo* & tortilla chips GF		
	Sweetcorn breakfast fritters		R94
	Sweetcorn fritters, sweet corn salsa, smashed avo* & sriracha chilli sauce Add streaky bacon +R32 Add poached egg +R10 GF / Vegan		
	Basil pesto eggs		R85
	Two poached eggs, mushrooms, cherry tomatoes, basil pesto. Served on rye Contains nuts		
	Eggs Bennie		
	English muffin with poached eggs & sundried tomato pesto topped with hollandaise sauce		
	Gypsy Ham Eggs		R90
	Pulled pork		R94
	Smoked Salmon		R108
	Forager		R55
	Roasted sweet potato, mushrooms, cherry tomatoes, smashed avo Add halloumi +R32 Add poached egg +R10 Vegan / GF		
	Omelettes		
	Made with 3 free range eggs Replace with egg whites only +R24		
	Health		R81
	4 egg whites & 1 whole egg, chicken, baby spinach, mushrooms, peppers & mozzarella		
	Cheese		R72
	Matured cheddar, feta & mozzarella cheese		
	Vegetarian		R76
	Baby spinach, roasted butternut, sundried tomato pesto & feta. Contains nuts		
	Meaty		R86
	Streaky bacon, cheddar & roasted cherry tomatoes		
	Mince & cheese		R86
	Spicy mince and matured cheddar		
	Smoked trout		R113
	Avocado*, 40g smoked trout, cream cheese		
	Salads		
	Mediterranean		R97
	Roasted beetroot, butternut, brinjal, halloumi, rocket, cherry tomatoes, sundried tomato pesto, pumpkin seeds & hummus Contains nuts / GF		
	Quinoa superfood		R125
	Quinoa, baby spinach, avocado*, butternut, cranberries, roasted beetroot, broccoli, seed mix, fresh herbs, hummus & sprouts served with green vinaigrette Add chicken breast +R32 Add falafels +R27 GF/ Vegan		
	Pineapple chicken		R106
	Grilled chicken breasts, pineapple, peppadew, feta, cucumber, avocado*, honey coated nuts & mixed lettuce served with a mustard vinaigrette GF		
	Strawberry biltong		R130
	Biltong, strawberry, baby spinach, honey coated nuts, red onion, avocado* & gorgonzola Served with strawberry & black pepper vinaigrette GF		
	Harvest Salad		R113
	Roasted butternut, beetroot, halloumi, rooibos infused pears, roasted cherry tomatoes, mixed greens, and roasted honey nuts Served with a pomegranate dressing		

LUNCH

	Lunch Bowls		
	Burrito bowl		
	Sautéed veggies, jalapenos, sweet corn salsa, smoky blackbeans & quacamole* Served with brown rice & sour cream dressing GF		
	Mince		R108
	Chicken		R120
	Vegan Chilli		R120
	Rump 200g		R145
	Pulled pork		R123
	Bunless burger bowl		R87
	200g Kalahari free range beef with matured cheddar, onion marmalade & smashed avocado* served on crisp lettuce, fresh tomato & green vinaigrette Low calorie		
	Vegan burger bowl		R125
	Blackbean burger with vegan cheddar cheese, roasted butternut, salsa & avocado* Served with baobab mayo on a burger bun Vegan		
	Skinny lamb bowl		R140
	Slow cooked shredded lamb with brown rice, quinoa, broccoli, baby spinach & onion marmalade Served with tzatziki GF		
	Bangkok coconut curry		R76
	Spicy red coconut curry made with butternut, broccoli, baby marrow, carrot & fresh corn Topped with sesame seeds served on sticky rice. Add chicken +R32		
	Sweet potato & chickpea coconut curry		R83
	Sweet potato, spinach, cauliflower, chickpea, tomato & coconut milk Served with coriander brown rice Add chicken +R32 GF/Vegan		
	Fragrant lamb curry		R104
	Slow roasted lamb curry served with brown rice		
	Mild butter chicken		R94
	Mild butter chicken curry served with brown rice		
	Vegan Nachos		R92
	Pumpkin nachos, vegan chilli, vegan cheese, sweetcorn salsa, guacamole* Vegan / GF		
	Sandwiches & Wraps		
	Choose between: white / low GI / rye / ciabatta / wrap / gluten free bread +R17 / gluten free wrap +R12 / low carb pumpkin wrap +R12		
	Raw rice wrap		R77
	Raw rice wrap filled with red cabbage, carrot, cucumber, red pepper, avocado*, lettuce, mint, basil & sprouts served with spicy peanut dressing or Asian dipping sauce Add chicken +R32 GF/ Vegan/ Low calorie		
	Steak sandwich		R103
	100g rump steak, cherry tomatoes, onion marmalade, rocket & mustard mayo		
	Chicken club		R98
	Chicken, streaky bacon, avocado*, tomato, cos lettuce, pesto mayo & sundried tomato pesto Contains nuts		
	Southern pork sandwich		R84
	Pulled pork, coleslaw, cucumber & baby spinach		
	Rainbow sandwich		R64
	Carrot, red pepper, beetroot, red cabbage, tomato, lettuce, cucumber, sprouts & avocado* Served with baobab mayo & hummus Add falafels +R27 Vegan		
	Lamb Sandwich		R108
	Slow cooked shredded lamb, baby spinach, onion marmalade & tzatziki		
	TOASTED SANDWICHES:		
	Choose between: white / low GI / rye / ciabatta / wrap / gluten free bread +R17 / gluten free wrap +R12 / low carb pumpkin wrap +R12 Substitute with vegan cheese* +R25		
	Plain cheese		R42
	Cheddar cheese & tomato		R44
	Marmite, tomato & cheddar cheese		R48
	Peanut butter & honey		R55
	Chicken mayo		R57
	Bacon & egg		R63
	Gypsy ham, cheddar cheese & tomato		R65
	Bacon & avocado*		R65
	Mince & cheese		R71
	CREATE YOUR PLATE:		
	Assemble your own plate from the selection below:		
	Meat:		
	Chicken breast 200g	R32	
	Falafels	R27	R18
	Beef sausage	R28	R20
	Streaky bacon 200g	R32	R19
	Smoked trout 80g	R78	R25
	Spicy mince 200g	R32	R14
	Rump 200g	R65	R32
	Chorizo	R37	
	Base:		
	Gluten free bread	R17	
	Rye	R8	R18
	Ciabatta	R7	R27
	Panini	R12	R10
	Pumpkin wrap	R12	
	Gluten free wrap	R12	
	Normal flapjacks	R17	R32
	Buckwheat flapjacks	R17	R37
	Tortilla chips	R17	R30
	Quinoa	R22	R12
	Brown rice	R22	R24
	Dressing:		
	Basil pesto	R27	R8
	Peanut dressing	R20	
	Mayonnaise	R17	Eggs:
	Sundried tomato pesto	R28	Scrambled eggs
	Asian dressing	R12	Egg whites
	Hummus	R27	Poached egg
			Misc:
			Peanut butter
			Strawberry jam & butter
			Almond butter
			Whipped cream
			Veg:
			Side salad (mixed lettuce, tomato, carrot & feta)
			Mixed vegetables
			Mushrooms
			Roasted tomatoes
			Sliced avocado*
			Chopped chilli

	Kids Menu		
	French toast fingers		R47
	Served with syrup		
	Bacon in my belly		R52
	Scrambled eggs, bacon and toast		
	Flapjacks		R48
	Served with honey Add whipping cream +R10		

COLD & WARM DRINKS

	Cool Drinks		
	Substitute with: Milklab Almond milk +R10 Milklab Coconut milk + R10		