



THE MORNING GLORY...

Damn good breakfast served all day!

...FRESHLY BAKED...

- Croissant - Plain 32
 - Almond or Chocolate..... 35
 - With cheese & jam..... 45
 - French toasted, served with Honey & cream cheese..... 65
 - Muffin - Plain..... 30
 - With Jam & Cheese..... 45
- See pastry display for more freshly baked goods!*

BANANA OATS FLAP JACKS

- Strawberries, Cream cheese & Berry Coulis 69
- Cinnamon honey, cream cheese & Toasted almonds69
- Bacon, sliced banana & Syrup.... 80
- Nutella, toasted almonds & Strawberries....85

...HEALTHY START...

- Traditional Oats..... 49
Made with Milk, served with Honey
Replace with Almond Milk: add 15
- Cacao Power Oats 85
Made with raw Cacao, topped with Banana, Berries, toasted Almonds and drizzled with Almond butter
Made with milk - Replace with Almond Milk: add 15
- Raw Oats..... 75
Raw rolled Oats in Coconut milk, with Greek yoghurt, topped with Fresh Strawberries, mixed seeds & toasted Almonds.
- Chai Smoothie bowl..... 85
Chai seeds soaked in Coconut milk & Greek yoghurt, Blended with frozen blueberries, topped with flaked coconut, fresh berries, dark chocolate chips and banana
- Early Bird..... 59
House made granola served with Greek yoghurt
Add Fruit Salad R15 / Almonds R10 / Chai seeds R10
- Tutti Fruity..... 48
Fresh seasonal fruit salad served with Greek yoghurt

All our EGGS are



...HOT STUFF...

- Anyway... Scrambled / Poached / Fried / Boiled
- 2 Free range eggs on your choice of toast..... 48
 - Fresh sliced Tomato, avocado & rocket..... 72
 - Smoked salmon, cream cheese & lemon..... 92
 - Bacon, avocado, roasted tomatoes..... 92
 - Bacon, beef sausage, basil cream mushrooms & roasted tomato..... 99
- Benedict our way**
On your choice of Potato Rösti or Toasted bagel
- Bacon, Caramelised onion, rocket, 2 poached eggs, white cheddar & Hollandaise sauce..... 89
- or
- Salmon, avocado, spinach, 2 poached eggs chopped chives & cream cheese..... 109
- Smashed**..... 69
Chunky smashed avocado on toast with 2 free range eggs and Fresh rocket
Add Hollandaise: 15 Add Crispy Bacon: 26
- Italiano..... 89
2 Free Range eggs, Parma ham, Bocconcini mozzarella, fresh tomato & rocket
 - Green Shrooms 89
2 Brown mushrooms filled with creamy spinach & feta and topped with 2 free range eggs
Add crispy Bacon: 26 Add Avo: 20
 - The Bant..... 105
2 Free Range eggs your way, Crispy bacon, roasted cherry tomato, basil cream mushrooms, Avocado, Fresh Baby spinach & Feta
Add Homemade Almond bread: 20
- Breakfast Croissant Melt**
- Bacon / Gypsy ham, scrambled eggs, roasted cherry tomatoes, white cheddar & rocket..... 75
Add Avo: 20
- Omelette**
- Plain cheese omelette..... 54
 - 3 Cheese - Feta, mozzarella & cheddar..... 69
 - Creamy spinach & feta 72
 - Bacon, mushroom & white cheddar..... 85
 - Smoked salmon, avocado, feta & chives..... 109

All hot breakfasts are served with a choice of Sourdough, Buttermilk rye or seeded whole wheat

Bagel / Ciabatta: Add 10
Almond bread: Add 20
Croissant: Add 25



<< LUNCH MUNCH >>

...Wraps & Sandwiches...

...Toasties / Flat wraps...

	<i>Toastie</i>	<i>Wrap</i>
Bacon, egg & cheese	55	65
Chicken Mayo	45	55
Chicken mayo & mozzarella	48	58
Tuna mayo	42	52
Gypsy ham, cheese, tomato & mayo... 52	62	
Bacon, avocado & mozzarella	55	65
Avocado & feta	42	52
Pesto, tomato & mozzarella	48	58
Gypsy ham, chicken, Mozzarella & sweet chilli mayo	65	75

Toasties are served on White, Buttermilk Rye or Seeded Health

Flat wraps are served on white tortilla wraps

Bagel / Ciabatta / Gluten free wrap: Add 10

Bowls Salads

	<i>Small</i>	<i>Full</i>
# 1 CHICKEN COUS COUS	52	92
Cous cous, carrots, coriander, olives, cherry tomato & feta cheese		
Add Avocado 20		
# 2 TUNA PROTEIN	52	92
Broccoli, boiled egg, cherry tomatoes, green beans, carrots, quinoa & spring onion with balsamic vinaigrette		
# 3 CHICKEN, BACON, AVO & BLUE	52	92
Baby leaves, crispy bacon, sliced Avocado, cherry tomatoes, blue cheese crumbs & honey mustard dressing		
# 4 SWEET & SOUR PULLED PORK	52	92
Sweet & Sour pulled pork with salad of tangy slaw, pineapple, sliced peppers, baby leaves, sesame seeds & toasted almonds		
# 5 ROASTED ROOT VEG	52	92
Honey roasted butternut, beetroot, carrots & sweet potato, dried cranberry, toasted almonds & Danish feta, tossed with quinoa & fresh rocket		
Add Avocado / Hummus 20		
Add Grilled Chicken 25		
# 6 SMOKED SALMON & AVOCADO	58	99
Cream cheese, rocket, coriander & cucumber ribbons, topped with toasted seeds with a coriander lime dressing		

White Tortilla wrap OR
Add R10 for Gluten free wrap...
Buttermilk rye, Seeded Health, Ciabatta, OR
Add R10 for or Bagel...
Served with Sweet potato crisps or Salad

#1 GRILLED CHICKEN STRIPS & TOMATO

Baby leaves, cucumber ribbons & yoghurt mayo
Wrap 55 Sandwich 59

#2 CRISPY BACON, MOZZARELLA & AVOCADO

Baby leaves, cucumber ribbons, sliced tomato & yoghurt mayo
Wrap 69 Sandwich 74

#3 CHICKEN STRIPS, ROASTED PEPPERS & WHITE CHEDDAR

Baby leaves, cucumber ribbons & sweet chilli mayo
Wrap 69 Sandwich 74

#4 TUNA MAYO, FETA & SUNDRIED TOMATO

Baby leaves, diced red onion & yoghurt mayo
Wrap 55 Sandwich 59

#5 CHICKEN, BACON, AVOCADO & BLUE CHEESE

Baby leaves, sliced tomato & yoghurt mayo
Wrap 75 Sandwich 80

#6 BBQ RUMP STEAK STRIPS & WHITE CHEDDAR

Baby leaves, cucumber pickle & homemade mustard dressing
Wrap 79 Sandwich 84

#7 SMOKED SALMON, CUCUMBER & CREAM CHEESE

Baby leaves, sliced red onion & tomato with a squeeze of lemon
Wrap 79 Sandwich 84

#8 SWEET & SOUR PULLED PORK

Crispy red slaw and red onion pickle
Wrap 69 Sandwich 74

#9 CHICKPEAS & RAW BEETROOT

Baby spinach, cottage cheese, avocado, tomato & carrots
Wrap 69 Sandwich 74

#10 SLICED TOMATO, ROCKET & BOCCONCINI

Baby leaves, avocado & pesto dressing
Wrap 60 Sandwich 65

#11 ROASTED BUTTERNUT & BABY MARROW (V)

Baby spinach, roasted peppers, oven roasted tomato, caramelised onion & hummus
Wrap 75 Sandwich 80





>> LUNCH MUNCH <<

...Burgers...

Burgers are served on a soft toasted Kitka bun or curb the carbs and go bun less with salad
Served with Sweet potato crisps or Salad

...100% Beef

- Bacon, Cheese & Pesto cream mushroom..... 105
- Cheese 95
- Plain 85

120g Beef burger patty dressed with BBQ sauce, sweet chilli mayo, red onion & cucumber pickle, sliced tomato & rocket

...100% Chicken

- Blue cheese, Caramelised onion & Bacon... 105
- Avocado & Pineapple salsa..... 95
- Plain 75

120g Cajun grilled chicken breast, dressed with sweet mustard sauce, mayo, red onion & cucumber pickle, sliced tomato & fresh rocket

... 100% Veggie

- With Hummus & Avocado 79
- With Cheese 73
- Plain 65

Chickpea, sweet potato, coriander, celery, and green pea patty with red onion & cucumber pickle, sliced tomato & fresh rocket

made with love

Pizzas

Ciabatta bases with Mozzarella & Homemade tomato sauce

- MAFFIOSO..... 120**
Parma Ham, Avocado & Bocconcini, drizzled with balsamic reduction
- HAWAIIAN CHICK..... 95**
Cajun grilled chicken with BBQ sauce & Fresh pineapple pieces
- HONEY BUN..... 95**
Crispy bacon, Caramelised onion, Chilli infused Honey drizzled with Balsamic reduction
- BLUE FETISH..... 95**
Blue cheese & caramelised onion, drizzled with balsamic reduction (V)
- PRETTY PESTO..... 85**
Roasted cherry tomato, fresh spinach, feta cheese & Basil pesto (V)

Add 25 for Low carb cauliflower pizza

Add extras from list below

...Pastas...

With your choice of Penne, Fettuccine or add 15 for Baby marrow ribbons

- AMATRICIANA 80**
Tomato based sauce with bacon, onion, chilli & parmesan
- CHICKEN GORGONZOLA..... 85**
Creamy chicken & gorgonzola sauce with mushroom
- PESTO & CASHEW..... 80**
Light veggie pasta with spinach, pesto & toasted Cashew nuts
- BUTTERNUT ALFREDO..... 85**
Creamy butternut & bacon sauce with grated parmesan

EXTRAS ... add to any meal

Rocket	10	Cream Cheese	16
Pineapple	10	Jam	8
Butternut	10	Bacon	26
Avocado	20	Roasted chicken	25
Broccoli	10	Gypsy Ham	26
Chilli	12	Parma Ham	35
Egg	12	Smoked salmon	42
Baby spinach	12		
Side salad	20		
Feta / Cheddar	15		
Parmesan	15		
Pesto	16		
Sweet Potato crisps	20		

