

grounded

HEALTH | HEAL | GROW

HOW DOES IT WORK?

MAKE YOUR WAY TO OUR SERVICE COUNTER TO PLACE YOUR ORDER.

MAKE YOUR PAYMENT & TAKE A SEAT, OUR STAFF WILL BRING THE REST.

WE HAVE A CENTRAL SELF-HELP STATION WITH CONDIMENTS.

DUE TO OUR SPECIFICALLY PLANNED MENU, KITCHEN FLOW, AND SPACE RESTRAINTS WE ARE UNABLE TO CUSTOMISE THE MENU ITEMS ON OFFER. WE DO HOWEVER HAVE THE OPTION TO ADD EXTRA (EXISTING) ITEMS. KINDLY ENQUIRE WHEN PLACING YOUR ORDER.

LET'S GO

BREAKFAST IS SERVED UNTIL 11H45 AM | POACHED EGGS ONLY

CLASSIC OAT BOWL 70 WARM GLUTEN-FREE ROLLED OATS, WITH CINNAMON, ALMOND FLAKES, COCONUT FLAKES & HONEY. ADD: CHIA SEEDS PEANUT BUTTER R15	SALMON BENEDICT 185 CREAM CHEESE BAGEL TOPPED WITH 2 POACHED EGGS, SALMON, HOLLANDAISE SAUCE & MICRO GREENS.
BACON & CHEESE FRENCH TOAST 105 TWO SLICES OF SOURDOUGH/-GLUTEN FREE TOAST, BACON & HOT HONEY.	SWEET & SAVOURY FRENCH TOAST 115 TWO SLICES OF SOURDOUGH/-GLUTEN FREE TOAST, CREAM CHEESE & BERRY COULIS.
POACHED EGG BOWL 125 SMOKY TOMATO CHOKA, 2 POACHED EGGS, BACON, GREMOLATA YOGHURT & SOURDOUGH TOAST.	MOROCCAN STYLE ROTI 120 OUR TAKE ON THE MUCH-LOVED MOROCCAN 'HARIRA'. BAKED LENTIL & CHICKPEA SERVED ON A ROTI WITH A POACHED EGG AND YOGHURT.
GOOD START 120 SOURDOUGH/GLUTEN-FREE BACON, AVOCADO, PAN FRIED CHERRY TOMATOES, SMOKY HUMMUS, FETA, MICRO GREENS & TOASTED SEEDS.	SMOOTHIE BOWLS
BACON BENEDICT 120 ORANGE AND ROSEMARY INFUSED SOURDOUGH, 2 POACHED EGGS, HOLLANDAISE SAUCE, BACON & GREENS.	SUPER GREENS 95 APPLE, AVO, BABY SPINACH, PINEAPPLE, LEMON, CHIA SEEDS, COCONUT FLAKES, APPLE JUICE & ALMOND MILK.
THE BASIC 80 TWO SLICES OF SOURDOUGH TOAST, BUTTER & 2 POACHED EGGS.	CACAO NUT BANANA 90 BANANA, ORANGE, CACAO, PEANUT BUTTER, SESAME SEEDS, DATES & OAT MILK.

GUILT FREE STAPLES

OPEN SANDWICH, CHOOSE BETWEEN - SOURDOUGH OR GLUTEN-FREE TOAST

GREMOLATA 'AIOLI' CHICKEN MAYO 135 GREMOLATA CHICKEN AIOLI WITH CUCUMBER, TURMERIC & GINGER SLAW, AND RED ONION.	SASSY SALMON 195 SALMON, ROCKET, CREAM CHEESE, CUCUMBER RIBBONS, AVOCADO, CELERY, MARINATED RED ONION, FETA, CAPERS & GREMOLATA.
LEBANON 135 OUR FAMOUS MARINATED AUBERGINE, YOGHURT, MARINATED RED ONION & FALAFEL.	GREEK EASY 155 100% PURE BEEF MEATBALLS, BABY SPINACH, CUCUMBER, BAKED GREEK SALAD, HUMMUS & GREENS.

BETTER TOGETHER PLATES

GOLDEN HAKE 150 MEDALLIONS OF HAKE COATED WITH PANKO CRUMBS, SERVED WITH FENNEL & SESAME SLAW, RED CABBAGE, CORIANDER SALSA AND AIOLI.	VEG BOWL 145 STICKY SOY AND HONEY DRESSED JASMINE RICE, BALSAMIC ROASTED BEETROOT, MEDLEY OF CARROT, CUCUMBER, AUBERGINE AND BABY SPINACH.
SALMON POKE BOWL 180 STICKEY SOY AND HONEY DRESSED JASMINE RICE, SALMON ROSES, EDAMAME BEANS, CUCUMBER, BABY SPINACH, SESAME SLAW.	PULLED PORK BOWL 165 PULLED PORK, TABOULEH, RED CABBAGE, FALAFEL & HUMMUS.



STEP IT UP

VEGETARIAN BURGER	165	HARISSA DRESSED CHICKEN BURGER	155
LAYERS OF MARINATED AUBERGINE, TURMERIC CABBAGE, CUCUMBER RIBBONS, RED ONION & YOGHURT WITH A SLICE OF GLUTEN-FREE TOAST.		FRAGRANT AND SMOKY, WITH A GREMOLATA YOGHURT AND BABY SPINACH.	
LOADED BEEF BURGER	170	PORK BANGERS	125
BRIOCHE BUN, 250G PURE BEEF PATTY, SUNDRIED TOMATO AND RED WINE RELISH, MOZZARELLA, CHEDDAR, BACON, CARAMELIZED ONION & CREAM CHEESE.		BUTCHER CRAFTED APPLE & SAGE BANGERS SERVED ON A SWEET POTATO AND CAULIFLOWER MASH WITH A HONEY CIDER SAUCE.	
ASIAN PORK BELLY	190	POTATO GNOCCHI	195
6 HOUR ROASTED PORK BELLY SERVED WITH SOY AND HONEY DRESSED BROWN RICE, BEAN SALAD, TURMERIC SLAW AND BALSAMIC BRAISED RED CABBAGE.		PAN FRIED AND TOPPED WITH A SMOKY TOMATO AND VEGETABLE SAUCE. FINISHED WITH PARMESAN, RICOTTA AND GREMOLATA.	
		FLAT RIB	195
		SMOKY AND RICH WITH GREMOLATA & AIOLI DRESSED SWEET POTATO CHIPS.	

TASTE THIS

AS A SINGLE MEAL, OR SELECT A COUPLE AND SHARE AROUND THE TABLE

MUSSEL UP	195	TURKEY WRAP	140
MUSSELS POACHED IN WHITE WINE WITH GARLIC, GINGER, CHILI, AND COCONUT CREAM, SERVED WITH SOURDOUGH.		OVEN ROASTED TO PERFECTION, WITH AN AIOLI & MUSTARD SAUCE, BACON, BABY TOMATOES AND BABY SPINACH. SIDE OF BRAISED BALSAMIC RED CABBAGE AND SESAME SLAW.	
HUMMUS	105	EXTRAS:	
TOASTED WRAP, SMOKY HUMMUS, AND MARINATED OLIVES.		RUSTIC FRIES	45
GRILLED CHICKEN SKEWERS	130	PORK BANGER	45
DRESSED WITH A THAI PEANUT AND COCONUT SAUCE. TOASTED WRAP, YOGHURT & BALSAMIC BRAISED CABBAGE.		BACON	45
		POACHED EGG ^(breakfast only)	15
BEEF KOFTAS	130	FENNEL CABBAGE	45
3 BEEF KOFTAS, SERVED WITH TZATZIKI & A TOASTED WRAP.		RED CABBAGE	45
		YELLOW CABBAGE	45
		CREAM CHEESE	40
		HUMMUS	30
		AVO	30
		SALMON	65
		CHEESE	30
		MARINATED AUBERGINE	65
		AIOLI	40
		BAGEL	40
		TZATZIKI	35
		TOMATO	30

SOMETHING SWEET

BAKED CHEESECAKE	CARROT CAKE
CHOCOLATE CAKE	BANANA BRAN MUFFINS

DRINKS

HOT DRINKS		FRESHLY PRESSED JUICES	
SGL ESPRESSO	25	ORANGE	40
DBL ESPRESSO	32	TJGJO SHOT (TURMERIC, GINGER & ORANGE)	60
CORTADO	35	GUT REPAIR	55
FLAT WHITE	38	BEETROOT & GINGER	60
SGL CAPPUCCINO	32	SMOOTHIES	
DBL CAPPUCCINO	38	SALTED NUT BUTTER	58
SGL AMERICANO	30	EXTREME GREEN	58
DBL AMERICANO	35	PEANUT BUTTER BOMB	58
LATTE	38	LEMON BERRY	58
MOCHACCINO	38	SOFT DRINKS	
BULLET PROOF COFFEE	65	COKE, COKE LIGHT, COKE ZERO, CREME SODA, SPRITE, SPRITE ZERO, FANTA	
GOLDEN MILK LATTE	35	ORANGE, DRY LEMON, APPLTISER, GRAPE-TISER, INDIAN TONIC WATER, PINK TONIC WATER, GINGER ALE, SODA WATER.	
MATCHA LATTE	45	SPRITZ	
CHAI LATTE	38	APEROL SPRITZ	
DIRTY CHAI LATTE	45	BITTERLEKKER	
RED CAPPUCCINO	32	BEERS & CIDERS	
RED SPICED CHAI LATTE	45	VARIETY OF OPTIONS	
TEAS - ROOIBOS, CEYLON, EARL GREY & GREEN		AVAILABLE IN FRIDGE.	
HOT CHOCOLATE	38	SPIRITS	
ICED DRINKS		KLIPDRIFT, JAMESON, KWV 5 YEAR, OLOF BERGH, SMIRNOFF VODKA, INVERROCHE GIN, GORDONS GIN, TANQUARY GIN.	
ICED COFFEE - ON ICE CRUSHED	45	WINES	
ICED MATCHA - ON ICE CRUSHED	48	WINE BY THE GLASS OR CHOOSE A BOTTLE FROM OUR SHELVES/FRIDGE AND ENJOY!	
ICED TEA - RED ESPRESSO & APPLE JUICE	45		
JUICES			
MANGO, ORANGE, APPLE			