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HEALTH | HEAL | GROW

## LET'S GO

BREAKFAST IS SERVED UNTIL 11H45 AM

**MORNING SUNRISE 85**  
TWO FRIED EGGS, TWO RASHER OF BACON, A SLICE OF TOAST & CHIPS.

**MINCE SOURDOUGH STACK 140**  
SOURDOUGH TOAST TOPPED WITH TWO RASHES OF BACON, SAVORY MINCE & TWO FRIED EGGS.

**CLASSIC OAT BOWL 70**  
WARM GLUTEN-FREE ROLLED OATS, WITH CINNAMON, ALMOND FLAKES, COCONUT FLAKES & HONEY.  
ADD: CHIA SEEDS | PEANUT BUTTER 15

**BACON & CHEESE 120**  
**FRENCH TOAST**  
TWO SLICES OF SOURDOUGH/- GLUTEN FREE TOAST, BACON, CHEESE & HOT HONEY

**POACHED EGG BOWL 125**  
SMOKY TOMATO CHOKA, 2 POACHED EGGS, BACON, GREMOLATA YOGHURT & SOURDOUGH TOAST.

**GOOD START 130**  
SOURDOUGH/GLUTEN-FREE TOAST, BACON, AVO, PAN FRIED CHERRY TOMATOES, SMOKY HUMMUS, FETA, MICRO GREENS & TOASTED SEEDS.

**BACON BENEDICT 120**  
ORANGE AND ROSEMARY INFUSED SOURDOUGH, 2 POACHED EGGS, HOLLANDAISE SAUCE, BACON & GREENS.

**THE BASIC 90**  
TWO SLICES OF SOURDOUGH TOAST, BUTTER & 2 POACHED EGGS.

**THE ULTIMATE 120**  
TWO FRIED EGGS, BACON, PORK BANGERS, BAKED BEANS, GRILLED TOMATO, MUSHROOMS & A SLICE OF TOAST.

**SMASHED AVO 100**  
SOURDOUGH TOAST TOPPED WITH SMASHED AVO, TWO POACHED EGGS & DUKKAH.

**SALMON BENEDICT 175**  
CREAM CHEESE BAGEL TOPPED WITH 2 POACHED EGGS, SALMON, HOLLANDAISE SAUCE & MICRO GREENS.

**SWEET & SAVOURY 115**  
**FRENCH TOAST**  
TWO SLICES OF SOURDOUGH/- GLUTEN FREE TOAST, CREAM CHEESE & BERRY COULIS.

**MOROCCAN STYLE ROTI 120**  
OUR TAKE ON THE MUCH-LOVED MOROCCAN 'HARIRA'. BAKED LENTIL & CHICKPEA SERVED ON ROTI WITH A POACHED EGG AND LABNEH.

## SMOOTHIE BOWLS

**SUPER GREENS 95**  
APPLE, AVO, BABY SPINACH, PINEAPPLE, LEMON, CHIA SEEDS, COCONUT FLAKES, APPLE JUICE & ALMOND MILK.

**CACAO NUT BANANA 95**  
BANANA, ORANGE, CACAO, PEANUT BUTTER, SESAME SEEDS, DATES & OAT MILK.

## GUILT FREE STAPLES

OPEN SANDWICH, CHOOSE BETWEEN SOURDOUGH OR GLUTEN-FREE TOAST

**GREMOLATA 'AIOLI' 135**  
**CHICKEN MAYO**  
GREMOLATA CHICKEN AIOLI WITH CUCUMBER, TURMERIC & GINGER SLAW, & RED ONION.

**LEBANON 135**  
OUR FAMOUS MARINATED AUBERGINE, LABNEH, MARINATED RED ONION & FALAFEL.

**SASSY SALMON 195**  
SALMON, ROCKET, CREAM CHEESE, CUCUMBER RIBBONS, AVOCADO, CELERY MARINATED RED ONION, FETA, CAPERS & GREMOLATA.

**GREEK EASY 170**  
100% PURE BEEF MEATBALLS, BABY SPINACH, CUCUMBER, BAKED GREEK SALAD, HUMMUS & GREENS.

## BETTER TOGETHER PLATES

**GOLDEN HAKE 170**  
**MEDALLIONS OF HAKE COATED**  
WITH PANKO CRUMBS, SERVED WITH FENNEL & SESAME SLAW, RED CABBAGE, CORIANDER SALSA &

**SALMON POKE BOWL 180**  
STICKY SOY & HONEY DRESSED JASMINE RICE, SALMON ROSES, EDAMAME BEANS, CUCUMBER, BABY SPINACH, SESAME SLAW.

**VEG BOWL 150**  
STICKY SOY & HONEY DRESSED JASMINE RICE, BALSAMIC ROASTED BEETROOT, MEDLEY OF CARROT, CUCUMBER, AUBERGINE & BABY SPINACH.

**PULLED PORK 170**  
PULLED PORK, TABOULEH, PICKLED CABBAGE, FALAFEL & HUMMUS.





## STEP IT UP

<b>VEGETARIAN BURGER</b> 170 LAYERS OF, MARINATED AUBERG, TURMERIC CABBAGE, CUCUMBER RIBBONS, RED ONION & YOGHURT WITH A SLICE OF GLUTEN-FREE TOAST.	<b>HARISSA DRESSED CHICKEN BURGER</b> 155 FRAGRANT & SMOKY WITH A GREMOLATA YOGURT & BABY SPINACH.
<b>LOADED BEEF BURGER</b> 170 BRIOCHE BUN, 250G PURE BEEF PATTY, SUNDRIED TOMATO & RED WINE RELISH, MOZZARELLA, CHEDDAR, BACON, CARAMELIZED ONION & CREAM CHEESE.	<b>PORK BANGERS</b> 130 BUTCHER CRAFTED APPLE & SAGE BANGERS SERVED ON A SWEET POTATO & CAULIFLOWER MASH WITH HONEY CIDER SAUCE.
<b>ASIAN PORK BELLY</b> 195 6 HOUR ROASTED PORK BELLY SERVED WITH SOY & HONEY DRESSED BROWN RICE, BEAN SALAD, TURMERIC SLAW & BALSAMIC BRAISED RED CABBAGE.	<b>POTATO GNOCCHI</b> 195 PAN FRIED & TOPPED WITH A SMOKY TOMATO & VEG SAUCE. FINISHED WITH PARMESAN, RICOTTA & GREMOLATA.
	<b>FLAT RIB</b> 215 SMOKY & RICH WITH GREMOLATA & AIOLI DRESSED SWEET POTATO CHIPS.

## TASTE THIS

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

<b>MUSSEL UP</b> 195 MUSSELS POACHED IN WHITE WINE WITH GARLIC, GINGER, CHILLI, & COCONUT CREAM. SERVED WITH SOURDOUGH.	<b>TURKEY WRAP</b> 140 OVEN ROASTED TO PERFECTION, WITH AN AOLI & MUSTARD SAUCE, BACON, BABY TOMATOES & BABY SPINACH. SIDE OF BRAISED BALSAMIC RED CABBAGE & SESAME SLAW.
<b>HUMMUS</b> 140 TOASTED WRAP, SMOKY HUMMUS, AND MARINATED OLIVES.	<b>EXTRAS:</b>
<b>GRILLED CHICKEN SKEWER</b> 130 DRESSED WITH A THAI PEANUT & COCONUT SAUCE. TOASTED WRAP, YOGHURT & BALSAMIC BRAISED CABBAGE	RUSTIC FRIES 45 PORK BANGER 45 BACON 45 POACHED EGG 15 FENNEL CABBAGE 45 RED CABBAGE 45 YELLOW CABBAGE 45 CREAM CHEESE 40 YELLOW CABBAGE 45 HUMMUS 30 BAKED BEANS 35 SAVORY MINCE 65
<b>BEEF KOFTAS</b> 150 3 BEEF KOFTAS, SERVED WITH TZATZIKI & A TOASTED WRAP.	AVO 35 SALMON 65 CHEESE 35 MARINATED 65 AUBERGINE AIOLI 40 BAGEL 40 TZATZIKI 35 TOMATO 35 MUSHROOMS 45 SLICE OF 10 TOAST

## SOMETHING SWEET

BAKED CHEESECAKE CHOCOLATE CAKE	CARROT CAKE BANANA BRAN MUFFINS
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## DRINKS

<b>HOT DRINKS</b>	<b>FRESHLY PRESSED JUICES</b>
SGL ESPRESSO 25	ORANGE 40
DBL ESPRESSO 32	T G O SHOT (TURMERIC, GINGER & ORANGE) 60
CORTADO 35	GUT REPAIR 55
FLAT WHITE 38	BEETROOT & GINGER 60
SGL CAPPUCCINO 32	<b>SMOOTHIES</b>
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	<b>SOFT DRINKS</b>
BULLET PROOF COFFEE 65	COKE, COKE LIGHT, COKE ZERO, CREME SODA, SPRITE, SPRITE ZERO, FANTA ORANGE, DRY LEMON, APPLETISER, GRAPETISER, INDIAN TONIC WATER,
GOLDEN MILK LATTE 35	<b>SPRITZ</b>
MATCHA LATTE 45	APEROL SPRITZ
CHAI LATTE 38	<b>BEERS &amp; CIDERS</b>
DIRTY CHAI LATTE 45	VARIETY OF OPTIONS AVAILABLE IN FRIDGE.
RED CAPPUCCINO 32	
RED SPICED CHAI LATTE 45	
HOT CHOCOLATE 38	
TEAS - ROOIBOS, CEYLON, EARL GREY & GREEN POR	
<b>ICED DRINKS</b>	<b>SPIRITS</b>
ICED COFFEE - ON ICE   CRUSHED 45	KLIPDRIFT, JAMESON, KWV 5 YEAR, OLOF BERGH, SMIRNOFF VODKA, INVERROCHE GIN, GORDONS GIN, TANQUARY GIN.
ICED MATCHA - ON ICE   CRUSHED 48	
ICED TEA - RED ESPRESSO 45	<b>WINES</b>
& APPLE JUICE	WINE BY THE GLASS OR CHOOSE A BOTTLE FROM OUR SHELVES / FRIDGE AND ENJOY!
<b>JUICES</b>	
MANGO, ORANGE, APPLE	