



## ALL DAY BREAKFAST SCRAMBLED. POACHED. FRIED.

ALL CLASSIC EGGS SERVED WITH ROAST TOMATO

<b>WITH SMOKED SALMON, CREAM CHEESE &amp; LEMON</b>	<b>105</b>
<b>WITH PORK / BEEF SAUSAGE, BACON &amp; MUSHROOMS</b>	<b>98</b>
<b>WITH BACON &amp; MUSHROOM</b>	<b>78</b>
<b>WITH BACON</b>	<b>64</b>
<b>JUST EGGS &amp; ROAST TOMATO</b>	<b>50</b>

\*Breakfasts are dressed with green pesto oil which contains nuts. Please ask if you would prefer to have it omitted.

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<b>BREAKFAST &amp; TOASTIES ARE SERVED ON A CHOICE OF SOURDOUGH, BUTTERMILK RYE OR SEEDED HEALTH BREAD. IF YOU PREFER:</b>
gluten free add R5   low-carb add R5   croissant add R20

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## OMELETTES

<b>3 EGG OMELETTE</b>	<b>52</b>	
Served with our roasted tomato conserve.		
<b>WITH SMOKED SALMON</b>	<b>105</b>	
<b>WITH BACON &amp; CHEESE*</b>	<b>79</b>	
<b>3 CHEESE MIX</b>	<b>69</b>	
<b>BACON</b>	<b>64</b>	

\*Mozzarella, gouda & cheddar

## EGGS BENEDICT **65**

Two poached eggs with hollandaise sauce served on your choice of sourdough, buttermilk rye or seeded health bread with our roasted tomato conserve & your favourite side:

<b>WITH SMOKED SALMON</b>	<b>128</b>
<b>WITH BACON</b>	<b>80</b>

## HEALTHY

<b>BIRCHER MUESLI BOWL</b>	<b>67</b>	
Rolled oats soaked in mango juice, chia seeds, almond milk & mixed with coconut yoghurt. Served with nuts, our own granola, seasonal fruit & honey on the side.		

<b>SMOOTHIE BOWL</b>	<b>67</b>	
Made with pawpaw, banana, cocoa powder & soaked oats. Served with coconut yoghurt, toasted coconut flakes, berries & seasonal fruit.		

## BOARDS

<b>CROISSANT WITH BACON, AVO &amp; ROCKET</b>	<b>65</b>
<b>CROISSANT WITH CHEESE &amp; JAM</b>	<b>54</b>
<b>SCONE WITH CHEESE, JAM &amp; CREAM</b>	<b>49</b>

## BRUNCH

<b>BURGER BENEDICT</b>	<b>110</b>
Beef burger, sliced tomato, caramelised onions, bacon, a poached egg & hollandaise sauce with a side of fries.	

<b>ALL DAY BREAKFAST PIZZA</b>	<b>102</b>
Bacon, beef sausage, cherry tomatoes, mushroom, egg & rocket. (Low carb & gluten free bases available as an add on).	

<b>SPICY MINCE ON TOAST WITH A POACHED EGG</b>	<b>82</b>
Served with fresh salsa & topped with a poached egg.	

\*For extra heat ask to add chilli

<b>WITHOUT AN EGG</b>	<b>78</b>
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<b>AVO, TOMATO &amp; FETA ON TOAST WITH A POACHED EGG</b>	<b>79</b>	
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Mashed avo, Danish feta, roasted tomato preserve, finely sliced radish & spring onions, topped with a poached egg.

<b>WITHOUT AN EGG</b>	<b>73</b>
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<b>CREAMY MUSHROOMS ON TOAST WITH A POACHED EGG</b>	<b>79</b>	
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Mushrooms in a creamy sauce with parmesan shavings & a poached egg, served on toast spread with a cheesy béchamel.

<b>WITHOUT AN EGG</b>	<b>73</b>
<b>ADD BACON</b>	<b>+22</b>

<b>SWEETCORN FRITTERS</b>	<b>73</b>	
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Served with sliced avo, roast tomato conserve, spring onions & a poached egg.

<b>ADD SMOKED SALMON</b>	<b>128</b>
With a creamy herb dressing & lemon.	

<b>ADD CRISPY BACON &amp; MUSHROOMS</b>	<b>98</b>
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<b>TUNA FISH CAKES &amp; SALAD</b>	<b>74</b>
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Tuna and potato fish cakes with a summer crunch salad, creamy herb dressing, avo & roasted seeds.

<b>ADD A SIDE TO MY FISH CAKES</b>	<b>+10</b>
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<b>CREAMY CHICKEN PASTA WITH BACON</b>	<b>68</b>
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With spinach & slow roasted tomatoes, tossed with spaghetti and topped with crispy bacon shards & parmesan.

<b>BEAN, CHORIZO &amp; TOMATO SOUP</b>	<b>66</b>
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Our house tomato soup with chorizo, cannellini, kidney beans & garlic.

<b>TOMATO SOUP</b>	<b>53</b>	
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Rustic thick chunky tomato soup served with rocket & walnut pesto.

\*Pesto contains nuts

<b>CREAMY MEXICAN CHICKEN &amp; CORN SOUP</b>	<b>75</b>
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Dressed with Mexican salsa, fresh coriander and served with grated cheddar cheese, avo, chilli & nachos on the side.

## TOASTED

SERVED WITH FRIES OR A SIDE SALAD

<b>THE CUBAN</b>	<b>135</b>
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Ham, pulled pork, three cheese mix, cucumber pickle & wholegrain mustard mayo on a Turkish roll.

<b>BACON, CHEESE &amp; SRIRACHA CHICKEN MAYO</b>	<b>89</b>
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<b>BACON, EGG &amp; CHEESE WITH MAYO</b>	<b>77</b>
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<b>HAM, CHEESE &amp; TOMATO WITH MAYO</b>	<b>75</b>
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<b>CHICKEN WITH RED PEPPER PESTO MAYO</b>	<b>72</b>
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With cucumber pickle, tomato & sweet red onion.

<b>CLASSIC CHICKEN MAYO</b>	<b>69</b>
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With cucumber pickle, tomato & sweet red onion.

<b>CLASSIC 3 CHEESE WITH MAYO</b>	<b>55</b>	
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Melted gouda, cheddar & mozzarella. (Please ask for tomato).

<b>QUATTRO FORMAGGI, BACON, BRIE &amp; CAMELISED ONIONS WITH MAYO</b>	<b>96</b>
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<b>CROQUE MADAME</b>	<b>87</b>
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A smoked ham and three cheese mix toasty on ciabatta, topped with a grilled cheesy béchamel sauce & a poached egg.

## BURGERS

OUR BURGERS ARE SERVED ON SOFT KITKA BUNS WITH A CHOICE OF FRIES OR A SIDE SALAD

<b>100% BEEF</b>	
<b>BACON &amp; CHEESE</b>	<b>89</b>
<b>CHEESE</b>	<b>79</b>
<b>CLASSIC</b>	<b>69</b>

**OUR BURGERS ARE DRESSED WITH BBQ SAUCE, MAYO, A DEEP FRIED ONION RING, CAMELISED ONIONS, CUCUMBER PICKLE, SWEET RED ONIONS, SLICED TOMATO & ROCKET – UNLESS OTHERWISE STATED.**

## FRIED CHICKEN

<b>BUTTERMILK FRIED CHICKEN BURGER</b>	<b>85</b>
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Buttermilk marinated chicken breast coated & deep fried then served with a tangy slaw, cucumber pickle & sriracha mayo on a burger bun.

## VEGGIE

Our vegetarian burger patties are made daily with quinoa, chickpeas, cannellini, kidney beans, green peas, celery and coriander & dressed with hummus. They are gluten free & do not contain egg or dairy.

<b>CLASSIC VEGGIE BURGER</b>	<b>69</b>	
<b>ADD AVO</b>	<b>+22</b>	

**OUR BURGER BUNS CONTAIN EGG & DAIRY. PLEASE ASK YOUR WAITRON FOR OTHER BREAD OPTIONS OR VEGAN MAYO.**

## BURGER SIDES

<b>SWEET POTATO FRIES</b>	<b>M</b>	<b>L</b>
<b>DEEP FRIED ONION RINGS</b>	<b>20</b>	<b>40</b>
<b>HUMMUS</b>	<b>20</b>	

## SALADS

ALL OUR SALADS ARE SERVED COLD

<b>CHICKEN, BACON, AVO &amp; BLUE CHEESE</b>	<b>85</b>
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Grilled chicken, salad leaves, crispy bacon, sliced avo, cherry tomatoes & blue cheese crumbs. Served with a blue cheese dressing.

\*If you prefer feta/house dressing instead of blue – please ask.

<b>CHICKEN CAESAR SALAD</b>	<b>79</b>
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Grilled chicken, crispy bacon, cos & iceberg lettuce, croutons, boiled egg & parmesan shavings. Served with our Knead Caesar dressing.

\*Contains anchovies

<b>ADD AVO</b>	<b>+22</b>
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<b>QUINOA WITH ROAST ROOT VEG, MIXED SEEDS, FETA &amp; ORANGE SALAD</b>	<b>65</b>	
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Roast beetroot, carrots and sweet potato, gluten free seed mix, orange slices and feta tossed with quinoa & rocket.

<b>ADD AVO</b>	<b>+22</b>
<b>ADD GRILLED CHICKEN</b>	<b>+28</b>
<b>ADD FALAFEL</b>	<b>+28</b>

<b>HALOUMI, QUINOA &amp; SMASHED MINTED PEAS SALAD</b>	<b>78</b>	
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Grilled Haloumi, smashed minted pea and feta, sliced avo, a soft boiled egg, hummus & roasted spiced chickpeas. Served with a creamy herb dressing.

<b>ADD FALAFEL</b>	<b>+28</b>
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**SOUPS ARE SERVED WITH SOURDOUGH, BUTTERMILK RYE OR SEEDED HEALTH BREAD. TO SUBSTITUTE ADD:**  
gluten free add R5 | low-carb add R5 | croissant add R20

## PIZZAS

ALL OUR PIZZAS ARE MADE ON ITALIAN PIZZA BASES WITH GRATED MOZZARELLA & A ROAST ITALIAN TOMATO SAUCE

<b>BACON, AVO &amp; CHERRY TOMATO PIZZA</b>	<b>89</b>
With fresh rocket.	

<b>MARGHERITA DELUXE PIZZA</b>	<b>89</b>	
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Fresh mozzarella (fior de latte) with roasted tomato conserve, rocket pesto and served with fresh tomato & basil leaves.

\*Pesto contains nuts

<b>BACON, FETA &amp; CHEESY RUSSIAN PIZZA</b>	<b>85</b>
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With cherry tomatoes & caramelised onions.

<b>BBQ CHICKEN &amp; CHORIZO PIZZA</b>	<b>85</b>
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Grilled chicken marinated in our own BBQ sauce & thinly sliced chorizo.

<b>ALL DAY BREAKFAST PIZZA</b>	<b>85</b>
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Bacon, beef sausage, cherry tomatoes, mushroom, egg & rocket.

<b>CREAMY SPINACH &amp; FETA PIZZA</b>	<b>69</b>	
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<b>CHEESE &amp; TOMATO PIZZA</b>	<b>55</b>	
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With homemade tomato sauce & grated mozzarella.

**GLUTEN FREE BASE / LOW-CARB BASE ADD R10**  
Our low-carb bread & pizza bases are also gluten free.  
**PLEASE ASK IF YOU WOULD LIKE TO ADD CHILLI**

## EXTRAS

Pesto	19
Egg	14
Olives	16
Spinach	16
Avocado (seasonal)	22
Bacon	22
Feta / cheddar / gouda	22
Mozzarella / parmesan	22
Mushrooms	26
Cheesy Russian sausage	28
Beef / pork sausage	28
Chicken (roasted / grilled)	28
Chorizo sausage slices	34
Fresh smoked salmon	68

## TACOS

OUR TACOS ARE MADE WITH 3 x 14cm SOFT, FLOUR TORTILLAS

<b>BBQ PULLED PORK TACOS</b>	<b>95</b>
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Slow roast pork shoulder & homemade BBQ sauce with tangy slaw, fresh salsa, creamy coriander dressing, fresh coriander, avo & radish.

<b>BUTTERMILK FRIED CHICKEN TACOS</b>	<b>95</b>
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Buttermilk marinated chicken breast coated and deep fried with tangy slaw, fresh salsa, creamy coriander dressing, fresh coriander, avo & radish.

<b>FALAFEL*</b>	<b>90</b>	
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Crunchy coated falafel with avo, tangy slaw, fresh salsa, coriander & a creamy mint dressing.

\*Made with our veggie burger mix

<b>LOADED NACHOS</b>	<b>96</b>
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Nachos loaded with cheese, guacamole, Mexican mince, fresh salsa, coriander, jalapenos & a creamy herb sauce.

**FOR EXTRA\* ADD:**  
cheese R15 | chilli R15 | avo R22 \*Only when served with tacos