



Breakfast

Served daily from 7.30am - 11.45am

| | |
|---|-----|
| Smoothie bowls | 120 |
| Peanut bomb | |
| Granola, coconut, flaxseeds, peanut butter yoghurt, dates, apple & honey | |
| Berry bomb | |
| Berry yoghurt, chia, banana, goji, honey & granola | |
| Raw energy bowl ^v | 125 |
| Oats, dates, banana, almond milk, apple, peanut butter, cranberries & seeds | |
| Summer breakfast bowl | 128 |
| Smashed avo, salsa, hummus, chickpeas, grilled halloumi & toast | |
| + 1 poached egg | 138 |
| The fruit bowl | 115 |
| Mango or papaya (seasonal), yoghurt, honey, chia seeds & toasted almonds | |
| Baked green apple | 118 |
| Stuffed with sweet almond, thick yoghurt, honey, cinnamon & pecan nuts | |
| Granola bowl | 118 |
| Fresh fruit salad, thick yoghurt & honey | |
| Egg on toast | 79 |
| + Add bacon | 109 |
| Piggy breakfast | 145 |
| 2 eggs, bacon, sausage, pan-fried mushrooms, 2 rostis, grilled tomato & toast | |
| Avo smash | 155 |
| With sourdough, smoked salmon, 2 poached eggs & Hollandaise sauce | |
| Green omelette Caprese | 105 |
| + Add bacon | 135 |
| BLT | 105 |
| On toasted croissant with mayo & mozzarella | |
| + Add free range chicken | 145 |
| Vegan brekkie ^v | 135 |
| Sourdough, avo, smoked carrot salmon, tofu & pan fried mushrooms | |
| Flapjacks | 105 |
| 4 butter flapjacks, berry compote, cocoa, fried banana, whipped cream, coconut & syrup | |
| + Add bacon | 135 |
| French toasted croissant | 115 |
| Cream, honey, berry compote, chocolate sc & candied nuts | |
| + Add bacon | 145 |
| Shakshuka bowl & egg | 115 |
| Peppers, onion, spice, arrabbiata, feta & parmesan | |
| + Add bacon | 145 |
| Something on toast | |
| Fresh smashed avo, cherry tomatoes & flaxseeds | 85 |
| Real anchovies, basil pesto, tomato & mayo | 105 |
| Creamy mushroom & parsley | 88 |
| + Add egg | 98 |
| Pan fried Kippers | 145 |
| With sweet corn fritters, 1 poached egg, Hollandaise sauce & spinach | |
| Breakfast wrap | 135 |
| Scrambled eggs, bacon, avo & cheddar | |
| With sweet potato fries or marinated beetroot | |
| Sticky pork belly | 155 |
| With 1 poached egg, spinach, hollandaise & rostis | |



Lunch

Served daily from 12.15pm - 5.30pm

| | |
|---|-----|
| Chardonnay Deli BBQ burger | 145 |
| (Beef / free range chicken / vegan) with melted cheese & hand cut wedges | |
| Free range chicken mayo wrap | 128 |
| With a side of your choice | |
| + Add avo | 148 |
| Vegan chicken mayo wrap^v | 128 |
| With a side of your choice | |
| + Add avo | 148 |
| Veggie wrap | 145 |
| With avo, feta, butternut, hummus & a side of your choice | |
| Mussels | 135 |
| Cream, garlic & white wine sauce with toast | |
| Spring rolls & dipping sauce | 99 |
| Ask waiter for todays offering | |
| Soup of the day with toast | 75 |
| + Add cheesy sarmie | 130 |
| Flatbread | |
| Lightly pan toasted base with arrabbiata & mozzarella | |
| The meat (bacon, salami & olives) | |
| The Veg (spinach, feta, olives & sdt) | |
| + Add avo | 155 |
| Health salad | 105 |
| With avo (seeds, cabbage, tomato, cucumber, beetroot, butternut, salad, cranberries & onion) | |
| + Add roast chicken, smoked salmon or falafel | 160 |
| Falafel bowl^v | 145 |
| With brown rice, roasted aubergine, salsa, avo, hummus & falafel balls | |
| Tempura fish & handcut wedges | 145 |
| With homemade Tartar sauce | |
| Sticky pork ribs | 165 |
| Sticky pork ribs, onion rings & handcut wedges | |
| Seafood penne | 165 |
| With bisque sauce, fish, calamari, mussels & prawns | |
| BLT | 105 |
| On toasted croissant with mayo & mozzarella | |
| + Add free range chicken | 145 |
| Smoked salmon bagel | 155 |
| With cream cheese, avo, capers & lettuce with a side of your choice | |
| Nachos | 105 |
| With avo smash, sour cream, salsa & cheese | |
| + Add chicken | 145 |
| Bali bowl^v | 145 |
| Roasted butternut, slaw, fried tofu, chickpeas, avo, roasted sweet potato, black rice, peanut sauce, coriander & pickled ginger | |

Something Sweet

Have a look at our cake selection in store



Sandwiches

TAKEAWAY SANDWICH MENU

Fillings

| | |
|----------------------------|----|
| Cheese | 55 |
| Cheese & tomato | 60 |
| Ham, cheese & tomato | 79 |
| Pesto, mozzarella & tomato | 79 |
| Bacon & cheese | 82 |
| Egg mayo | 59 |
| Chicken mayo | 89 |
| Chicken mayo & avo | 99 |
| Avo, butternut & feta | 89 |

VEGAN OPTIONS

Fillings

| | |
|-------------------------|----|
| Cheese | 60 |
| Cheese & tomato | 65 |
| Cheese, basil & tomato | 79 |
| Chicken mayo | 89 |
| Chicken mayo & avo | 99 |
| Avo, cheese & butternut | 89 |
| Falafel, avo & hummus | 89 |

Extras

| | |
|-----------------------------|----|
| Substitute croissant | 12 |
| Substitute gluten free wrap | 12 |
| Handcut potato wedges | 48 |
| Sweet potato fries | 48 |
| Side salad | 58 |

Bread Choices

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|----------------------|----|
| Sourdough rye | |
| 100% White sourdough | |
| Multiseed | |
| 100% Rye | |
| Farmers soft white | |
| Ciabatta | |
| Gluten free | 8 |
| Banting | 8 |
| Bagel | 12 |

