



Breakfast

Served daily from 8.00am - 11.45am

Smoothie bowls	125
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	118
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	125
Fresh fruit salad, thick yoghurt & honey	
Egg on toast	79
+ Add bacon	109
Piggy breakfast	155
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	108
+ Add bacon	138
BLT	105
On toasted croissant with mayo & mozzarella	
+ Add free range chicken	145
Vegan brekkie ^v	139
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
Smoked salmon bagel	115
Cream cheese, avo & capers	
Something on toast	
Fresh smashed avo, flaxseeds & fresh tomato	89
Real anchovies, basil pesto, tomato & mayo	105
Sticky pork belly	155
With 1 poached egg, spinach, hollandaise & rostis	





Lunch

Served daily from 12.15pm - 5.30pm

Fresh Saldanha oysters	25
Fresh oyster with a vinaigrette	
Spring rolls	89
Spring rolls & homemade sweet chilli dipping sauce	
Steamed mussels	135/189
With cream, white wine & garlic	
Peri peri chicken livers with ciabatta	135
Pan fried chicken livers in a creamy peri peri sauce, crispy onions & fresh herbs	
Grilled goat cheese, butternut & baby beetroot salad	135
Open sandwich	139
Please ask your waiter	
Veggie wrap	139
With avo, lettuce, feta, butternut & hummus with a side of your choice	
BLT plus C	105
On toasted croissant with mayonnaise & mozzarella	
+ Add free range chicken	140
Health salad	115
With avo (seeds, cabbage, tomato, cucumber, beetroot, butternut, salad, cranberries, onion)	
+ Add roast chicken, smoked salmon or falafel balls	160
Wagyu cheeseburger	169
Wagyu beef topped with cheese on a brioche bun with French fries	
Line fish	245
Please ask your waiter	
Deli style penne	198
Beef fillet strips, penne, creamy pesto sauce, cherry tomatoes, parmesan and olives	
Seafood penne	198
Bisque sauce with calamari, mussels & linefish	
Sticky Pork belly	245
Casserole of the day	245
Please ask your waiter	
Nachos	115
Corn chips, guacamole, cheese, sour cream & salsa	
+ Add spiced beef mince	160
Falafel bowl ^v	148
With brown rice, roasted aubergine, salsa, avo, hummus, falafel balls & slaw	
Bali bowl ^v	148
Roasted butternut, slaw, fried tofu, chickpeas, avo, broccoli, black rice, peanut sauce, coriander & pickled ginger	
Melanzanne with a side salad	198
Layers of aubergine, napolitana sauce & parmesan served with a side salad	
Charcuterie board	198

Something Sweet

Ice cream selection (per scoop)	35
Affogato (espresso and decadent ice cream)	75
Homemade cake selection	SQ
Fresh fruit salad and a scoop of ice cream	89
Daily Dessert	SQ
Please ask your waiter	