



# Breakfast

Served daily from 7.30am - 11.45am

<b>Smoothie bowls</b>	<b>145</b>
<b>Peanut bomb</b>	
Granola, coconut, flaxseeds, peanut butter yoghurt, dates, apple & honey	
<b>Berry bomb</b>	
Berry yoghurt, chia, banana, goji, honey & granola	
<b>Raw energy bowl <sup>v</sup></b>	<b>145</b>
Oats, dates, banana, almond milk, apple, peanut butter, cranberries & seeds	
<b>The health bowl</b>	<b>138</b>
Mango or papaya (seasonal), yoghurt, honey, chia seeds & toasted almonds	
<b>Baked green apple</b>	<b>138</b>
Stuffed with sweet almond, thick yoghurt, honey, cinnamon & pecan nuts	
<b>Granola bowl</b>	<b>155</b>
Fresh fruit salad, thick yoghurt & honey	
<b>Breakfast bowl</b>	<b>148</b>
Smashed avo, salsa, hummus, chickpeas, grilled halloumi & toast	
+ 1 poached egg	<b>158</b>
<b>Something on toast (2 slices)</b>	
Fresh smashed avo, flaxseeds & fresh tomato	<b>99</b>
Real anchovies, basil pesto, tomato & mayo	<b>125</b>
Creamy mushroom & parsley	<b>125</b>
+ Add egg	<b>135</b>
Smoked salmon & capers	<b>135</b>
+ Add egg	<b>145</b>
<b>Avo smash</b>	<b>175</b>
With sourdough, smoked salmon, 2 poached eggs & Hollandaise sauce	
<b>Egg on toast</b>	<b>99</b>
+ Add bacon	<b>129</b>
<b>Piggy breakfast</b>	<b>175</b>
2 eggs, bacon, sausage, pan-fried mushrooms, 2 rostis, grilled tomato & toast	
<b>Green omelette Caprese</b>	<b>128</b>
+ Add bacon	<b>158</b>
<b>Pan-fried kippers</b>	<b>168</b>
With 1 poached egg, Hollandaise sauce, spinach & toast	
<b>Sticky pork belly</b>	<b>175</b>
With 1 poached egg, spinach, Hollandaise & rostis	
<b>Shakshuka bowl &amp; egg</b>	<b>135</b>
Peppers, onion, spice, arrabiata, feta & parmesan	
+ Add bacon	<b>175</b>
<b>Breakfast wrap</b>	<b>159</b>
Scrambled eggs, bacon, avo & cheddar with sweet potato fries or marinated beetroot	
<b>BLT</b>	<b>125</b>
On toasted croissant with mayo & mozzarella	
+ Add free-range chicken	<b>165</b>
<b>Vegan brekkie <sup>v</sup></b>	<b>159</b>
Sourdough, avo, smoked carrot salmon, tofu & pan-fried mushrooms	
<b>Flapjacks</b>	<b>125</b>
4 butter flapjacks, berry compote, cocoa, fried banana, whipped cream, coconut & syrup	
+ Add bacon	<b>155</b>
<b>French-toasted croissant</b>	<b>135</b>
Cream, honey, berry compote, chocolate sauce & candied nuts	
+ Add bacon	<b>175</b>



# Lunch

Served daily from 12.15pm - 5.30pm

<b>Spring rolls &amp; dipping sauce</b>	109
Ask waiter for today's offering	
<b>Soup of the day with toast</b>	99
+ Add cheesy sarmie	164
<b>Falafel bowl <sup>v</sup></b>	168
With brown rice, roasted aubergine, salsa, avo, hummus & falafel balls	
<b>Bali bowl <sup>v</sup></b>	168
Roasted butternut, slaw, fried tofu, broccoli, chickpeas, avo, roasted sweet potato, black rice, peanut sauce, coriander & pickled ginger	
<b>Free-range chicken mayo wrap</b>	149
With a side of your choice	
+ Add avo	169
<b>Vegan chicken mayo wrap <sup>v</sup></b>	149
With a side of your choice	
+ Add avo	169
<b>Veggie wrap</b>	149
With avo, feta & butternut, hummus with a side of your choice	
<b>Vegan roti with tzatziki <sup>v</sup></b>	165
With curried potato & chickpeas with a side of your choice	
<b>Smoked salmon bagel</b>	175
With cream cheese, avo, capers & lettuce with a side of your choice	
<b>Homemade pies or quiches</b>	148
With a side of your choice	
<b>BLT</b>	125
On toasted croissant with mayo & mozzarella	
+ Add free-range chicken	165
<b>Chardonnay Deli burger</b>	165
(Beef / free-range chicken / vegan) with melted cheese & a side of your choice	
<b>Health salad</b>	135
With avo (seeds, cabbage, tomato, cucumber, beetroot, butternut, salad, cranberries, onion)	
+ Add roast chicken, smoked salmon or falafel	180
<b>Sticky pork belly</b>	225
With spinach & hand-cut wedges	
<b>Curry or casserole of the day</b>	225
Please ask your waiter	
<b>Pasta</b>	199
<b>Seafood penne</b>	
Bisque sauce, fish, calamari, mussels & prawns	
<b>Lamb meatball penne</b>	
Olives, spinach, arrabbiata & parmesan	
<b>Creamy mushroom penne</b>	
Lemon, parsley, cream, cherry tomato & pan-fried mushrooms	
<b>Deli penne</b>	
Basil pesto, feta, fillet, tomato & olives	
<b>Charcuterie sharing board</b>	350
Hand-selected cheese & cured meats with preserves	

# Something Sweet

Have a look at our homemade cake selection in store