



# Breakfast

Served daily from 8.00am - 11.45am

|                                                                                           |            |
|-------------------------------------------------------------------------------------------|------------|
| <b>Smoothie bowls</b>                                                                     | <b>145</b> |
| <b>Peanut bomb</b>                                                                        |            |
| Granola, coconut, flaxseeds, peanut butter<br>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,<br>cranberries & seeds            |            |
| <b>The health bowl</b>                                                                    | <b>138</b> |
| Mango or papaya (seasonal), yoghurt, honey, chia<br>seeds & toasted almonds               |            |
| <b>Baked green apple</b>                                                                  | <b>138</b> |
| Stuffed with sweet almond, thick yoghurt, honey,<br>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<br>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<br>& 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,<br>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<br>& 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<br>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<br>& pan-fried mushrooms                       |            |
| <b>Flapjacks</b>                                                                          | <b>125</b> |
| 4 butter flapjacks, berry compote, cocoa, fried<br>banana, whipped cream, coconut & syrup |            |
| + Add bacon                                                                               | <b>155</b> |
| <b>French-toasted croissant</b>                                                           | <b>135</b> |
| Cream, honey, berry compote, chocolate sauce<br>& candied nuts                            |            |
| + Add bacon                                                                               | <b>175</b> |



# Lunch

Served daily from 12.15pm - 5.30pm

|                                                                                                                                           |         |
|-------------------------------------------------------------------------------------------------------------------------------------------|---------|
| <b>Fresh Saldanha oysters</b>                                                                                                             | 32      |
| Fresh oyster with a vinaigrette                                                                                                           |         |
| <b>Spring rolls</b>                                                                                                                       | 109     |
| Spring rolls & homemade sweet chilli dipping sauce                                                                                        |         |
| <b>Soup of the day with toast</b>                                                                                                         | 99      |
| + Add cheesy sarmie                                                                                                                       | 164     |
| <b>Steamed mussels</b>                                                                                                                    | 135/189 |
| With cream, white wine & garlic                                                                                                           |         |
| <b>Peri peri chicken livers with ciabatta</b>                                                                                             | 155     |
| Pan-fried chicken livers in a creamy peri peri sauce, crispy onions & fresh herbs                                                         |         |
| <b>Baby calamari &amp; hand cut wedges</b>                                                                                                | 185     |
| <b>Falafel bowl</b> <sup>v</sup>                                                                                                          | 168     |
| With brown rice, roasted aubergine, salsa, avo, hummus, falafel balls & slaw                                                              |         |
| <b>Bali bowl</b> <sup>v</sup>                                                                                                             | 168     |
| Roasted butternut, slaw, fried tofu, broccoli, chickpeas, avo, roasted sweet potato, black rice, peanut sauce, coriander & pickled ginger |         |
| <b>Cheese board</b> (for one)                                                                                                             | 180     |
| <b>Charcuterie board</b> (for one)                                                                                                        | 218     |
| <b>Free-range chicken mayo wrap</b>                                                                                                       | 149     |
| With a side of your choice                                                                                                                |         |
| + Add avo                                                                                                                                 | 169     |
| <b>Veggie wrap</b>                                                                                                                        | 149     |
| With avo, feta, butternut, hummus & a side of your choice                                                                                 |         |
| <b>BLT plus C</b>                                                                                                                         | 125     |
| On toasted croissant with mayonnaise & mozzarella                                                                                         |         |
| + Add free-range chicken                                                                                                                  | 160     |
| <b>Smoked salmon bagel</b>                                                                                                                | 175     |
| With cream cheese, avo, capers & lettuce with 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 balls                                                                                       | 180     |
| <b>Chardonnay Deli burger</b>                                                                                                             | 165     |
| (Beef / free range chicken / vegan) with melted cheese & a side of your choice                                                            |         |
| <b>Line fish</b>                                                                                                                          | 285     |
| Please ask your waiter                                                                                                                    |         |
| <b>Sticky Pork belly</b>                                                                                                                  | 225     |
| Please ask your waiter                                                                                                                    |         |
| <b>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, arrabiata & parmesan                                                                                                     |         |
| <b>Creamy mushroom penne</b>                                                                                                              |         |
| Lemon, parsley, cream, cherry tomato & pan-fried mushrooms                                                                                |         |
| <b>Deli penne</b>                                                                                                                         |         |
| Basil pesto, feta, fillet, tomato & olives                                                                                                |         |

## Something Sweet

Have a look at our homemade cake selection in store