



Breakfast

Served daily from 7.30am - 11.45am

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



Lunch

Served daily from 12.15pm - 5.30pm

Spring rolls & dipping sauce Ask waiter for today's offering	109
Soup of the day with toast + Add cheesy sarmie	99 168
Steamed mussels With cream, white wine & garlic	135/189
Hummus, salsa & nachos	125
Falafel bowl ^v With brown rice, roasted aubergine, salsa, avo, hummus & falafel balls	168
Bali bowl ^v Roasted butternut, slaw, fried tofu, broccoli, chickpeas, avo, roasted sweet potato, black rice, peanut sauce, coriander & pickled ginger	168
Free-range chicken mayo wrap With a side of your choice + Add avo	149 169
Vegan chicken mayo wrap ^v With a side of your choice + Add avo	149 169
Veggie wrap With avo, feta, butternut, hummus & a side of your choice	149
Smoked salmon bagel With cream cheese, avo, capers & lettuce with a side of your choice	175
BLT On toasted croissant with mayo & mozzarella + Add free-range chicken	125 165
Flatbread Homemade dough lightly toasted topped with arrabiata and mozzarella The Meat (bacon, salami & olives) The Veg (spinach, feta, olives & sundried tomatoes) + Avo	142 162
Chardonnay Deli burger (Beef / free-range chicken / vegan) with melted cheese & a side of your choice	165
Chardonnay Deli fish burger Battered fish, tartar sauce & a side of your choice	165
Health salad With avo (seeds, cabbage, tomato, cucumber, beetroot, butternut, salad, cranberries & onion) + Add roast chicken, smoked salmon or falafel	135 180
Tempura fish & hand-cut wedges With homemade tartar sauce	169
Sticky pork ribs Sticky pork ribs, onion rings & hand-cut wedges	225
Curry or casserole of the day Please ask your waiter	225
Pasta	199
Seafood penne Bisque sauce, fish, calamari, mussels & prawns	
Lamb meatball penne Olives, spinach, arrabiata & parmesan	
Creamy mushroom penne Lemon, parsley, cream, cherry tomato & pan-fried mushrooms	
Deli penne Basil pesto, feta, fillet, tomato & olives	

Something Sweet

Have a look at our homemade cake selection in store