



Breakfast

Served daily from 8.00am - 11.45am

Power bowl	138
Peanut butter & cocoa yoghurt, banana, apple, dates & honey	
Mini macadamia cup	99
Macadamia nut yoghurt, granola, pear, chia, coconut & honey	
Fruit bowl	138
Mango or papaya (seasonal), yoghurt, honey, chia seeds & toasted almonds	
Baked green apple	138
Stuffed with sweet almond & cinnamon, thick yoghurt, honey, & caramelised almonds	
Granola bowl	138
Fresh fruit salad, thick yoghurt & honey	
Raw energy bowl ^v	128
Oats, dates, banana, almond milk, apple, peanut butter, cranberries & seeds	
Breakfast bowl	148
Smashed avo, salsa, hummus, chickpeas, black rice, grilled halloumi	
Avo smash	175
With sourdough, smoked salmon, 2 poached eggs & hollandaise sauce	
Green omelette caprese & toast	128/158
2 Free-range eggs on toast	79/109
French-toasted croissant or flapjacks	135
Whipped cream, honey, berry compote, chocolate sauce & candied peanuts	
Benedict croissant	129
Toasted croissant, 2 poached eggs, ham & hollandaise	
BLT	129
Toasted croissant with mayo, mozzarella, lettuce & tomato	
Farmers breakfast	175
2 Free-range eggs, bacon, sausage, pan-fried mushrooms, 2 rostis, grilled tomato & toast	
Pan-fried kipper	155
With 1 poached free-range egg, hollandaise sauce, spinach & toast	
Sticky pork belly	175
With 1 poached egg, spinach, hollandaise & 2 rostis	
Shakshuka bowl & egg	135/165
Peppers, onion, spice, arrabbiata, feta & parmesan	
Vegan brekkie ^v	159
Sourdough, smashed avo, smoked carrot salmon, tofu & pan-fried mushrooms	
Something on toast	
Fresh smashed avo, flaxseeds, fresh tomato & 3 slices of toast	99
Real whole anchovies, basil pesto, tomato & mayo on 3 slices of toast	125
Smoked salmon, cream cheese & capers on 2 slices of toast	135
Breakfast wrap	119
2 Free-range scrambled eggs, bacon, avo & cheddar	



Lunch

Served daily from 12.15pm - 5.30pm

Fresh Saldanha oysters	32
3 Spring rolls & dipping sauce	99
Small plates	129
Sticky chicken wings & dip or sticky baby pork ribs & dip	
Soup of the day with toast	99
Steamed mussels & toasted ciabatta	135/189
White wine, garlic and cream	
Peri-peri chicken livers with ciabatta	155
Lightly dusted (curry spices) baby calamari & side	185
Avo & feta health salad	139
Lettuce, cabbage, tomato, cucumber, beetroot, butternut, salad, cranberries, sesame seeds, flaxseed & onion	
Health salad	175
(Free-range chicken / smoked salmon or falafel) Avo, lettuce, cabbage, creamy feta, tomato, cucumber, beetroot, butternut, salad, cranberries, sesame seeds, flaxseed & onion	
Chunky Greek salad	139
Cucumber, tomato, red onion, capers, feta, origanum, dill & olive oil	
Cheese board (for one)	185
Charcuterie board (for one)	225
Chardonnay Deli cheesy BBQ burger & side	165
Free-range chicken mayo wrap & side	149
Vegan option available	
Veggie wrap & side	149
Avo, feta, lettuce, butternut & hummus	
Roti & side [✓]	149
Curried potato, chickpeas & tzatziki	
Oven-baked flatbread	129/149
Mozzarella, red onion, cherry tomatoes, olives & feta	
All-day omelette & toast	128/158
Smoked salmon, cream cheese, capers, lettuce & avo bagel	99
BLTC	139
Toasted croissant, with mayo, mozzarella, lettuce, tomato & free-range chicken	
Falafel bowl [✓]	168
With brown rice, roasted aubergine, salsa, avo, hummus, falafel balls & slaw	
Mediterranean bowl	168
Black rice, smashed avo, hummus, chickpeas, tzatziki, cucumber, pickled red onion, tomatoes (lamb meatballs or tofu [✓])	
Line fish of the day	255
Seafood penne	199
Bisque sauce, line fish, calamari, mussels & prawns	
Creamy mushroom gnocchi	189
Parmesan, lemon, parsley & cherry tomato	
Dish of the day	235
Casseroles / pork belly <i>Ask your waiter</i>	

Something Sweet

Have a look at our delicious homemade cake selection in store