



## DRINKS

### COFFEE

ALL COFFEES DOUBLE SHOT

<b>DOUBLE ESPRESSO</b>	<b>R22</b>
<b>AMERICANO</b>	<b>R27</b>
<b>FLAT WHITE</b>	<b>R30</b>
<b>CAPPUCCINO</b>	<b>R32</b>
<b>CAFFÈ LATTE</b>	<b>R35</b>
<b>CAFFÈ MOCHA</b> DOUBLE ESPRESSO WITH HOT CHOCOLATE	<b>R35</b>
<b>MACCHIATO</b>	<b>R24</b>
<b>CORTADO</b>	<b>R27</b>
<b>ICE AMERICANO</b>	<b>R30</b>
DOUBLE ESPRESSO ON THE ROCKS, SERVED BLACK OR WITH MILK	
<b>FRAPPUCCINO</b>	<b>R38</b>
DOUBLE ESPRESSO, CRUSHED ICE, WITH CREAM AND SWEETENER	
<b>HOT CHOCOLATE</b>	<b>R30</b>
<b>RED CAPPUCCINO</b>	<b>R32</b>
<b>CHAI LATTE</b>	<b>R35</b>
<b>DIRTY CHAI LATTE</b>	<b>R40</b>
CHAI LATTE WITH A DOUBLE SHOT OF ESPRESSO	
<b>GREEN MATCHA LATTE</b>	<b>R40</b>
<b>TURMERIC LATTE</b>	<b>R40</b>

\*ADD: ALMOND/OAT/SOY/  
MACADAMIA M\*LK R8

\*DECAF: R5

### REFRESHERS

<b>FRESH ORANGE JUICE</b>	<b>R34</b>
<b>HOMEMADE LEMONADE</b>	<b>R35</b>
<b>HOMEMADE ICE TEA</b>	<b>R35</b>
ROOIBOS ESPRESSO, APPLE JUICE, HONEY	
<b>COKE</b>	<b>R15</b>
<b>STILL/ SPARKING WATER</b>	<b>R14</b>
<b>CULTURE LAB KOMBUCHA</b>	<b>R30</b>
LEMONGRASS/ BUCHU & ROOIBOS/ WILD DAGGA	

### FRESHLY PRESSED JUICES

<b>GREEN GLORY</b>	<b>R40</b>
APPLE, PEAR, SPINACH, CUCUMBER, GINGER	
<b>RED ALERT</b>	<b>R40</b>
APPLE, BEETROOT, CARROT, GINGER	
<b>GINGER SHOT</b>	<b>R25</b>
GINGER, LEMON AND ORANGE JUICE	

### SMOOTHIES

ALL SMOOTHIES ARE DAIRY BASED. ADD R8  
FOR ALTERNATIVE M\*LK

<b>BERRY YUMMY</b>	<b>R55</b>
STRAWBERRIES, RASPBERRIES, BLUEBERRIES, BLACK/ RED CURRENT, BANANA, MANGO, PASSION FRUIT	
<b>C-FOR-YOURSELF</b>	<b>R55</b>
MANGO, PINEAPPLE, ORANGES, NAARTJIE, CARROTS, PASSION FRUIT	
<b>LEAF ME ALONE</b>	<b>R55</b>
CUCUMBER, CELERY, SPINACH, APPLE, PASSION FRUIT, PINEAPPLE	
<b>TROPICAL TANG</b>	<b>R55</b>
KIWI, GOOSEBERRIES, PINEAPPLE, MANGO, APPLE	
<b>POWER SHAKE</b>	<b>R60</b>
PROTEIN POWDER, ALMOND FLAKES, CHAI SEEDS, GRANOLA, BANANA, PEANUT BUTTER	

### TEAS

DARJEELING (CEYLON), GREEN, ROOIBOS,  
CHAMONMILE, EARL GREY, PEPPERMINT  
**R 18 CUP/ R25 POT**

# LIGHT MEALS

## **PASTRIES**

PLEASE SEE OUR FRESH BAKES AT THE COUNTER

### **BREAKFAST: (SERVED ALL DAY)**

\*BREAD OPTIONS: SOURDOUGH/ RYE OR GLUTEN FREE BREAD (R5)

\*ADD: BACON (R15) ASPARAGUS (R15) MUSHROOM (R15) AVO (R15) TEMPEH BACON (R15)

**EGGS BENEDICT SERVED ON SOURDOUGH** (ADD TOPPINGS YOU LIKE^<sup>^</sup>) **R70**

**FULL ENGLISH BREAKFAST** **R115**

2 EGGS, BACON, MUSHROOM, PORK BANGER, BAKED BEANS, TOMATOES AND TOAST  
INCLUDES AN ORANGE JUICE

**SCRAMBLED EGGS ON TOAST (V)** **R55**

(V+) MAKE IT VEGAN WITH TOFU SCRAMBLE (R15)

**BRUNCH CROISSANT** **R75**

HALLOUMI, AVO, PORK BANGER AND ROCKET ON A TOASTED CROISSANT

**GRANOLA BOWL (V)** **R60**

SERVED WITH BAKED GRANOLA, YOGHURT, FRESH FRUIT AND HONEY

**PEANUT BUTTER OAT BOWL**

STEEL CUT OATS, SERVED WITH CREAMY PEANUT BUTTER, FRESH FRUIT  
AND ALMOND FLAKES **R80**

### **LUNCH:**

**BACON, BRIE AND FIG BAGUETTE** **R75**

**BACON AND AVO BAGUETTE** **R75**

**CHICKEN MAYO AND AVO BAGUETTE** **R70**

**CHEESY BAGUETTE (V)** **R65**

MELTED MOZZARELLA, CHEDDAR, MAYONNAISE AND DIJON MUSTARD  
SERVED WITH GHERKINS

**CAPRESE CROISSANT (V)** **R65**

MOZZARELLA, ROASTED ROSEMARY, TOMATOES AND FRESH BASIL LEAVES

**CREAMY MUSHROOMS ON TOAST (V)** **R65**

SERVED WITH A POACHED EGG AND MIXED GREENS

**LADDER BIG MAK** **R95**

DOUBLE BEEF PATTY, CHEDDAR, BBQ SAUCE, TOMATOES, GHERKINS, MAYO RELISH,  
CRISP LETTUCE ON A SOFT SESAME BUN AND SERVED WITH ROAST POTATOES  
(V+) MAKE IT VEGAN WITH BBQ TEMPEH PATTIES AND VEGAN CHEESE (R10)

**WARM TEMPEH STACK (V)** **R85**

ROAST VEGGIES AND TEMPEH SERVED ON A LAYER OF HUMMUS AND PESTO

### **SALADS:**

\*ADD: FETA (R15) OR CHICKEN BREAST (R25)

**(V+) ROASTED BUTTERNUT AND KALE SALAD** **R65**

SERVED WITH CHICKPEAS AND CRANBERRIES

**(V) SPINACH APPLE AND WALNUT SALAD** **R65**

SERVED WITH WALNUT AND A HONEY MUSTARD DRESSING

(V) VEGETARIAN (V+) VEGAN

PLEASE NOTE OUR GARNISHES CONTAIN PEANUTS AND OTHER TREE NUTS,  
LET US KNOW IF YOU HAVE ANY ALLERGIES

**PLEASE PAY AT THE COUNTER**