



DRINKS

COFFEE

ALL COFFEES DOUBLE SHOT

DOUBLE ESPRESSO	R22
AMERICANO	R28
FLAT WHITE	R30
CAPPUCCINO	R32
CAFFÈ LATTE	R40
CAFFÈ MOCHA DOUBLE ESPRESSO WITH HOT CHOCOLATE	R40
MACCHIATO	R24
CORTADO	R27
ICE AMERICANO DOUBLE ESPRESSO ON THE ROCKS, SERVED BLACK OR WITH MILK	R30
FRAPPUCCINO DOUBLE ESPRESSO, CRUSHED ICE, WITH CREAM AND SWEETENER	R38
HOT CHOCOLATE	R35
RED CAPPUCCINO	R32
CHAI LATTE	R40
DIRTY CHAI LATTE CHAI LATTE WITH A DOUBLE SHOT OF ESPRESSO	R40
GREEN MATCHA LATTE	R40
TURMERIC LATTE *ADD: ALMOND/OAT/SOY/ MACADAMIA M*LK *DECAF:	R40 R8 R5

REFRESHERS

FRESH ORANGE JUICE	R34
LEMONADE GRANITA	R35
HOMEMADE ICE TEA ROOIBOS ESPRESSO, APPLE JUICE, HONEY	R35
COKE	R15
STILL/ SPARKING WATER	R14

FRESHLY PRESSED JUICES

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

SMOOTHIES

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

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

TEAS

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

LIGHT MEALS

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^) **R75**

FULL ENGLISH BREAKFAST **R115**

2 EGGS, BACON, MUSHROOM, PORK/BEEF 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) **R65**

SERVED WITH BAKED GRANOLA, YOGHURT, FRESH FRUIT AND HONEY

CHIA OAT BOWL **R85**

CHOOSE WARM OR OVERNIGHT CHIA OATS WITH CARAMELISED BANANA OR A WARM PEANUT BUTTER OAT BOWL SERVED WITH MUESLI AND ALMONDS

LUNCH:

BACON, BRIE AND FIG BAGUETTE **R75**

CHICKEN MAYO AND AVO BAGUETTE **R75**

LUNCH BOERIE (VEGAN OPTION BBQ CHICKPEA TEMPEH)
COLESLAW, 100% BEEF BOEREWORS, MUSTARD MAYO, REFRIED CORN,
BOERIE RELISH **R80**

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

NICOISE SALAD **R95**

KEEPING IT REAL WITH LETTUCE, BOILED POTATO, GREEN BEANS, SLICED RED
ONION, TOMATOES, A JAMMY EGG AND *LALUNGA* SMOKED TUNA

(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