



## DRINKS

### COFFEE

ALL COFFEES DOUBLE SHOT

<b>DOUBLE ESPRESSO</b>	<b>R24</b>
<b>AMERICANO</b>	<b>R30</b>
<b>FLAT WHITE</b>	<b>R32</b>
<b>CAPPUCCINO</b>	<b>R35</b>
<b>CAFFÈ LATTE</b>	<b>R40</b>
<b>CAFFÈ MOCHA</b> DOUBLE ESPRESSO WITH HOT CHOCOLATE	<b>R40</b>
<b>CORTADO</b>	<b>R30</b>
<b>ICE AMERICANO</b> DOUBLE ESPRESSO ON THE ROCKS, SERVED BLACK OR WITH MILK.	<b>R35</b>
<b>FRAPPUCCINO</b> DOUBLE ESPRESSO, BLENDED ICE, WITH CREAM AND SWEETENER	<b>R46</b>
<b>HOT CHOCOLATE</b>	<b>R35</b>
<b>RED CAPPUCCINO</b>	<b>R32</b>
<b>CHAI LATTE</b>	<b>R40</b>
<b>DIRTY CHAI LATTE</b> CHAI LATTE WITH A DOUBLE SHOT OF ESPRESSO	<b>R45</b>
<b>GREEN MATCHA</b>	<b>R45</b>

### REFRESHERS

<b>FRESH ORANGE JUICE</b>	<b>R35</b>
<b>LEMONADE GRANITA</b>	<b>R35</b>
<b>COKE</b>	<b>R20</b>
<b>STILL/ SPARKLING WATER</b>	<b>R16</b>
<b>HOMEMADE ICE TEA.</b> RED ESPRESSO AND FRESH PRESSED APPLE JUICE AND MINT	<b>R40</b>
<b>MIMOSA</b> (ORANGE JUICE AND SPARKLING WINE)	<b>R55</b>

### FRESHLY PRESSED JUICES

<b>GREEN GLORY</b> APPLE, PEAR, SPINACH, CUCUMBER, GINGER	<b>R45</b>
<b>RED ALERT</b> APPLE, BEETROOT, CARROT, GINGER	<b>R45</b>
<b>GINGER SHOT</b> GINGER, LEMON AND ORANGE JUICE	<b>R25</b>

### SMOOTHIES

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

<b>BERRY YUMMY</b> STRAWBERRIES, RASPBERRIES, BLUEBERRIES, BLACK/ RED CURRENT, BANANA, PASSION FRUIT	<b>R60</b>
<b>POWER SHAKE</b> PROTEIN POWDER, ALMOND FLAKES, CHAI SEEDS, GRANOLA, BANANA, PEANUT BUTTER	<b>R60</b>

### TEAS

CEYLON, GREEN, ROOIBOS, CHAMONMILE, EARL GREY, PEPPERMINT	<b>R25</b>
--	------------

# LIGHT MEALS

## BREAKFAST BOWLS -SERVED ALL DAY

### **GRANOLA AND FRUIT BOWL**

**R85**

DOUBLE CREAM YOGURT WITH FRESH SEASONAL FRUITS AND GRANOLA

### **WARM PEANUT BUTTER OAT BOWL**

**R85**

SERVED WITH GRANOLA, FRIED BANANA AND CHIA SEEDS.

## BREKKIE AND LUNCH

(PLEASE ASK FOR GLUTEN FREE OR BREADLESS OPTIONS)

### **BUTTERNUT SOUP WITH COCONUT CREAM**

**R90**

WITH A SLICE OF CHEESY SOURDOUGH TOAST

### **ENGLISH BREAKFAST**

**R110**

2 EGGS ANYWAY, BACON, PORK BANGER, MUSHROOMS, BAKED BEANS, ROAST CHERRY TOMATOES AND SOURDOUGH TOAST

### **EGGS BENEDICT ON SOURDOUGH OR CROISSANT**

**R95**

CREAMY HOLLANDAISE SAUCE DRIZZLED OVER 2 POACHED EGGS AND CRISPY BACON  
(CHANGE FOR SCRAMBLED EGGS)

ADD\* AVO (R20) SALMON (R25) MUSHROOMS(20)

### **BRUNCH CROISSANT**

**R90**

HALLOUMI, AVO, PORK BANGER AND MICRO GREENS ON A TOASTED CROISSANT

### **BACON, BRIE AND FIG CROISSANT**

**R90**

CRISPY BACON SERVED WITH MELTED BRIE, GREEN FIG PRESERVE SERVED WITH MICRO GREENS

### **CREAMY MUSHROOMS ON TOAST**

**R90**

SERVED ON SOURDOUGH TOAST WITH A POACHED EGG

### **CAPRESE CROISSANT(VEGETARIAN)**

**R85**

MOZZARELLA, ROASTED ROSEMARY TOMATOES FRESH BASIL AND PESTO

### **TEMPEH STACK (VEGETARIAN)**

**R95**

SERVED WITH TEMPEH BACON, ROASTED VEG AND GREENS ON  
A BED OF HUMMUS AND PESTO

### **CHICKEN MAYO AND AVOCADO**

**R85**

SERVED ON SOURDOUGH TOAST

### **LADDER MAK BURGER**

**R105**

DOUBLE PATTY, CHEDDAR, TOMATOES, GHERKINS AND MAYO SERVED  
ON A SESAME BUN AND WITH A SIDE OF ROAST POTATOES

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



## WINE LIST

*We exclusively use Saronsberg wines from the Tulbagh valley.*

*Glass / Bottle*

### **Seismic**

R65 / R400

A blend of Cabernet Sauvignon, Merlot, Franc, Petit Verdot & Malbec. The Seismic has a dark colour with flavours of cassis, red berry and integrated oak.

### **Shiraz Provenance**

R60 / R250

The wine has a deep, dark purple colour with succulent ripe fruit flavours supported by expressive yet delicate floral notes and scents of violets and spice

### **White**

#### **Earth in Motion**

R45 / R180

The Earth in Motion has prominent tropical aromas of white pear, litchi and floral notes with a hint of minerality. It is a clean, fresh wine with ample body, a succulent fruit core and a generous aftertaste

#### **Savignon Blanc**

R50 / R190

The wine has a translucent colour with a green edge, showing prominent tropical, gooseberry and fruit-salad flavours, followed by hints of grass a full-bodied mouthfeel and a refreshingly flinty aftertaste

### **Beer and Cider**

CBC Amber Weiss

R40

CBC Lager 340ml

R40

Loxtonia Cider Crispy Apple

R45