

LUNCH

PLEASE MAKE YOUR SELECTION FROM THE HARVEST TABLE R19/100g

FRESH SALADS 70

Veggie dream Slow roasted tomatoes with roasted vegetables, feta, toasted pumpkin seeds, reduced balsamic and basil pesto on greens (add chicken R22 / add avo R16)

The cheeky greek Chopped salad of cos lettuce, tomato, cucumber, olives, feta, sundried tomatoes and grilled free-range chicken with a creamy mustard dressing

The pecorino club Grilled free-range chicken breast, bacon bits, slow roasted tomatoes, pecorino cheese & basil pesto mayo dressing (add avo R16)

SOUP ----- OF THE DAY

Served with a slice of farmstyle bread 55

IN A HURRY?
GRAB ONE OF OUR
READY-MADE WRAPS
OR SANDWICHES AT
THE FRONT

TOASTIES -----

WHITE / WHOLEWHEAT / RYE

Tuna melt 50
Tuna mayo and double cheddar

Chicken melt 55
Grilled chicken, mayo & double mozzarella

Bacon toastie 45
Bacon, cheddar, mozzarella
(add avo R16 / add egg R12)

Pesto melt 48
Mozzarella, tomato, basil pesto

WRAPS -----

WHITE/WHOLEWHEAT//GLUTEN-FREE ADD R7

Thai chicken 50
Thai chicken strips, crunchy veg & peanuts

Chermoula chicken 48
Chermoula marinated chicken strips, crunchy veg & herbed yoghurt

Flaming veg 44
Butternut, roasted tomatoes, reduced balsamic, feta & pumpkin seeds (add avo R16)

Club 50
Grilled chicken, bacon, mayo, tomato chilli chutney & rocket (add avo R16)

HOT DRINKS -----

Loose leaf teas 31

Red cappucino 28

Simple tea 22

Hot choc (white/milk/dark) 26

Chai latte 31

Mocha 31

COFFEES -----

ALL DOUBLE SHOTS UNLESS REQUESTED OTHERWISE.

Double espresso 22

Latte (350ml) 28

Machiato (90ml) 23

Americano (250ml) 20

Cortado (180ml) 24

Filter coffee (250ml) 20

Flat white (250ml) 25

Extras:

Soya milk R6 / Almond Breeze R11 / cream R11 / extra shot R8 / honey R3 / Flavour syrup R8 (hazelnut / vanilla / cinnamon)

FRESHLY PRESSED JUICES

Fresh orange 32

Red reviver 36

Beetroot, apple, carrot, ginger, lemon

Kale-burst 44

Kale, spinach, apple, cucumber, lemon

Classic carrot 34

Carrot, apple, ginger

YOGHURT SMOOTHIES -----

Wholesome date 40

Dates, yoghurt, raw honey, peanut butter, cinnamon

Berry banana 40

Banana, yoghurt, mixed berries, raw honey

DAIRY FREE SMOOTHIES

Fresh apple berry 38

Pressed apple juice, banana, mixed berries

Dark horse 46

Almond butter, banana, raw cacao, dates, hemp protein