

BREAKFAST

SCRAMBLED EGGS ON TOAST	35
BRIE BREAKFAST	70
A slice of toast topped with rocket, 2 poached eggs, bacon, mustard Hollandaise and Brie.	
BANTING STACK	65
Spinach, mushrooms, rosa tomatoes, 2 poached eggs and mustard hollandaise	
3 EGG OMELLETE WITH TOAST	35
BIG BANG BREAKFAST (normal sized coffee 2 eggs, bacon, 2 beef banger, grilled tomato, mushrooms, 2 slices toast)	105
BREAKFAST WRAP	65
2 Scrambled egg streaky bacon tomato avo	
FRENCH TOAST	65
Cheesy French toast topped with bacon, banana and maple syrup	
Avo and Hummus Toast	64
Served with 2 eggs to your liking.	
EGGS BENEDICT	65
A slice of toast topped with rocket, bacon, 2 poached eggs and mustard hollandaise. (add salmon R39)	
SIMPLE OATS WITH HONEY AND CINNAMON	26/35
(add a banana R8)	
MUESLI WITH FRUIT SALAD AND YOGHURT	36/55

EXTRAS

Bacon	20	Cheddar	12
Salmon	39	Mozarella	12
Mushrooms	18	Avo	20
Beef Banger	20	Extra slice of toast	13
Spinach	8	Cream Cheese	15
Free range egg	12	Rocket	9
Hollandaise	15	Hillcrest Jam	10
Feta	11	Tomato	9

LUNCH

HARVEST TABLE

A selection of hot meals. Available from 11am
25 per 100gram

BURGERS

Served with a Side Salad

Beef Burger 200gram pattie, mozzarella cheese, tomato, onion, pickle and tomato relish (add egg 13 add bacon 20)	75
Chicken Burger 1 grilled free range chicken breast with bacon, avo,	85
rocket and mayo on a bed of lettuce.	
Bunless Beef Burger 2 100gram patties, mozzarella cheese, tomato,	70
onion, pickle and tomato relish (add egg 8 add bacon 20)	
Bunless Chicken Burger 1 grilled free range chicken breast with bacon,	80
avo, rocket and mayo on a bed of lettuce.	
Beyond Meat Burger	110

SANDWICHES (PLAIN OR TOASTED)

(White, Whole-wheat, Rye)

Gourmet Hummus	50
Hummus, salads, peppadews, olives, avo	
Gourmet Pastrami	50
Beef pastrami, tomatoes, gherkins, mustard mayo, rocket	
Cheese Tomato	40
Chicken Mayonnaise	56
Bacon and Egg	55
Tuna Melt tuna mayo and double cheddar	58
Chicken Melt grilled chicken mayo and mozzarella	62
Bacon Toasty bacon mozzarella and cheddar	55
Pesto Melt Mozzarella , tomato and basil pesto	50
Salami and Mozzarella	55

FRESH SALADS

VEGGIE DREAM Slow roasted tomatoes with roasted vegetables, feta, toasted pumpkin seeds with a reduced balsamic and pesto on greens	70
(Add chicken 20 / avo 18)	
THE CHEEKY GREAK a classic greek salad with sundried tomatoes	85
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 and basil pesto mayo (add avo 20)	80
CAESAR Cos Lettuce, anchovy, croutons, dressing, parmesan, Boiled egg (add bacon 20 , add grilled chicken 20)	69

WRAPS

(WHITE/WHOLEWHEAT or GLUTEN-FREE ADD **8**)

Thai Thai chicken strips, crunchy veg & peanuts	60
Chermoula Chermoula marinated chicken strips, crunchy veg & herbed yoghurt	60
Flaming Veg Butternut, roasted tomatoes, reduced balsamic,	60
feta & pumpkin seeds (add avo 20)	
The Club Grilled chicken, bacon, mayo, avo, tomato chilli chutney & rocket	75
Rocket Chicken mayo, feta, avo, tomatoes, carrot and rocket	75

FROM THE BAKERY

Muffin and Coffee special 48

MUFFINS	25
SCONES	15
MILK TART	22
DARK CHOC TART	22
WHITE CHOC TART	26
CUP CAKE	16
CHEESE CAKE SLICE	31/35
CARROT CAKE SLICE	29



ALL DOUBLE SHOTS -REGULAR or DECAF

SMALL LARGE JUMBO

ESPRESSO BASED

Double Espresso	22		
Flat White	27	30	33
Late		32	35
Americano	24	26	29
Filter Coffee	22	24	26
Big Daddy Quad Shot			40
Mocha		34	40

ICED COFFEE

Ice Latte			32
Frappuccino			35
Espresso Shake (add a syrup)			45

TEA IN A POT AND OTHER HOT DRINKS

Simple Teas	22		
Loose Leaf Teas	31		
Temple Tea	31		
Red Cappucino	29	31	33
Hot Choc (White,Milk,Dark)	31		35
Chai Latte		34	40

EXTRAS

Soya Milk 6, Almond Milk 8, Cream R6
 Extra Shot 8, Flavors Syrups 8 Honey 3

FRESHLY PRESSED JUICES

Fresh orange	35
Red reviver Beetroot, apple, carrot, ginger, lemon	38
Kale-burst Kale, spinach, apple, cucumber, lemon	45
Classic carrot Carrot, apple, ginger	35

YOGHURT SMOOTHIES

Wholesome date Dates, yoghurt, honey, peanut butter, cinnamon	45
Berry banana Banana, yoghurt, mixed berries, raw honey	45
Peanut butter Peanut butter yoghurt, honey banana	45

DAIRY FREE SMOOTHIES

Fresh apple berry Pressed apple juice, banana, mixed berries	40
Dark horse Banana, raw cacao, dates, hemp protein	46
Protein Power Banana, protein powder, hemp powder, peanut butter and honey	50

