

MENU

Breakfast (served until 11am)

Eggs on Toast 40

Egg of your choice on Sourdough or Rye

Breakfast Wrap 65

Scrambled egg, rocket, cheddar cheese, tomato, chutney and pastrami

Egg, Cheese and Macon Toastie 55

Served on white or brown bread

Cheese and Tomato Toastie 45

Served on sourdough bread

Breakfast Bagel 70

Egg of your choice, pastrami, avo, cheddar cheese, rocket & sweet chilli mayo

Salmon and Cream Cheese Bagel 100

Oats with banana, honey and nuts 50

Muesli with seasonal fruit and yoghurt 50

French Toast with Maple Syrup 50

Muffins 30

Croissants 35

Scones with Jam/Cheese 40

Egg Muffins 30

- Spinach and Feta
- Macon and sundried tomato

Cheese and Tomato Croissant 45

- Add Macon +20
- Add Avocado +20
- Add Egg +10

Poached Egg, Rocket & Avo on Sourdough 60

Omelette 50

Egg, onion, tomato and cheese
Served with 1 piece of sourdough toast

- Add mushroom +15
- Add spinach +10
- Add sundried tomato +15
- Add macon +20

Avo on Toast 50

- Add egg +10
- Add tomato +10

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Lunch (B)

Sandwiches

Bread: Rye or Sourdough

Cheese and Tomato	45
Avo on toast	45
Smoked Salmon & Avo on toast	100
Mozzarella, mushroom & wilted spinach	70
Sriracha Chicken, Avo & Greens	75

Wraps

Crumbed chicken, feta, cherry tomato & spinach	65
Grilled lemon chicken, salad & croutons with spicy mayo	65
Butternut, feta & cherry tomato	60

Burgers

Beef & Cheese	65
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Grilled Prego Chicken

Grilled chicken with Prego sauce on a Portugese roll

65

Salads

Base: Lettuce, cucumber, tomato, feta & red onion

Smoked Salmon & Avo

With dill yoghurt dressing

110

Grilled Chicken and Quinoa

With carrots & red pepper

75

Smoked Chicken & Avo

With honey mustard dressing

75

Butternut and Avo

Cherry Tomato, Baby Spinach, Avo, croutons & nut mix

65

Light Meals

Crumbed Chicken Breast

Served with salad or chips

75

Chicken Strips & Chips

60

Extras

Side chips	30
Side veg	30
Side salad	30
Pepper Sauce	25
Avo	20
Macon	20
Cheese	15
Sourdough	10
Feta	10

MENU

Lunch (A)

Sandwiches

Rye or Sourdough

Cheese and Tomato 45

Avo on toast 45

Pastrami 65
Cheese, tomato, red onion, cucumber & lettuce

Mozzarella, basil pesto & tomato 50

Chicken Mayo 65

Wraps

Crumbed chicken & Avo 80

Grilled Sriracha chicken 75
Lettuce, tomato, feta & red onion

Butternut, Feta & Cherry Tomato 70

Smoked Salmon & Avo 100

Burgers

Beef & Cheese 65

Crumbed Chicken with Sriracha Mayo and Coleslaw 70

Salads

Base: Lettuce, cucumber, tomato, feta & red onion

Butternut and Avo 65
Cherry Tomato, Baby Spinach, Avo, croutons & nut mix

Grilled Chicken 75
Grilled chicken, carrots, tomato, feta & cucumber

Smoked Salmon & Avo 110
With dill yoghurt dressing

Light Meals

Crumbed Chicken Breast 75
Served with salad, chips or veg

Chicken Strips and Chips 60

Extras

Side chips 30
Side veg 30
Side salad 30

Pepper Sauce 25

Avo 20
Macon 20
Cheese 15
Sourdough 10
Feta 10

MENU

Hot Drinks

Own Cup	28
Cafe Cup	32
Take Away	36

Espresso
Cortado
Americano
Flat White
Cappuccino
Latte
Mocha
Hot Chocolate
Ceylon Tea
Rooibos Tea
Green Tea

Almond/Oat Milk + R5

Cold Drinks

Smoothies

Mixed Berry Smoothie	50
Peanut Butter Smoothie	50

Shakes

Vanilla/Hazelnut/Strawberry /Chocolate Milkshake	50
Coffee Milkshake	50
Iced Coffee	35
Blended Iced Coffee	35

Cool Drinks

Still Water	15
Sparkling Water	20
Juices	28 / 30
Soft Drinks	20
Tizers	25
Iced Teas	25
Energy drinks	28