

- ALL-DAY BREAKFAST -

GLUTEN-FREE BREAD *available with all breakfasts* GF

WILD MUSHROOM BENEDICT **V** 90

half portion available (60)

pan-fried king oyster, brown + white mushrooms with red onion + thyme on buttered ciabatta, topped with poached egg, tarragon hollandaise + chives

EGGS BENEDICT 70

half portion available (50)

soft poached eggs served on toasted english muffin with traditional hollandaise sauce

- add crispy streaky bacon (+10)

- add smoked salmon (+20)

- also available on wilted spinach, without the muffin

SCRAMBLED EGGS & BACON 65

scrambled eggs served on toast of your choice

TWO & TWO BREAKFAST **V** 38

two eggs + two slices of toast

FULL BREAKFAST 85

two eggs, crispy streaky bacon, beef sausage, mushrooms, roasted plum tomato + two slices of toast

OMELETTE 82

with three fillings + two slices of toast

SMASHED AVO ON SOURDOUGH **V** 89

half portion available (60)

smashed avo, lemon juice, salt + black pepper served with fresh coriander, chilli and sliced red onion topped with two poached eggs + olive oil

SMASHED AVO & HALLOUMI **V** 89

half portion available (60)

pan fried halloumi + smashed avo on toast with chilli, torn mint + toasted pumpkin seeds

THE 100-FOOT OMELETTE **V** 89

two egg basil pesto infused omelette filled with sundried tomato, mozzarella, panko onion rings finished with pink peppercorns, toasted pine nuts, truffle oil

KEFIR OAT BREAKFAST BOWL **V** 44

oats, chia seeds, cinnamon, kefir + banana topped with toasted coconut flakes + goji berries

VEGAN VROSTI **V+** 89

zucchini + potato rosti stack with wild mushrooms, roast baby tomatoes, avo + basil

- LUNCH -

HEALTH BOWL **V+** 85

quinoa glazed in peanut, ginger + red miso paste tossed with wok sautéed seasonal veg

MY BEEF BURGER (GRASS-FED) 89

classic 180g grass-fed beef burger with shake shack sauce, pickles, homemade onion relish + salad

- add mature cheddar cheese (+18)

- add crispy streaky bacon (+22)

THE BEYOND MEAT BURGER **V+** 114

Beyond Meat burger patty topped with tomato BBQ sauce and fresh crispy lettuce

OPEN CHICKEN MAYO SANDWICH 89

shredded roast chicken with chilli, garlic mayo, baby spinach + avo

CHICKEN PREGO 89

chicken fillet with creamy prego sauce served with salad



VEGETARIAN



GLUTEN-FREE



VEGAN

- EXTRAS -

beef sausage	22
chicken	22
avo	20
bacon	22
tomato	10
red onion	8
spinach	12
rocket	16
chilli	8
feta	12
mushrooms	18
pesto	18
mozzarella	20
cheddar	20
caramelised onion	12

- HARVEST TABLE -

THE STAR OF OUR SHOW

- breakfast from 7:00 to 11:30 daily	150 p/kg
- lunch from 12:00 to 15:00 daily	235 p/kg

- WRAPS -

BREAKFAST WRAP	89
scrambled eggs, bacon, sundried tomato pesto, avo + rocket	
CHICKEN TAHINI	89
chicken, avo, green beans, cucumber, carrot, sesame seeds, sprouts, toasted almond flakes, rocket + mustard tahini dressing	
THE KIMCHI	89
vegan patty, beet hummus, kimchi, chickpeas, baby marrow, pepper, rocket + hemp + pumpkin seeds	

- SWEET STUFF -

CAKES & TARTS	SQ
ask your waitron, or have a peek in our fridge for the available selection	

- SMOOTHIES -

IMMUNE BOOSTER ^v	60
banana, paw paw, mint, vit C, echinacea, pineapple, orange juice	
VERY BERRY ^v	55
strawberry, blueberry, blackberry, banana, apple juice	
MANGO TANGO ^v	55
orange juice, mango, pineapple, banana	
GREEN SMOOTHIE ^v	55
kale, spinach, banana, pumpkin seeds, flax seeds, goji berries, lemon, coconut water	

- POWER PROTEIN - SMOOTHIES

CHOICE OF PROTEIN <i>whey / organic hemp</i> ^v	
PEANUT POWER	55
banana, peanut butter, cacao nibs, honey + almond milk	
SUPERFOOD	55
maca, cacao, goji berries, banana, honey, almond milk	
BENCH PRESS	55
blueberry, banana, almond butter, chia seeds, coconut water	

- JUICES & COLD DRINKS -

MAKE YOUR OWN	39
<i>orange / carrot / apple / beet</i>	
LEAFY GREENS	39
<i>kale, cucumbr, celery, apple, lemon</i>	
SUPER DUPER GREENS	55
<i>moringa, broccoli, cucumber, celery, spinach, kale, apple</i>	
ANTI OX	39
<i>beet, lemon, carrot, ginger</i>	
IMMUNITY	39
<i>carrot, orange, pineapple, ginger</i>	
FATIGUE FIGHTER	39
<i>beet, celery, pineapple, orange</i>	
SUPER ROOT	39
<i>carrot, apple, turmeric, lemon, ginger, cayenne pepper</i>	
HOMEMADE ICE TEA	24
<i>apple / lemon</i>	

- HOT DRINKS -

ESPRESSO	22
AMERICANO	25
MACCHIATO	24
CORTADO	25
FLAT WHITE	26
CAPPUCCINO	26
LATTE	26
RED CAPPUCCINO	28
RED LATTE	30
CHAI LATTE	28
ENGLISH BREAKFAST	22
ROOIBOS	22
<i>- almond milk replacement +10</i>	
HOT CHOCOLATE	29
<i>sugar-free dark hot chocolate, milk</i>	
TURMERIC FIRE	36
<i>turmeric spice blend (contains coconut blossom sugar), milk, coconut oil</i>	

- TEAS -

GREEN TEA	22
CHAMOMILE	22
HOT TEDDY TEA POT	28
<i>ginger, apple, lemon, turmeric</i>	
GINGER BOOST	28
<i>rooibos tea, lemon, ginger, turmeric, cayenne pepper, cinnamon, honey</i>	

- SHOTS -

PURE GINGER	18
GINGER BEET	18
THE INVINCIBLE	24
<i>ginger, turmeric, lemon, cayenne pepper</i>	