Breakfast

GEORGE'S FAV BREKKIE
camping style brekkie feat. buckwheat & mush-room, 2 fried eggs w/ braaied boerewors, Bergdale bacon, grilled tomato, sourdough toast & Montague butter (G)

GIGI'S TOFU 'FRY-UP'
grilled marinated firm tofu, grains w/ greens, to-mato 'smoor', avocado, roast sweet potato, silken tofu 'egg scram', sprouts, rye toast (Ve) (G) (LF)

OUR EGG FLORENTINE
w/ smoked Franschhoek trout,
sage-Hollandaise, 2 poached eggs your way
& wilted baby spinach (on toasted brioche) (G)

AVOCADO TOAST
Woodstock bakery sourdough w/ olive oil
& sea salt, radish and baby garden leaves (G) (LF)
(add 2 poached eggs (V) or crispy Bergdale bacon)

PUMPKIN PANCAKES W/ ALMOND
fritter-style pancakes w/ 70 % chocolate, caramelised banana, Chantilly creme & lavender honey (V)

BERRY HEALTHY BOWL
berry smoothie base , house-roasted oat granola, seasonal fruit & berries, sprinkled chai seeds & coconut shavings w/ acai & goji berries (V)

CREAMY QUINOA PORRIDGE
w/ flaxseed, pear & sultana compote with vanilla bean, roasted walnuts - made w/ coconut milk (Ve) (LF) (N)

SMOOTHIES

GREEN IMMUNE BOOSTER
spinach, kale, lemon, winter melon,
soy milk & ginger (Ve) (LF)

I'M NUTS ABOUT YOU
banana, chai seeds, hemp, cashew cream, roasted mixed nuts, oats, collagen, oat milk & blueberry (LF) (N) (Vo)

KEY

House Favourite	(SF) Shellfish
(G) Gluten	(Ve) Vegan
(LF) Lactose Free	(Vo) Vegan option available
(N) Nuts	(V) Vegetarian

*We work closely with our passionate suppliers, and endeavour to incorporate seasonal, organic fruit and veg into our menu, along with traceable free-range meat & eggs
*We serve sustainable, local line-caught fish
*Dietary requirements? Let's talk about it!

DRINKS

COFFEE, CHAI & ROOIBOS
Served with your choice of milk (Dairy, almond, oat or soy)
Espresso
Americano
Cappuccino
Mochaccino
Macchiato
Cortado
Latte

HOT CHOCOLATE
Cape Dutch Style hot dark chocolate served with your choice of milk (Contains Whey)

ENMASSE SELECT TEAS
Black Breakfast, Rooibos Connoisseur, Twilight Zone
Chamomile blend, Mint, Jasmine Queen, Green Rooibos.

HOUSE JUICE BLENDS

Cure last night or kick off the morning with these fresh pressed juice blends

Talk to us regarding what's pressing & juicing this morning.

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*Life is always better by the pool.

Gigi