

Breakfast

GEORGE'S FAV BREKKIE / 100

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' / 100

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 / 100

w/ smoked Franschoek trout, sage-Hollandaise, 2 poached eggs your way & wilted baby spinach (on toasted brioche) **G**

AVOCADO TOAST / 100

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 / 90

fritter-style pancakes w/ 70 % chocolate, caramelised banana, Chantilly creme & lavender honey **V**

BERRY HEALTHY BOWL / 90

berry smoothie base, house-roasted oat granola, seasonal fruit & berries, sprinkled chai seeds & coconut shavings w/ acai & goji berries **V**

CREAMY QUINOA PORRIDGE / 90

w/ flaxseed, pear & sultana compote with vanilla bean, roasted walnuts - made w/ coconut milk **Ve LF N**

SMOOTHIES / 60

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 Ve**

KEY

- | | |
|---|--|
|  House Favourite |  Shellfish |
|  Gluten |  Vegan |
|  Lactose Free |  Vegan option available |
|  Nuts |  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 / 25
Americano / 28
Cappuccino / 35
Mochaccino / 30
Macchiato / 28
Cortado / 35
Latte / 35

HOT CHOCOLATE/ 35

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

ENMASSE SELECT TEAS / 35

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

COLD BEVERAGES

Goodleaf Berry Hibiscus CBD Sparkling / 40
B2 Iced Anti Oxidant / 43
Theonista Kombucha / 46
Juicebox (Naartjie or Cloudy Apple) / 40

HOUSE JUICE BLENDS / 45

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

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

**Life is
always
better by
the pool.*

