

( **TOP  
OF THE  
MORNING** )

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**GEORGE'S FAV BREKKIE ( H )**

120

Camping style brekkie feat. buckwheat and mushroom, two fried eggs w/ braaied sausage, Bergdale bacon, grilled tomato, sourdough toast and Montague butter

**GIGI'S TOFU 'FRY-UP' (lf) (Vg)**

100

Grilled marinated firm tofu, grains w/ greens, tomato 'smoor', avocado, roast sweet potato, silken tofu "egg scram", rye toast (vegan)

**OUR EGG FLORENTINE**

100

Smoked Franschoek trout, wild rosemary-Hollandaise, two poached eggs your way & wilted baby spinach (on toasted brioche)

**AVOCADO TOAST (lf) ( H )**

100

Toasted sourdough with olive oil sourced from noordhoek, micro greens \* add two poached eggs or crispy Bergdale bacon

**FLUFFY AMERICAN STYLED PANCAKES**

100

Blueberries, strawberries w/ vanilla chantilly cream

**BERRY HEALTHY BOWL (gf)**

90

Berry smoothie base, house-roasted oat granola, seasonal fruit and berries, sprinkled chai seeds and coconut shavings w/ goji berries

**CROQUE MADAME**

120

Sourdough, mustard and buttermilk béchamel, ham and a poached egg

**BLACK RICE & COCONUT PUDDING (+n) (vg)**

100

Papaya, passionfruit & caramelised hazelnuts \* served warm

**SMOOTHIES**

60

- \* **GREEN IMMUNE BOOSTER** - Spinach, kale, lemon, winter melon, soy milk and ginger
- \* **I'M NUTS ABOUT YOU** - Banana, chai seeds, hemp, cashew cream, roasted mixed nuts, oats, collagen, oat milk and blueberry
- \* **BLAZIN' BERRY ( H )** - Mixed berries, soy milk, goji berries, honey and banana
- \* **LAISSEZ- FAIRE** - Passionfruit, yogurt, soy milk, cardamom and cinnamon

**FRESH PRESSED JUICES**

50

- \* **Beet 'n berry** - beetroot, seasonal berries and apple
- + **Orange you glad** - citrus, carrot and pineapple
- \* **Green supreme** - celery, apple, cucumber and ginger

**HOT BEVERAGES**

Espresso	25
Americano	28
Cappuccino	35
Mochaccino	30
Macchiato	28
Cortado	35
Latte	35
Hot Dark Chocolate	35
<b>Enmasse select teas</b>	35
Black breakfast	
Jasmine queen	
Rooibos connoisseur,	
Twilight zone chamomile blend,	
Mint,	
Green rooibos	

(H house favourite)

(gf gluten-free)

(lf lactose free)

(+n contains nuts)

(+w contains whey)

(sf shellfish)

(vg vegan)

We work closely with our passionate suppliers, striving to incorporate seasonal organic fruit + vegetables, traceable free-range meat + eggs and sustainable local line-caught fish into our menu. dietary requirements? let's talk about it!