

## ( TOP OF THE MORNING )

### WINTER BOWL ( +n / +g / +l )

In house made seeds and nut granola / vanilla double thick cream yoghurt / guavas / winter melon / citrus / chia seeds  
\*vegan and gluten-free options available

### AVOCADO ON SOURDOUGH ( +g )

Hummus / crispy chickpeas / sunflower shoots and seeds  
\*vegan and gluten-free options available  
add bacon / eggs or both

### COCONUT CREAMED OATS( +n / vg )

Caramelised banana / cashew nuts / peanut butter

### FRENCH TOAST ( l / +g )

Crispy bacon / maple syrup  
\*gluten-free options available

### KYLE'S TAKE ON CILBIR ( l / +g / +n )

Labneh / poached eggs / crisp chilli oil  
\*gluten-free options available

### THE ROYALE ( l / +g )

Poached eggs your way / smoked trout / sage-hollandaise / moyo we khaya spinach on toasted brioche  
\*gluten-free options available

### SAUSAGE AND EGGS ( +l )

Eggs your way / braaied sausage / roasted tomatoes / sourdough  
\*gluten-free options available

### POACHED HADDOCK ( +l )

Whipped fennel creme fraiche / poached eggs  
\*gluten-free options available

### SHAKSHUKA ( +n / +g )

Cape malay spiced tomato / almond / pumpkin seed / sourdough  
\*gluten-free options available

## ( TOP OF THE MORNING )

### SMOOTHIES

#### Green Immune Booster

Spinach / kale / lemon / winter melon / soy milk / ginger

#### I'm nuts about you ( +n )

Banana / chia seeds / hemp / macadamia butter / roasted mixed nuts / oats / collagen / oat milk / blueberries

#### Blazin Berry ( H )

Mixed berries / soy milk / goji berries / honey / banana

#### Laissez - Faire ( +l )

Passionfruit / yogurt / soy milk / cardamom / cinnamon

### FRESH PRESSED JUICES

#### Beet 'n berry

Beetroot / seasonal berries / apple

#### Orange you glad

Citrus / carrot / pineapple

#### Green supreme

Celery / apple / cucumber / ginger

### HOT BEVERAGES

Espresso

Americano

Flat White

Mochaccino

Macchiato

Cortado

Latte

Dark hot chocolate ( + w )

### NIGIRO SELECT TEAS

Moringa matcha green tea

African breakfast blend

Chamomile lemongrass apple

Marula peach fruit infusion

Pure rooibos

Strawberry vanilla rooibos

Zesty chai honeybush

(H house favourite) (+g contains gluten) (+l contains lactose) (+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!