

(**TOP
OF THE
MORNING**)

WINTER BOWL (+n / +g / +l) 100

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) 110

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

COCONUT CREAMED OATS(+n / vg) 100

Caramelised banana / cashew nuts / peanut butter

FRENCH TOAST (l / +g) 130

Crispy bacon / maple syrup
*gluten-free options available

KYLE'S TAKE ON CILBIR (l / +g / +n) 120

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

THE ROYALE (l / +g) 160

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

SAUSAGE AND EGGS (+l) 140

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

POACHED HADDOCK (+l) 120

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

SHAKSHUKA (+n / +g) 130

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

(**TOP
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SMOOTHIES 60

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 50

Beet 'n berry

Beetroot / seasonal berries / apple

Orange you glad

Citrus / carrot / pineapple

Green supreme

Celery / apple / cucumber / ginger

HOT BEVERAGES

Espresso **33**

Americano **30**

Flat White **40**

Mochaccino **55**

Macchiato **34**

Cortado **38**

Latte **45**

Dark hot chocolate (+ w) **50**

NIGIRO SELECT TEAS 45

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!