



BREAKFAST

SERVED FROM 8AM 'TIL 11AM

Homemade Granola Fruit Bowl_R82

Homemade granola with pecan nuts, toasted coconut, Greek yoghurt, seasonal fruit, cinnamon & honey.

Mill & Press Morning Oats_R79 / Oat Milk + R12

Creamy oats with milk, grated apple, dried cranberries, seeds, cinnamon & honey. Add Wazoogles protein powder_R28

Smashed Avo on Toast_R69

2 Slices with avocado, pesto, baby spinach, za'taar spice & lemon. (white / brown / rye bread + R5).

The Breakfast Sandwich_R90

Toasted light ciabatta bun, grilled bacon, fried eggs, mozzarella, pesto, fresh tomato.

The Blondie Bagel_R60

Cream cheese, scrambled egg, homemade spiced tomato jam, rocket.

Add Bacon_R30

Add Salmon Trout_R44

Add Avo_R28

Bacon & Egg Roll_R59 (AVAILABLE ALL DAY)

Grilled bacon, 2 fried eggs & chipotle mayo.

Breakfast Wrap_R87

Scrambled eggs, bacon, baby spinach, chipotle mayo & tomato.

The Health Brekkie_R82

Seeded toast, soft poached eggs, pesto, avocado, rocket, seeds & lemon.

Filled Omelettes_R92

- Bacon, sautéed peppers, cheddar, tomatoes, baby spinach.

- Roasted mushrooms, tomatoes, sautéed onions, cheddar & herbs.

DIY... MAKE YOUR OWN BREAKFAST

Eggs (scrambled / fried / poached)_R20

Cheddar / Feta_R16

Bacon_R30

Smoked Salmon Trout_R44

Toast (seed / sourdough)_R7 (rye)_R10

Freshly Baked Croissant_R39

Grilled Tomato_R12

Avocado_R28

Halloumi_R34

Mushrooms_R26

Rocket_R10

EASY TOASTIES YOUR CHOICE OF WHITE OR BROWN BREAD

Toasted Cheese_R42

Cheese & Tomato_R45

Ham, Cheese & Tomato_R55

Bacon, Egg & Cheese_R69

Chicken Mayo_R65

Tuna Mayo_R65

- Add Bacon_R30

- Add Rocket_R10

- Add Avocado_R28

- Add Onion_R8

- Add Side Salad_R38

- Add Side Fries_R39

- Add Side Sweet

Potato Fries_R49

FRIES TO GO

Skinny Fries: Small_R40 / Large_R55

Sweet Potato Fries: Small_R50

PLEASE SEE BOARD FOR DAILY SPECIALS



LUNCH

TOASTED WRAPS OR SALAD

LOTUS Asian (V)_R80

Pickled cabbage, cucumber, fresh coriander, Japanese mayo & sweet chilli paste.

- With Grilled Chicken or Falafel_R95 - With Pork Belly_R98

Eastern Falafel (V)_R99

Chickpea & quinoa falafels, grilled cherry tomato, red onion, smoked spicy eggplant relish, roasted peppers, za'atar sumac yoghurt, baby spinach.- Sub for Grilled / Crispy Chicken_R6/R10

Tikka Chicken_R95

Juicy marinated tikka chicken with red onion salsa, mango atchar, gem lettuce, grated carrot and coriander.

Korean Steak_R119

Sliced marinated sirloin with soy, avocado, cucumber, toasted peanuts, carrot and coriander.

BOWLS

Grilled Broccoli & Quinoa Bowl_R79

Red and white quinoa with herb pesto, grilled broccoli, cherry tomatoes, baby spinach, feta & toasted seeds.

Sunshine Salad- Half_R64 / Full_R85

Baby spinach, rocket, cucumber, corn, grated carrot, feta, tomatoes, peas, honey mustard dressing.

Crispy Chicken Salad_R95

Crispy Chicken strips, pickled cabbage, carrots, avocado, smokey chilli mayo, coriander, ponzu dressing, peanuts, sesame seeds.

ADD TO SALADS

-Grilled Chicken_R34

-Grilled Bacon_R30

-Falafel_R32

-Crispy Chicken_R40

-Halloumi_R34

-Beef Sirloin_R48

TACO'S

2 SOFT SHELL TACOS SERVED WITH RED CABBAGE, SALSA, CHIPOTLE MAYO, PICKLED RED ONION & CORIANDER.

- With Crispy Chicken_R105

- With Falafel (V)_R105

- With Pork Shoulder_R105

- Add Avo_R18

BURGERS

Falafel Burger (V)_R90

Pan fried quinoa and chickpea patty, tomato chili jam, crème fraiche, pickled red onion, rocket.

Crumbed Chicken Burger_R79

Crispy chicken breast with chipotle mayo, tomato, zingy slaw, & rocket.

Beef Burger_R89 / Add Cheese_R16 / Bacon_R30 / Avo_R28

100% pure beef patty served with tomato, rocket, pickles, aioli.

Pulled Pork Bun_R85

Marinated pulled pork & crunchy Asian slaw, baby spinach, served on a sesame seed bun.

Add Skinny Fries_R39

Add Sweet Potato Fries_R49

Add Side Salad_R38

SERVED
TIL
3.30PM

All items are subject to availability. Dishes may contain nut / nut derivatives. All our food is freshly prepared and cooked to order, if you have any allergens please inform/ ask member of staff who will advise of all ingredients used.



HOT BEVERAGES

Cappuccino_R38 / Large_R42
 Flat White_R38 / Large_R42
 Espresso Double_R34
 Americano_R36
 Cortado_R36
 Latte_R42
 Hot Chocolate_R45

Mocha_R48
 Chai Latte_R48
 Dirty Chai_R52
 Iced Coffee_R55
 Rooibos Cappuccino_R44
 Tea Selection_R28
 Add Oat / Almond Milk_R12

SMOOTHIES

The Mango Groove_R59

Frozen mango, yoghurt, granadilla juice, fresh mint, coconut.

Berry Refreshing_R59

Frozen berries, pear, apple juice & mint.

Nutty Bomb_R62

Banana, peanut butter, yoghurt, milk & honey.

The Green Gorilla_R65

Banana, oat milk, peanut butter, dates, spirulina.

- Add Wazoogles Protein Powder_R30

FRESH JUICES

Healthy Hipster_R58

Carrot, pineapple, orange & lemon.

Ironman_R54

Spinach, cucumber, apple & lemon.

UnBeetable_R55

Beetroot, apple, carrot & ginger

- Add Ginger to your Juice_R12

Flu Shot_R29

Lemon, cayenne, honey & ginger.

Ginger Shot_R28



COLD DRINKS

Water Still 500ml_R21
 Water Sparkling 500ml_R22
 Water Still 1.5l_R30
 Water Sparkling 1.5l_R31
 Sir Fruit Juices_R39
 Apple/Grapetiser_R39
 San Pelegrino_R42

Coke / Light / Zero_R28
 Stony Ginger Beer_R28
 Sprite / Fanta_R28
 Bos Iced Tea_R32
 Kombucha_R49
 Redbull_R39
 Alkmy Sparkling tea_R45

PLEASE NOTE: ALL OUR TAKE-AWAY PACKAGING IS ECO-FRIENDLY & HAS A R3 SURCHARGE.

COFFEE & JUICE BAR