



BREAKFAST

SERVED FROM 8AM 'TIL 11AM

Homemade Granola Fruit Bowl_R74

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

Mill & Press Morning Oats_R69

Freshly grated apple, dried cranberries, seeds, cinnamon & honey.

Smashed Avo on Toast_R60

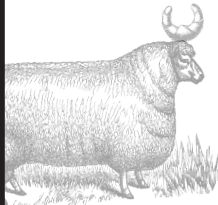
2 Slices with avocado, za'taar spice & lemon.
(white / brown / rye bread + R5).

The Breakfast Sandwich_R79

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

Old Castle Breakfast_R85

2 Eggs, 2 rashers bacon, grilled tomato, mushrooms & white or brown toast with butter (rye bread + R5)



The Blondie Bagel_R49

Cream cheese, scrambled egg, homemade spiced tomato jam, rocket.
 Add Bacon_R24
 Add Salmon Trout_R44
 Add Avo_R26

Bacon & Egg Roll_R49 (AVAILABLE ALL DAY)

Grilled bacon, 2 fried eggs & chipotle mayo.

Breakfast Wrap_R76

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

The Health Brekkie_R69

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

Filled Omelettes_R81

- Bacon, sautéed peppers, cheddar, tomatoes, baby spinach.
- Roasted mushrooms, tomatoes, sautéed onions, cheddar & herbs.



DIY... MAKE YOUR OWN BREAKFAST

Eggs (scrambled / fried / poached)_R16
 Cheddar / Feta_R14
 Bacon_R24
 Smoked Salmon Trout_R44
 Toast(seed / sourdough)_R7 (rye)_R10
 Freshly Baked Croissant_R32

Grilled Tomato_R12
 Avocado_R26
 Halloumi_R28
 Mushrooms_R22
 Rocket_R10

EASY TOASTIES YOUR CHOICE OF WHITE OR BROWN BREAD

Toasted Cheese_R36

Cheese & Tomato_R39

Ham, Cheese & Tomato_R49

Bacon, Egg & Cheese_R62

Chicken Mayo_R54

Tuna Mayo_R54

- Add Bacon_R24
- Add Rocket_R10
- Add Avocado_R26
- Add Onion_R6
- Add Side Salad_R30
- Add Side Fries_R33
- Add Side Sweet Potato Fries_R42

FRIES TO GO

Skinny Fries: Small_R34 / Large_R44

Sweet Potato Fries: Small_R44 / Large_R56

PLEASE SEE BOARD FOR DAILY SPECIALS



LUNCH

TOASTED WRAPS

LOTUS Asian Wrap (V)_R72 OR Salad_R72

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

- With Grilled Chicken or Falafel_R85
- With Pork Belly_R89

The RASTA Wrap (V)_R79 OR Salad_R79

Roasted butternut, peppers, red onion, Danish feta, toasted seeds, pesto & baby spinach.

- With Grilled Chicken, Falafel or Avo_R89



HEALTH SALADS

Falafel Salad Bowl (V)_R98

Chickpea and quinoa falafel with sumac yoghurt, balsamic roasted beetroot, carrot, rocket, grilled cherry tomatoes, bean sprouts, almonds, avocado, honey mustard dressing & za'atar spice.

Grilled Broccoli & Quinoa Salad_R65

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

Traditional Caesar Salad- Half_R55 / Full_R75

Cos lettuce, croutons, parmesan, caesar dressing, crispy crumbed poached egg.

Sunshine Salad- Half_R54 / Full_R75

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

ADD TO SALADS

- Grilled Chicken_R30
- Grilled Bacon_R24
- Falafel_R28
- Crispy Chicken_R34
- Halloumi_R28

TACO'S

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

- With Crispy Chicken_R92
- With Falafel (V)_R92
- With Pork Shoulder_R92
- Add Avo_R15

BURGERS

Falafel Burger (V)_R79

Pan fried quinoa and chickpea patty, tomato chili jam, pickled red onion, rocket, mint yoghurt sauce.

Crumbed Chicken Burger_R69

Crispy chicken breast with chipotle mayo, tomato & rocket.

Beef Burger_R82 / Add Cheese_R14 / Bacon_R24 / Avo_R26

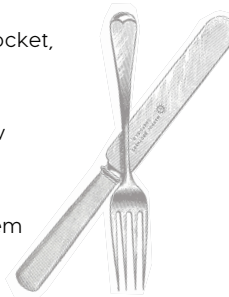
100% pure beef patty served with tomato, rocket, pickles, aioli.

Pulled Pork Bun_R75

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

Halloumi & Aubergine Burger (V)_R79

Pan fried halloumi with grilled aubergine, gem lettuce, zingy slaw, aioli.



- Add Skinny Fries_R33
- Add Sweet Potato Fries_R42
- Add Side Salad_R30

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.

CAPE TOWN
THE MILL & PRESS
 EST. 2015
 CAFÉ AND DELI



HOT BEVERAGES

- Cappuccino_ **R33** / Large_ **R36** : Hot Chocolate_ **R39**
- Flat White_ **R33** / Large_ **R36** : Mocha_ **R41**
- Americano_ **R30** : Chai Latte_ **R41**
- Cortado_ **R30** : Dirty Chai_ **R47**
- Macchiato_ **R30** : Iced Coffee_ **R41**
- Espresso Single_ **R26** : Rooibos Cappuccino_ **R39**
- Espresso Double_ **R28** : Tea Selection_ **R25**
- Latte_ **R36** : Add Oat / Almond Milk_ **R12**

SMOOTHIES

- The Mango Groove_ R51**
 Frozen mango, yoghurt, granadilla juice, fresh mint, topped with coconut.
 - Berry Refreshing_ R49**
 Frozen berries, pear, apple juice & mint.
 - Nutty Bomb_ R49**
 Banana, peanut butter, yoghurt, milk & honey.
 - The Green Gorilla_ R51**
 Spinach, lemon, banana, oat milk, peanut butter, spirulina.
- Add Wazoogles Protein Powder_ R26**

FRESH JUICES

- Healthy Hipster_ R48**
 Carrot, pineapple, orange & lemon.
- Ironman_ R48**
 Spinach, cucumber, apple & lemon.
- UnBeetable_ R48**
 Beetroot, apple, carrot & ginger.
- Add Ginger to your Juice_ R12**
- Flu Shot_ R25**
 Lemon, cayenne, honey & ginger.
- Ginger Shot_ R24**

COLD DRINKS

- Water Still 500ml_ **R19**
- Water Sparkling 500ml_ **R20**
- Water Still 1l_ **R26**
- Water Sparkling 1l_ **R26**
- Sir Fruit Juices_ **R34**
- Apple/Grapetiser_ **R29**
- San Pelegrino_ **R36**
- Coke / Light / Zero_ **R23**
- Stoney Ginger Beer_ **R23**
- Sprite / Fanta_ **R23**
- Bos Iced Tea_ **R26**
- Kombucha_ **R40**
- Redbull_ **R36**
- Goodleaf CBD_ **R32**

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

COFFEE & JUICE BAR