

coffee & hot drinks

ESPRESSO	2.90
AMERICANO	2.90
CAPPUCCINO	3.50
FLAT WHITE	3.50
LATTE	3.70
MOCHA	3.80
TEA'S	2.50
BREAKFAST, GREEN, ROOIBOS, PEPPERMINT, EARL GREY	
HOT CHOCOLATE	3.80
MATCHA LATTE	4.00
ROOIBOS LATTE	4.00
CHAI LATTE	4.00

ADD ALTERNATIVE MILK + 0.50

toasties

SERVED ON WHITE BLOOMER

CHEESE, TOMATO & ONION	5.20
HAM, CHEESE & CHUTNEY	5.80
CHICKEN MAYONNAISE	5.80
CHICKEN MAYONNAISE & AVO	6.80
MOZZARELLA, TOMATO & PESTO	5.20
BACON, BRIE & CARAMELISED ONION	6.00

ADD WHITE SOURDOUGH + 1.00

AVOCADO OPEN SOURDOUGH	5.20
SMOKED SALMON & CREAM CHEESE	5.90
OPEN SOURDOUGH	

wraps

SPICY CHICKEN & AVO	6.00
GRILLED CHICKEN, AVO, BABY GEM, ONION, TOMATO, SRIRACHA	
PESTO CHICKEN & FETA	5.80
GRILLED CHICKEN, PESTO, FETA, BABY GEM, MINT YOGHURT	
CHICKEN & BACON CAESAR	5.50
GRILLED CHICKEN, BACON, BABY GEM, CAESAR DRESSING	
MORROCAN CHICKPEA & HUMMUS	6.00
CHICKPEAS, HUMMUS, PICANTE PEPPERS, CUCUMBER, BABY GEM, MINT YOGHURT, SMOKED PAPRIKA	

smoothies

LEAN GREEN	5.00
BROCCOLI, SPINACH, CUCUMBER, PINEAPPLE, MANGO, BANANA, APPLE JUICE	
STRAWBERRY BLAST	5.00
STRAWBERRIES, BANANA, APPLE JUICE	
COCO LOCO	5.00
PPINEAPPLE, MANGO, PASSIONFRUIT, COCONUT MILK	
BERRY BERRY NICE	5.00
STRAWBERRIES, RASPBERRIES, BLACKBERRIES, APPLE JUICE	
ADD PROTEIN SCOOP	+ 1.50

biltong

BILTONG	6.00/100g	SNAPSTICKS	7.00/100g
DROEWORS	6.00/100g	CHILLI SNAPSTICKS	7.00/100g