

S M O O T H I E S / B O W L S

BOSS BABE

Plant Milk + Cacao + Almond Butter + Maca + Dates + Himalayan Salt +
Banana + Cacao Nibs
Smoothie R95 / Bowl R130

CHIA BLUEBERRY KICKER

Coconut Water + Almond Butter + Chia Seeds + Cinnamon +
Blueberries + Banana
Smoothie R95 / Bowl R130

GREEN HEALER

Coconut Water + Spinach + Lemon + Ginger + Chia Seeds + Dates +
Banana
Smoothie R95 / Bowl R130

MOON MILK

Plant Milk + Peanut Butter + Medjool Dates + Cinnamon + Banana
Smoothie R95 / Bowl R130

A L L D A Y B R E A K F A S T

VEGAN BAGEL

Avo, cucumber ribbons, tomato & hummus served on a bagel.
R65

BACON & EGG BAGEL

Fried egg, crispy bacon, tomato relish & rocket served on a bagel.
R80

SMOKED SALMON & CREAM CHEESE BAGEL

Straight up, as above.
R90

ORDER AT THE BAR

A L L D A Y B R E A K F A S T

(C O N T I N U E D . . .)

SEASONAL YOGURT BOWL

Greek yoghurt, homemade cacao granola & fresh fruit.

R75

BRIOCHE BERRY FRENCH TOAST

Decadent brioche french toast served with berry jam & maple glaze.

R125

BRIOCHE NUTELLA FRENCH TOAST

Decadent brioche french toast served with nutella & maple glaze.

R135

CROISSANT FRENCH TOAST

Croissant french toast served with caramelised banana, bacon & mascarpone.

R135

EGGS BENEDICT

Salmon / Bacon / Spinach

R135 / R125 / R110

CLASSIC EGG ON TOAST

R60

BACON & EGGS ON TOAST

Two free range eggs (scrambled / fried / poached) served with three crispy strips of bacon on sourdough / rye.

R85

FULL ENGLISH BREAKFAST

Two free range eggs, three rashers of bacon, roasted tomato, garlic mushrooms, chipolata sausages served with sourdough / rye.

R120

BUILD YOUR OWN THREE EGG OMELETTE

R55

EXTRA'S:

Avo / Bacon / Cheese / Mushrooms / Tomatoes /

Salmon / Egg / Fries / Toast

R35 / R35 / R20 / R25 / R15 / R55 / R15 / R45 / R15

ORDER AT THE BAR

A L L D A Y B R E A K F A S T

(C O N T I N U E D . . .)

BREAKFAST WRAP

Tortilla filled with cheese, salsa, scrambled egg & bacon.

R85

GYM BUDDY

Two free range poached eggs, grilled tomato, sliced avocado, toasted sourdough / rye, chipotle mayo & lime.

R75

CARAMALISED HARISSA ONIONS SERVED WITH POACHED EGGS

Caramelised onions with a harissa, tzatziki dressing, two poached eggs & toasted sourdough.

R75

AVO ON TOAST - STRAIGHT UP

Sliced avo served on sourdough / rye.

R65

GREEN BREAKFAST BOWL

Kale, baby spinach, halloumi cheese, almonds, quinoa, avo finished off with a green goddess dressing & two poached eggs.

R95

HEALTH MUFFIN

Served with butter, cheese & jam.

R55

EXTRA'S:

Avo / Bacon / Cheese / Mushrooms / Tomatoes /

Salmon / Egg / Fries / Toast

R35 / R35 / R20 / R25 / R15 / R55 / R15 / R45 / R15

ORDER AT THE BAR

L U N C H T I M E L O V E R S

EVERYDAY RAINBOW SALAD WITH TAHINI & MISO DRESSING

Spinach, kale, beetroot, carrot, steamed broccoli with seeds, avo & a tahini and miso dressing.

R75

ADD:

Chicken / Bacon / Steak / Mushrooms / Falafel / Halloumi

R55 / R35 / R75 / R25 / R45 / R55

CARTEL CHICKEN SALAD

Free range chicken, mixed greens, whipped danish feta, beetroot, cucumber ribbons, capers & homemade balsamic reduction.

R105

HEALING BOWL

Brown rice, spiced sweet potato, a red cabbage slaw, pistachio dukkah and a lemon dressing.

R85

ADD:

Chicken / Bacon / Steak / Mushrooms / Falafel / Halloumi

R55 / R35 / R75 / R25 / R45 / R55

QUINOA BOWL

Quinoa, spiced chickpeas, green salad, avo with a harissa dressing.

R85

ADD:

Chicken / Bacon / Steak / Mushrooms / Falafel / Halloumi

R55 / R35 / R75 / R25 / R45 / R55

THE BALANCE PLATE

Grilled chicken breast, roasted sweet potato, steamed broccoli, small tomato & feta side salad.

R115

BLACK BEAN BURGER

Black bean burger served with tomato, lettuce, gherkins & vegan chipotle mayo served with a side of fries.

R120

ORDER AT THE BAR

LUNCH TIME LOVERS

(CONTINUED . . .)

CARTEL BEEF BURGER

Homemade beef patty, cheese, tomato, lettuce, gherkin, red onion & chipotle mayo served with fries.

R135

CRUMBED CHICKEN BURGER

Crumbed chicken, red cabbage slaw, tomato, gherkin served with fries.

R125

TRIO OF SLIDERS

Mini beef, chicken & black bean burgers with a side of fries.

R125

CHICKEN STRIPS

Crumbed chicken strips served with a side of fries or salad.

R85

VEGETERIAN QUESADILLA

Tortilla, mushrooms, tomato, cheese, chipotle mayo & spicy salsa.

R75

CHICKEN WRAP

Grilled chicken, mixed greens, tomato, onion marmalade, avo & tzatziki.

R95

FALAFEL POCKETS

Homemade falafels served in a pita pocket with tzatziki, cucumber & red onion.

R95

STEAK EGG AND CHIPS

250g steak served to your liking with fries.

R160

ORDER AT THE BAR

T O A S T E D S A R M I E S

CLASSIC GRILLED CHEESE & TOMATO

Melted cheese & tomato on toasted sourdough / rye.

R65

CAPRESE SANDWICH

Roma tomatoes, fresh basil, mozzarella, basil pesto served on toasted sourdough / rye.

R75

SMOKED CHICKEN SANDWICH

Smoked chicken, mixed greens, gherkin & mustard mayo on sourdough / rye.

R80

B.L.T SANDWICH

Bacon, lettuce & tomato served with our green goddess dressing on sourdough / rye.

R80

CHICKEN MAYO SANDWICH

Chicken, mayonnaise & slaw served on sourdough / rye.

R75

HEALTHY SALMON OPEN SARMIE

Smoked salmon served with cucumber ribbons, cream cheese, red onion & rocket.

R105

ORDER AT THE BAR

P I Z Z A

SARDINIA PIZZA

Tomato base, mozzarella, red onion, caper berries and salami.
R125

PIZZA MARGHERITA

Tomato base, fior di latte, parmesan cheese and fresh basil.
R100

PROSCIUTTO E FUNGHI

Tomato, mozzarella, gypsy ham, mushrooms, parmesan and drizzled with
truffle oil.
R125

GRECO PIZZA

Tomato base, mozzarella, spinach, feta, black olives.
R110

PIZZA GAMBERI

Butter prawns, chorizo & chilli.
R150

GARDEN PIZZA (VEGAN/VEGETERIAN)

Tomato base, mozzarella, marinated artichokes, grilled aubergines, black
olives.
R110

TUSCAN CHICKEN PIZZA

Tomato base, grilled chicken, peppadews, sundried tomatoes and red
onions.
R125

ORDER AT THE BAR

S I P S I P H O O R A Y

DRINK IT HOT:

Americano
R25

Espresso
Single R20 / double R25

Flat White
R30

Cappuccino
R30

Cortado
R30

Spiced Chai Latte
R35

Hot Chocolate
R35

Mocha
R40

Dirty Chai
R45

Selection of Teas:
English Breakfast Tea /
Rooibos Tea / Earl Gray Tea /
Green Tea / Peppermint Tea
R25

KEEPING IT COOL:

Iced Coffee
R45

Vanilla Iced Coffee
R55

Almond Frappe
R55

Culture Lab Kombucha - Ginger + Wild Dugga
R35

Culture Lab Kombucha - Rooibos
R35

Culture Lab Kombucha - Cape Cola
R35

Still/Sparkling Water
R30

Coca-Cola
R25

Coke Zero
R20

Grapetiser
R30

Appletiser
R30

ORDER AT THE BAR