



BAKER'S ALL DAY BREAKFAST*

MYO BREAKFAST (MAKE YOUR OWN) 55V

FREE RANGE EGGS: SCRAMBLED / POACHED / FRIED
SERVED WITH ROAST TOMATO PRESERVE & GREEN HERB DRESSING

ADD: AVOCADO +28
PORK / BEEF SAUSAGE +30
BACON +30
MUSHROOMS +30
SMOKED SALMON +62

Croissant, Bacon, Tomato & Egg 94	Breakfast Bun Fried Egg, Bacon, Tomato 52
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FARMHOUSE BREAKFAST 125

Eggs your way, with crispy bacon, mushrooms, beef sausage, roast tomato preserve and hand-cut fries.

CHEESY OMELETTE 80V

(STRAIGHT UP OR FOLDED ON A BUN)

3 egg Omelette filled with a cheese mix and served with roast tomato preserve, fresh Mexican salsa and rocket.

ADD BACON +30 | SMOKED SALMON +62

ALL DAY BREAKFAST PIZZA 110

Bacon, beef sausage, mushrooms, cherry tomatoes and an egg. SERVED ON AN ITALIAN PIZZA BASE. GLUTEN FREE AND LOW CARB BASES ARE AVAILABLE ADD +10

EGGS BENEDICT 75V

Two poached eggs with hollandaise sauce served on toast of your choice with our roast tomato preserve.

ADD BACON +30 | SMOKED SALMON +62

TOMATO BEANS & CHORIZO SHAKSHUKA 98

Rich, chunky tomato sauce, with beans and smoky chorizo, topped with two poached eggs and rocket. Served with a side of yoghurt.

TOASTED BACON EGG & CHEESE 87

Eggs, crispy bacon, homemade cheese sauce and cheese mix on our sourdough served with fries.

Bacon, Rocket & Tomato Roll 52

BREAKFASTS ARE SERVED ON A CHOICE OF OUR SOURDOUGH OR BUTTERMILK RYE UNLESS OTHERWISE STATED. IF YOU PREFER: GLUTEN FREE ADD 7 | LOW-CARB ADD 7 | CROISSANT ADD 25

BREAKFAST BURRITO 97V+

A large tortilla wrap filled with scrambled eggs, crispy bacon, sliced avo, fresh salsa, homemade tomato sauce, a drizzle of smoky tomato vinaigrette and rocket. (SEE VEGAN GREEN MENU FOR VEGAN VERSION)

RAINBOW BIRCHER MUESLI BOWL 76V+

Bircher oats soaked in oat milk, served with a pineapple turmeric & coconut yoghurt lassi lolly, blueberry chia pudding, nutty granola, seasonal fruit and berries.

TOAST &

SAVOURY BRIOCHE FRENCH TOAST 87/94* V

With crispy bacon, mushrooms and homemade tomato sauce. *SERVED WITH A POACHED EGG

SWEET BRIOCHE FRENCH TOAST 87* V

With honey, sautéed fresh fruit and custard yoghurt.

TOAST & AVOCADO 87/94* V+

Crushed avo, Danish feta, roast tomato preserve, thinly sliced radish, roast peppers and rocket. Dressed with lemon and basil pesto and smoky tomato vinaigrette and served on our sourdough.

*SERVED WITH A POACHED EGG. / ADD BACON +30

TOAST & CREAMY MUSHROOMS 87/94* V

Mushrooms cooked with garlic, fresh thyme, creamy buttermilk crème fraiche and parsley.

*SERVED WITH A POACHED EGG / ADD BACON +30

TOAST & SPICY MINCE 87/94*

Spicy mince served on our sourdough with fresh salsa and rocket. For extra heat ask to add chilli.

*SERVED WITH A POACHED EGG

TOASTIES

THESE TOASTED AND OPEN SANDWICHES COME WITH YOUR CHOICE OF HAND-CUT FRIES OR A CRUNCHY SIDE SALAD

TOASTED CLASSIC CHICKEN MAYO 82V+

Roast chicken breast mixed with homemade mayo and layered with sliced tomato and gherkin on our light sourdough.

TOASTED CHICKEN RED PESTO MAYO 92V+

Roast chicken breast and red pepper pesto mixed with homemade mayo and layered with sliced tomato and gherkin on our light sourdough.

TOASTED HAM, CHEESE & TOMATO 92

Ham, sliced tomato, homemade cheese spread, cheese mix and slow roast small onions on our light sourdough.

TOASTED CHEESE 82V

With cheese mix and homemade cheese spread on our light sourdough. Please ask if you would like tomato on your toasted cheese.

CHICKEN RED PESTO MAYO & AVO 97V+

OPEN SANDWICH

Served on our sourdough, dressed with pickled and fresh cucumber, radishes, roast tomato preserve and red onion

V+ FOR VEGAN CHICKEN TOASTIES WE USE ON THE GREEN SIDE VEGAN CHICKEN MADE FROM NON GMO SOY PROTEIN, FAVA BEANS, PEA PROTEIN, LENTIL AND CHICKPEA FLOUR & VEGAN MAYO

TOASTIES ARE SERVED ON A CHOICE OF OUR LIGHTY SOURDOUGH OR BUTTERMILK RYE. IF YOU PREFER GLUTEN FREE ADD +7 | LOW-CARB ADD +7 | CROISSANT ADD +25

Chicken Mayo Ciabatta Roll WITH SLICED TOMATO GHERKIN & ROCKET 54V+	Sliced Mozzarella, Tomato, Rocket & Pesto Ciabatta Roll WITH LEMON BASIL PESTO 54V
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BURGERS

BURGERS ARE MADE FROM 100% BEEF OR GRILLED CHICKEN BREAST AND SERVED WITH HAND-CUT FRIES OR A CRUNCHY SIDE SALAD AND ONION RINGS UNLESS OTHERWISE STATED.

CHEESE BURGER 115

With cheese mix, sliced tomato, gherkins, rocket and BBQ mayo

BACON & CHEESE BURGER 130

With sliced tomato, gherkins, rocket and BBQ mayo topped with bacon and cheese mix.

SOUTHERN FRIED CHICKEN BURGER 105V+

Buttermilk marinated chicken breast with seasoned flour coating, deep fried and dressed with a crunchy slaw, gherkins and sriracha mayo. (SEE VEGAN GREEN MENU FOR VEGAN VERSION)

CRUNCHY FALAFEL BURGER 94V+

With quinoa encrusted veggie falafel made with quinoa, chickpeas, cannellini and kidney beans, green peas, celery and coriander dressed with a crunchy slaw, gherkin and sriracha mayo.

Burgers Undressed 85 OUR CLASSIC BEEF / GRILLED CHICKEN / VEG BURGERS SERVED STRAIGHT UP. NO EXTRAS / NO SIDES* (DOES NOT INCLUDE THE SOUTHERN FRIED CHICKEN BURGER)

TACOS / WRAPS

SERVED ON 3 SOFT FLOUR TORTILLAS OR IN A 30CM ROUND SOFT FLOUR WRAP

BUTTERMILK FRIED CHICKEN 99V+

Buttermilk marinated chicken breast coated and deep fried, with crunchy slaw, fresh salsa, creamy coriander dressing, sriracha mayo, avo and radish, served with lemon.

FALAFEL 99V+

Crunchy coated falafel with crunchy slaw, fresh salsa creamy coriander dressing, sriracha mayo, avo and radish, served with lemon. *Made with our falafel burger mix.

BBQ CHICKEN 99V+

Grilled BBQ marinated chicken breast with crunchy slaw, fresh salsa, creamy coriander dressing, sriracha mayo, avo and radish, served with lemon.

V+ FOR VEGAN CHICKEN TACOS WE USE ON THE GREEN SIDE VEGAN CHICKEN MADE FROM NON GMO SOY PROTEIN, FAVA BEANS, PEA PROTEIN, LENTIL AND CHICKPEA FLOUR

PIZZAS

ALL OUR PIZZAS ARE MADE ON ITALIAN PIZZA BASES WITH GRATED MOZZARELLA & A ROAST ITALIAN TOMATO SAUCE

GLUTEN FREE BASE / LOW-CARB BASE ADD 12
LOW-CARB BREAD & PIZZA BASES ARE ALSO GLUTEN FREE.
PLEASE ASK IF YOU WOULD LIKE TO ADD CHILLI!

ALL DAY BREAKFAST PIZZA 110

With bacon, beef sausage, mushrooms, cherry tomatoes, an egg and rocket.

BACON AVO FETA & CHEESY RUSSIAN PIZZA 125

With bacon, feta, avo, Cheesy Russian sausage, cherry tomatoes and slow roast small onions.

BBQ CHICKEN & CHORIZO PIZZA 110

With grilled chicken marinated in our own BBQ sauce and thinly sliced chorizo.

CHEESE & TOMATO PIZZA 83

With grated mozzarella homemade tomato sauce and dressed with cherry tomatoes. **NO CHERRY TOMATOES PLEASE TELL YOUR WAITRON!**

SPINACH & FETA PIZZA 99V+

With wilted spinach and feta.

HAM & MUSHROOM PIZZA 110

With gypsy ham and sliced mushroom.
ADD PINEAPPLE +12

EXTRAS

EGG	16	FETA/CHEESE MIX	28
OLIVES	19	BEEF/PORK SAUSAGE	30
SPINACH	18	FRIES	28
PESTO	25	MUSHROOMS	30
AVOCADO	28	CHEESY RUSSIAN	33
BACON	30	CHICKEN	33
MOZZARELLA	28	SMOKED SALMON	62

SALAD

CHICKEN CAESAR SALAD 110

Grilled chicken, cos lettuce, crispy bacon, boiled egg, crunchy crostini, slivers of parmesan and a creamy Caesar dressing.

ADD AVO +28 (*Dressing contains anchovies)

CRUNCHY SALAD 60V+

A crunchy salad made with cos lettuce, rocket, baby spinach, carrot, white and red cabbage, red onion, sliced radish, cucumber and tomato, pickled peppers and spring onions. Tossed with mint and coriander and served with crunchy crostini.

ADD AVO +28 | BACON +30 | FETA +28 | GRILLED CHICKEN +33 | FALAFEL +30

& SOUP

TOMATO SOUP 68V+

Chunky roasted tomato soup served with lemon and basil pesto Served with crunchy crostini.

BEAN, CHORIZO & TOMATO SOUP 78

Our house tomato soup with chorizo, cannellini, kidney beans and garlic. Served with crunchy crostini.

Add half a Cheese Toasty to your soup +35

V – SUITABLE FOR VEGETARIANS

V+ – VEGAN OPTIONS AVAILABLE

Vegan Green Menu

ALL DAY BREAKFAST

SERVED ON OUR SOURDOUGH

VEGAN SCRAMBLED EGGS 65

Chickpea scramble served with roast tomato preserve, mushrooms, vegan lemon and basil pesto, lemon and roast tomato sauce.

ADD AVO +25

VEGAN BREAKFAST BURRITO 97

A large tortilla wrap filled with vegan scrambled eggs, sliced avo, mushrooms, fresh salsa, homemade tomato sauce and rocket

TOAST & AVO 87

Crushed avo, vegan feta, roast tomato preserve, thinly sliced radish, roast peppers and rocket and served on our sourdough.

LIGHT MEALS

FALAFEL TACOS* / WRAP 99

Crunchy coated falafel with crunchy slaw, fresh salsa creamy coriander dressing, avo and radish, served with lemon on soft flour tortillas or a 30cm soft flour wrap.*Made with our falafel burger mix

CRUNCHY FALAFEL BURGER 94

Quinoa encrusted veggie falafel made with quinoa, chickpeas, cannellini and kidney beans, green peas, celery and coriander dressed with a crunchy slaw, gherkin and sriracha mayo on a Kaiser burger bun. Served with hand cut fries or a crunchy side salad

CRUNCHY SALAD 60

A crunchy salad made with cos lettuce, rocket, baby spinach, carrot, white and red cabbage, red onion, sliced radish, cucumber and tomato, pickled peppers and spring onions. Tossed with mint and coriander and served with crunchy crostini.

ADD AVO +25 | VEGAN FETA +23 | GRILLED VEGAN CHICKEN +28

THE SOUTHERN FRIED VEGAN 105

CHICKEN BURGER

With coconut yoghurt marinated vegan chicken breast*, a seasoned flour coating, deep fried and dressed with a crunchy slaw, gherkins and sriracha mayo. Served on a Kaiser sesame bun.

*WE USE ON THE GREEN SIDE VEGAN CHICKEN MADE FROM NON GMO SOY PROTEIN, FAVA BEANS, PEA PROTEIN, LENTIL AND CHICKPEA FLOUR

LOOK FOR THE V+ ICON ON THE MAIN MENU FOR MORE VEGAN OPTIONS AVAILABLE

Weekly Specials

MON – FRI 2PM TO CLOSE
BURGERS, PIZZAS, TACOS/WRAP

R75

TERMS & CONDITIONS APPLY ASK INSTORE FOR DETAILS.
SIT DOWN ONLY. NO TAKE AWAY

Early Bird Breakfast

MON TO FRI TO 9AM²

SCRAMBLED EGG 45

Creamy scrambled eggs with roast tomato preserve and rocket.

EGGS BENNY 45

With two poached eggs, hollandaise sauce, our roast tomato preserve and rocket.

ADD BACON +30

VEGAN SCRAMBLE 45

Chickpea scramble with roast tomato preserve, and rocket.

THE ABOVE BREAKFASTS ARE SERVED ON OUR LIGHT SOURDOUGH - IF YOU PREFER GLUTEN FREE ADD R7 | LOW-CARB ADD R7 | CROISSANT ADD R25

BIRCHER MUESLI 40

Bircher oats soaked in oat milk dressed with nutty granola and fresh fruit.

COMBOS (SERVED WITH COFFEE OR TEA)

BACON & EGG ROLL 55

Fried egg and bacon with mayo, sliced tomato, tomato sauce and rocket served on a roll with an Early Bird coffee..

BACON, ROCKET & TOMATO ROLL 55

Crispy bacon, sliced tomato, rocket and homemade mayo on a roll served with an Early Bird coffee.

Coffee

CAPPUCCINO	20
AMERICANO	20
LATTE	20
ESPRESSO	20
CORTADO	20
FLAT WHITE	20
MACCHIATO	20

Tea

CEYLON TEA	20
EARL GREY	20
ROOIBOS	20
GREEN	20

*SPECIAL ONLY APPLIES TO REGULAR SIZE COFFEE & TEA ITEMS LISTED. SIT DOWN ONLY LATTE IS SERVED IN A REGULAR CUP

² TERMS AND CONDITIONS APPLY. OFFER TIMES MAY BE SUBJECT TO CHANGE WITHOUT WARNING ALL ITEMS SHOWN AVAILABLE AS SIT DOWN ONLY. NO SUBSTITUTIONS OR CHANGES MAY BE MADE

HOT DRINKS


COFFEE	S	R	T
AMERICANO	26	31	34
CAPPUCCINO	29	34	38
LATTE	29	34	38
FLAT WHITE		34	
MOCHA DARK CHOC	35	41	46

SHORTS	S	D
ESPRESSO	23	26
MACCHIATO	25	27
CORTADO	25	27

LATTES	S	R	T
ROOIBOS	35	40	45
CHAI	35	40	45

IF YOU PREFER SOYA MILK PLEASE ASK FOR ALMOND & OAT MILK ADD R10 WE SERVE ALMOND CREAMERY AND OATIFY MILK (SUBJECT TO AVAILABILITY)

SAVE R2 ON YOUR COFFEE WHEN YOU USE A KNEAD BAKERY REUSABLE Keep Kup R72 + A FREE COFFEE²



BABYCCINO (FREE FOR KIDDIES UNDER 2) STEAMED MILK WITH A DUSTING OF CHOCOLATE

KIDDYCCINO 17 STEAMED MILK AND CHOCOLATE GANACHE

CLASSIC LOOSE LEAF TEAS 26 ALL OUR TEAS ARE LOOSE LEAF AND SUPPLIED BY ENMASSE TEA MERCHANTS

CEYLON Medium bodied black tea with a uniquely full aroma.

JASMINE GREEN A clean blend of green rooibos and jasmine unique to the Western Cape. Caffeine free.

ROOIBOS CONNOISSEUR Extra-long organic rooibos needles. High in anti-oxidants. Caffeine free.

EARL GREY Punchy yet delicate, aromatic bergamot and black tea blend.

HOT CHOCOLATE	S	R	T
PLAIN	33	37	43

COLD DRINKS

SODAS	28
COKE, COKE LIGHT, COKE ZERO	
SPRITE, SPRITE ZERO, FANTA, CREAM SODA, SPARLETTA BERRY	
APPLETISER / GRAPETISER	35

KOMBUCHA

BREW KOMBUCHA ORIGINAL ROOIBOS 42
Good for nature, good for you and delicious too: certified organic, no pesticides, full of rooibos antioxidants and indigenous medicinals, natural probiotics, vitamin C and 233% of your daily required intake of vitamin B12.

ICED TEA

HOMEMADE ROOIBOS ICE TEA	34
LEMON & GINGER	
HOMEMADE CORDIAL FREEZO	30
LEMON & GINGER	

SHAKES	R	T
VANILLA	40	50
CHOCOLATE	45	55
COFFEE	45	55
CHAI	45	55

ICED FRAPPES 46
ICY FROZEN & SLUSHY LATTES
COFFEE / CHAI LATTE / CHOCOLATE

SUPER LATTES 46
MADE WITH ALMOND, OAT OR SOYA MILK.

MATCHA
Contains beneficial antioxidant catechins. Coconut sugar and oil, organic matcha tea powder, wheatgrass, ground peppermint leaf and Himalayan crystal salt.

GOLDEN MILK TURMERIC
Powerful anti-inflammatory effects and a strong anti-oxidant. Coconut sugar and oil, organic ground turmeric, cinnamon, ginger, black pepper, cardamom, nutmeg, Himalayan crystal salt and cayenne pepper

FRESHLY SQUEEZED / PRESSED
ORANGE JUICE 46
JUICE OF THE DAY 48

COLD PRESSED JUICES* 39
RED BEETROOT / APPLE / RASPBERRY / CARROT / GINGER
AMBER CARROT / APPLE / ORAGE / GRANADILLA / GINGER
GREEN CUCUMBER / SPINACH / KALE / MINT / APPLE
*THESE JUICES ARE BOTTLED

SMOOTHIES 48

THE CLASSICO
Orange juice, frozen strawberries and banana.

PEANUT POWER
Milk, peanut butter, honey, frozen banana, chocolate ganache and yoghurt.

BERRY SMOOTHIE
Frozen fruit and berries with mixed berry juice

WATER 22
STILL / SPARKLING 400ML

BEERS, LAGER & CIDERS

SAVANNA / SAVANNA LIGHT	38
WINDHOEK / WINDHOEK LIGHT	34
CASTLE LIGHT	34
CASTLE ALCOHOL FREE	35

WHITE WINE

VONDELING CHENIN BLANC B 165 G 47
Tightly grouped tropical flavours with pear and quince. Full and rich with a fresh, zesty finish.

WOLF TRAP WHITE B 125 G 40
Spicy with fruit blossom flavours, followed with a well textured palate and balanced acidity. The wine has a lingering aftertaste with subtle wood flavours.

ROSÉ
VONDELING ROSÉ B 165 G 47
Refreshing and vibrant, with real berry flavours, floral undertones, candied citrus and a crisp finish.

RED WINE
VONDELING MERLOT B 165 G 47
Vibrant fruit filled aromas of sleek cherries, subtle raspberries and soft black pepper carried through to the palate.

WOLF TRAP RED B 125 G 40
Spicy profile with ripe black fruit and cherries, hints of violet flavours from the Viognier, smooth and rich on the palate with soft tannins and good density.

Happy Hour

MON - FRI 2PM TO CLOSE

BEER 30
GLASS HOUSE WINE 30
MILKSHAKES 30
SODAS 18

TERMS & CONDITIONS APPLY ASK INSTORE FOR DETAILS. SIT DOWN ONLY. NO TAKE AWAY