

BAKER'S ALL DAY BREAKFAST\*

MYO BREAKFAST (MAKE YOUR OWN)  
FREE RANGE EGGS: SCRAMBLED / POACHED / FRIED  
SERVED WITH ROAST TOMATO PRESERVE & GREEN HERB DRESSING

55V

ADD: AVOCADO +25  
PORK / BEEF SAUSAGE +28  
BACON +28  
MUSHROOMS +28  
SMOKED SALMON +58

Croissant, Bacon,  
Tomato & Egg

88

FARMHOUSE BREAKFAST

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

120

CHEESY OMELETTE

3 egg Omelette filled with a cheese mix and served with roast tomato preserve, fresh Mexican salsa and rocket.  
ADD BACON +28 | SMOKED SALMON +58

79V

ALL DAY BREAKFAST PIZZA

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

98

EGGS BENEDICT

Two poached eggs with hollandaise sauce served on toast of your choice with our roast tomato preserve.  
ADD BACON +28 | SMOKED SALMON +58

68V

BURGER BENEDICT

A poached egg with hollandaise sauce served on top of our CLASSIC BEEF BURGER with fries

120

SAVOURY BRIOCHE FRENCH TOAST

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

79/85\* V

SWEET BRIOCHE FRENCH TOAST

With honey, sautéed fresh fruit and custard yoghurt.

79\* V

TOASTED BACON EGG & CHEESE

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

79

BREAKFAST BURRITO

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)

89V+

BREAKFASTS ARE SERVED ON A CHOICE OF OUR SOURDOUGH OR BUTTERMILK RYE. UNLESS OTHERWISE STATED. IF YOU PREFER: GLUTEN FREE ADD 5 | LOW-CARB ADD 5 | CROISSANT ADD 22

TOAST & AVOCADO

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

79/85\* V+

TOAST & CREAMY MUSHROOMS

Mushrooms cooked with garlic, fresh thyme, creamy buttermilk crème fraîche and parsley.  
\*SERVED WITH A POACHED EGG

79/85\* V

TOAST & SPICY MINCE

Spicy mince served on our sourdough with fresh salsa and rocket. For extra heat ask to add chilli.  
\*SERVED WITH A POACHED EGG

79/85\*

RAINBOW BIRCHER MUESLI BOWL

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

69V+

TOASTIES

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

TOASTED CLASSIC CHICKEN MAYO

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

75V+

TOASTED CHICKEN RED PESTO MAYO

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

79V+

TOASTED CHEESE

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

74V

TOASTED HAM. CHEESE & TOMATO

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

84

CHICKEN RED PESTO MAYO & AVO OPEN SANDWICH

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

90V+

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 +5 | LOW-CARB ADD +5 | CROISSANT ADD +22

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

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

105

BACON & CHEESE BURGER

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

120

SOUTHERN FRIED CHICKEN BURGER

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

98V+

CRUNCHY FALAFEL BURGER

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 .

85V+

BREAKFAST BURGER

With sliced tomato, gherkins, rocket and BBQ mayo and topped with bacon and a fried egg.

115

TACOS / WRAPS

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

BUTTERMILK FRIED CHICKEN

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

99V+

FALAFEL \*

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.

99V+

BBQ CHICKEN

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

99V+

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 10  
LOW-CARB BREAD & PIZZA BASES ARE ALSO GLUTEN FREE.  
PLEASE ASK IF YOU WOULD LIKE TO ADD CHILLI

ALL DAY BREAKFAST PIZZA

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

98

BACON AVO FETA & CHEESY RUSSIAN PIZZA

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

115

BBQ CHICKEN & CHORIZO PIZZA

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

98

CHEESE & TOMATO PIZZA

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

75

SPINACH & FETA PIZZA

With wilted spinach and feta.

90V+

HAM & PINEAPPLE PIZZA

With gypsy ham and grilled pineapple.

98

EXTRAS

EGG	16	FETA/CHEESE MIX	25
OLIVES	18	BEEF/PORK SAUSAGE	28
SPINACH	18	FRIES	28
PESTO	22	MUSHROOMS	28
AVOCADO	25	CHEESY RUSSIAN	30
BACON	28	CHICKEN	30
MOZZARELLA	25	SMOKED SALMON	58

SALAD & SOUP

CHICKEN CAESAR SALAD

Grilled chicken, cos lettuce, crispy bacon, boiled egg, crunchy crostini, slivers of parmesan and a creamy Caesar dressing.  
ADD AVO +25 (\*Dressing contains anchovies)

99

CRUNCHY SALAD

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 | BACON +28 | FETA +25 | GRILLED CHICKEN +30

52V+

TOMATO SOUP

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

62V+

BEAN. CHORIZO & TOMATO SOUP

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

72

Add half a Cheese Toasty to your soup +30

V – SUITABLE FOR VEGETARIANS  
V+ – VEGAN OPTIONS AVAILABLE

Vegan Green Menu

ALL DAY BREAKFAST

SERVED ON OUR SOURDOUGH

VEGAN SCRAMBLED EGGS

Chickpea scramble served with roast tomato preserve, mushrooms, vegan lemon and basil pesto, lemon and roast tomato sauce.  
ADD AVO +25

59

VEGAN BREAKFAST BURRITO

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

89

TOAST & AVO

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

79

LIGHT MEALS

FALAFEL TACOS\* / WRAP

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

99

CRUNCHY FALAFEL BURGER

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

85

CRUNCHY SALAD

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

52

THE SOUTHERN FRIED VEGAN 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)

98

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

Weekly Special

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

R70

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

Early Bird  
Breakfast

MON TO SUN OPEN TO 9AM²

SCRAMBLED EGG 40  
Creamy scrambled eggs with roast tomato preserve and rocket.

EGGS BENNY 40  
With two poached eggs, hollandaise sauce, our roast tomato preserve and rocket.  
ADD BACON +25

VEGAN SCRAMBLE 40  
Chickpea scramble with roast tomato preserve, and rocket.

THE ABOVE BREAKFASTS ARE SERVED ON OUR  
LIGHT SOURDOUGH – IF YOU PREFER  
GLUTEN FREE ADD R5 | LOW-CARB ADD R5 | CROISSANT ADD R22

BIRCHER MUESLI 35  
Bircher oats soaked in oat milk dressed with nutty granola and fresh fruit.

COMBOS (SERVED WITH COFFEE OR TEA)

BACON & EGG ROLL 50  
Fried egg and bacon with homemade mayo, tomato sauce and rocket served on a roll with an Early Bird coffee.

BACON, ROCKET & TOMATO ROLL 50  
Crispy bacon, sliced tomato, rocket and homemade mayo on a roll served with an Early Bird coffee.

Coffee

CAPPUCCINO 18  
AMERICANO 18  
LATTE 18  
ESPRESSO 18  
CORTADO 18  
FLAT WHITE 18  
MACCHIATO 18

Tea

CEYLON TEA 18  
EARL GREY 18  
ROOIBOS 18  
GREEN 18

\*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	25	30	33
CAPPUCCINO	27	32	37
LATTE	27	32	37
FLAT WHITE		32	
MOCHA DARK CHOC	34	38	42

SHORTS	S	D
ESPRESSO	22	24
MACCHIATO	25	27
CORTADO	25	27

LATTES	S	R	T
ROOIBOS	32	37	42
CHAI	32	37	42

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 R99 + A FREE COFFEE²



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

KIDDYCCINO 15  
STEAMED MILK AND CHOCOLATE GANACHE

CLASSIC LOOSE LEAF TEAS 25  
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	29	34	39

COLD DRINKS

SODAS	27
COKE, COKE LIGHT, COKE ZERO	
SPRITE, SPRITE ZERO, FANTA,	
CREAM SODA, SPARLETTA BERRY	
APPLETISER/GRAPETISER	30

KOMBUCHA

ZOOKA KOMBUCHA

ENERGY	39
GINGER	39

Zooka is brewed from high-quality Sencha Green Tea. It contains polyphenol antioxidants, L-thiamine and caffeine, boosting metabolism and energy.

ICED TEA

HOMEMADE ROOIBOS ICE TEA	32
LEMON & GINGER	
HOMEMADE CORDIAL FREEZO	29
LEMON & GINGER	

SHAKES	R	T
VANILLA	36	48
CHOCOLATE	36	48
COFFEE	36	48
CHAI	36	48

ICED FRAPPES 44  
ICY FROZEN & SLUSHY LATTES  
COFFEE / CHAI LATTE / CHOCOLATE

SUPER LATTES 44  
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 TUMERIC  
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	42
JUICE OF THE DAY	46

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 46  
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 20  
STILL / SPARKLING 400ML

BEERS, LAGER & CIDERS

SAVANNA / SAVANNA LIGHT	37
WINDHOEK / WINDHOEK LIGHT	34
CASTLE LIGHT	34
CASTLE ALCOHOL FREE	33
DRAUGHT	
JACK BLACK 500ML	46
JACK BLACK 330ML	36

WHITE WINE  
VONDELING CHENIN BLANC B 155 G 45  
Tightly grouped tropical flavours with pear and quince. Full and rich with a fresh, zesty finish.

WOLF TRAP WHITE B 120 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 155 G 45  
Refreshing and vibrant, with real berry flavours, floral undertones, candied citrus and a crisp finish.

RED WINE  
VONDELING MERLOT B 155 G 45  
Vibrant fruit filled aromas of sleek cherries, subtle raspberries and soft black pepper carried through to the palate.

WOLF TRAP RED B 120 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 3PM TO CLOSE

DRAUGHT LAGER 25  
GLASS HOUSE WINE 25  
MILKSHAKES 25  
SODAS 15

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