knead

All Day Breakfast

EGGS HOW YOU LIKE THEM V 78
SCRAMBLED | POACHED | FRIED
Your choice of eggs with roast tomato preserve.

FARMHOUSE BREAKFAST M 170 (P)
A hearty plate of eggs your way, crispy bacon, mushrooms, beef bangers, fries and roast tomato preserve.

BREAKFAST PIZZA M 140
Mozzarella, Italian tomato sauce, bacon, sliced beef banger, mushrooms, 2 eggs your way, cherry tomatoes and finished with garlic olive oil and rocket. ADD: AVO +40

EGGS BENEDICT V 105
Poached eggs and silky hollandaise on a toasted English muffin with roast tomato preserve.
ADD: AVO +40 | BACON +40 | MACON +48
SMOKED SALMON +50

BAKERS BREAKFAST M 125
EGGS, BACON, TOMATO & COFFEE
Eggs your way with crispy bacon, toast, roast tomato preserve and a regular coffee or tea.

BEACH BREAKFAST V 115
Eggs your way with avocado, mushrooms and roast tomato preserve.

Let's Scramble

SCRAMBLE CROISSANT V 85
A buttery croissant filled with creamy scrambled eggs dressed with fresh tomato sauce, rocket and sriracha mayo. ADD : AVO +40 | BACON +40 | MACON +48
SMOKED SALMON +50

SCRAMBLE BURRITO M V 125
A flour tortilla loaded with scrambled eggs, crispy bacon, avo, fresh salsa and smoky tomato vinaigrette.
FOR V MUSHROOMS REPLACE THE BACON

SCRAMBLE & MUSHROOM V 95
Our lightly toasted Mateo sourdough topped with scrambled eggs and pan fried mushrooms served with a side of creamy yoghurt dressing.

Breakfast Bun

BACON & EGG M 79
Soft burger bun with a fried egg, crispy bacon, sliced tomato, rocket, mayo and tomato sauce. ADD : AVO +40

Breakfast Toasty

SERVED WITH A SIDE SALAD OR FRIES

BACON, EGG & CHEESE M 115/95* (P)
Two eggs, crispy bacon, homemade cheese spread and melted mozzarella/ cheddar on toasted Mateo sourdough.
*PRICE WITHOUT SIDES

BREAKFASTS ARE SERVED ON A CHOICE OF OUR SOURDOUGH (V+) OR BUTTERMILK RYE.
UNLESS OTHERWISE STATED.
PREFER ENGLISH MUFFIN +12 | GLUTEN FREE +12
LOW-CARB +12 | CROISSANT +29

We Cater

WE ARE AVAILABLE TO CATER FOR PRIVATE FUNCTIONS AND CELEBRATIONS
CALL US ON: 021 213 0014 OR
ASK IN-STORE FOR DETAILS

Omelettes

CHEESY OMELETTE V 98 (P)
Three-egg omelette with melted cheddar and mozzarella, served with roast tomato preserve and rocket.
ADD: BACON +40 | MACON +48 |
SMOKED SALMON +50

PLAIN OMELETTE V 78

GREEN HERB OMELETTE V 98
Three-egg omelette with fresh herbs, served with avo, roast tomato preserve and avo ranch dressing.
ADD: BACON +40 | MACON +48 | CHEESE +39

Everything Avo

AVOCADO DELUXE V+ 125
Crushed avo with feta, pickled peppers, radish and rocket, finished with lemon basil pesto and smoky tomato vinaigrette on sourdough.
(V+ WITH VEGAN FETA)
ADD : POACHED EGG +17 | BACON +40
MACON +48 | SMOKED SALMON +50

NO FRILLS AVO V+ 88
Simple smashed avo on toast with a squeeze of lemon.
ADD : POACHED EGG +17 | BACON +40
MACON +48 | SMOKED SALMON +50

AVO FILLED CROISSANT V 110
Buttery croissant filled with crushed avo and topped with rocket and grated parmesan, finished with avo ranch dressing.
ADD : POACHED EGG +17 | BACON +40
MACON +48 | SMOKED SALMON +50

AVO & MUSHROOM V+ 110
Simple smashed avo on toast topped with pan fried mushrooms and served with a creamy yoghurt dressing.
ADD: POACHED EGG +17 | BACON +40
MACON +48 | SMOKED SALMON +50

GRANOLA, FRUIT & YOGHURT V+ 98
House-made nutty granola with seasonal fruit, creamy yoghurt and a drizzle of honey.
V+ OPTION WITH COCONUT YOGHURT AND SYRUP

Tea & Scones 90

WARM, FRESHLY BAKED SCONES WITH CHEESE, CREAM AND JAM AND SERVED WITH A REGULAR COFFEE OR TEA.

Extras

EGG 17 | SPINACH 30 | AVO 40 | BACON 40
MACON 48 | MOZZARELLA 40 | FETA 40 |
CHEESE MIX 40 | MUSHROOMS 45
FRIES M-40 / L-70 | BEEF BANGER 45
GRILLED CHICKEN 45 | PORK BANGER 45
CHEESY RUSSIAN 45 | SMOKED SALMON 50
CHILLI CRISP 40

KEY

- M — MACON ADD R15 TO MENU ITEMS WITH BACON
- V — FOR VEGETARIANS
- V+ — FOR VEGANS
- AVO SUBJECT TO AVAILABILITY
- (P) — HIGH PROTEIN MENU ITEM
- CONTAINS CHILLI

NO SUBSTITUTIONS, PLEASE.
MENU ITEMS SERVED AS LISTED
PLEASE USE OUR EXTRAS TO
ADD ITEMS OF PERSONAL CHOICE

Toasties

SERVED WITH A SIDE SALAD OR FRIES
*PRICE WITHOUT SIDES.

BACON, EGG & CHEESE M 115/95* (P)
Two eggs, crispy bacon, homemade cheese spread and melted mozzarella/ cheddar on toasted Mateo sourdough.

CLASSIC CHICKEN MAYO 115/95*
Classic creamy chicken mayo with sliced tomato on toasted Mateo sourdough.

SRIRACHA CHICKEN MAYO BACON & CHEESE M 125/105* (P)
Spicy sriracha chicken mayo with bacon, caramelised onions and melted mozzarella/cheddar cheese on our toasted Mateo sourdough.

PERI-PERI CHICKEN 125/105*
Spicy, smoky peri-peri grilled chicken, caramelised onion, melted mozzarella/cheddar cheese and a creamy peri-peri mayo on toasted Mateo sourdough.

BACON, CHEESE & TOMATO M 115/95*
Crispy bacon, tomato, caramelised onions, homemade cheese spread and melted mozzarella/cheddar on toasted Mateo sourdough.

TWO CHEESE V 98/78*
Homemade cheese spread with melted mozzarella/cheddar on toasted Mateo sourdough. ADD SLICED TOMATO ON REQUEST.

CHICKEN CAESAR MAYO 115/95*
Grilled chicken tossed in creamy Caesar mayo and topped with melted parmesan on toasted Mateo sourdough.
DRESSING CONTAINS ANCHOVIES

Burgers (P)

BURGERS ARE MADE WITH 100% BEEF AND DRESSED WITH LETTUCE, TOMATO, PICKLED CUCUMBER, ROCKET & OUR MACMAYO. SERVED WITH SIDES OF ONION RINGS & SALAD OR FRIES
*PRICE WITH NO SIDES

CLASSIC 138/118*
CHEESE 150/130*
CHEESE & BACON M 180/160*

SMASH CHEESEBURGER 165/145*
Two smashed beef patties, seared for flavour and topped with melted American cheese. *PRICE WITHOUT SIDES

JALAPEÑO & CHEESE SMASH BURGER 185/165*
Double smash cheeseburger with jalapeños and smoky baconnaise.
*PRICE WITHOUT SIDES M WITH MACMAYO

PERI-PERI CHICKEN SMASH BURGER 165/145*
Spicy, smoky peri-peri smash chicken breast, seared for flavour and topped with melted American cheese and creamy peri-peri mayo. ADD: AVO +40
*PRICE WITHOUT SIDES

Fried Chicken (P)

BUTTERMILK MARINATED CHICKEN BREAST DOUBLE DIPPED AND COATED IN OUR EXTRA CRUNCHY FLOUR MIX.

FRIED CHICKEN BURGER 135/115*
Buttermilk fried chicken with crunchy slaw, pickles and Sriracha mayo. Served with sides of onion rings and a salad or fries. *PRICE WITHOUT SIDES
ADD OUR PERI-PERI SAUCE +20

FRIED CHICKEN STRIPS WITH FRIES OR SALAD 135
Crispy buttermilk chicken strips with fries and served with tomato sauce and Sriracha mayo.

FRIED CHICKEN WRAP 125
A soft flour wrap filled with buttermilk fried chicken, crunchy slaw, sliced avo, fresh salsa, rocket and dressed with sriracha mayo.

KNEAD IS CASHLESS

Light Meals

CHICKEN CAESAR SALAD M 125 (P)
Grilled chicken, cos lettuce, bacon, a boiled egg, parmesan and crunchy crostini with classic Caesar dressing.
DRESSING CONTAINS ANCHOVIES

PERI-PERI CHICKEN WRAP 125
Spicy, smoky grilled peri-peri chicken, crunchy slaw, sliced avo, fresh salsa and dressed with creamy peri-peri mayo.

CHICKPEA CHOPPED SUMMER SALAD V 98 (P)
A high protein salad with marinated chickpeas, chopped tomato, cucumber, red onion, garlic, parsley, radishes, red pepper and cos lettuce dressed with our herb & honey vinaigrette.
FOR EXTRA PROTEIN ADD: AVO +40 | BACON +40 |
MACON +48 | SMOKED SALMON +50

CHICKEN & CORN FRITTERS WITH CHOPPED SUMMER SALAD 140 (P)
Juicy pan-fried chicken & corn fritters flavoured with garlic, parsley, mint, paprika, cheddar and parmesan cheese paired with our chopped chickpea salad.

Pizza

ALL OUR PIZZAS ARE MADE ON OUR ORIGINAL CRISPY SOURDOUGH BASE WITH OUR ITALIAN TOMATO SAUCE.

MARGHERITA V 92
Mozzarella and house tomato sauce on a crispy sourdough base, finished with garlic olive oil and rocket.

FARMHOUSE BREAKFAST M 140
Mozzarella, bacon, beef banger, mushrooms, egg your way, cherry tomatoes and finished with garlic olive oil and rocket. (P)

BACON AVO FETA & CHEESY RUSSIAN M 155 (P)
Mozzarella, bacon, feta, avo, sliced cheesy Russian, cherry tomatoes, caramelised onions and finished with garlic olive oil and rocket.

BBQ CHICKEN 145
Mozzarella, BBQ chicken, tomato, caramelised onion and finished with garlic olive oil and rocket.

PERI-PERI CHICKEN 145
Mozzarella, spicy, smoky grilled peri-peri chicken, tomato, caramelised onion and finished with garlic olive oil and rocket.

Kids Menu

KIDS MENU IS ONLY AVAILABLE FOR KIDS UNDER 12.

SCRAMBLED EGG V 60
Creamy scrambled eggs served on light sourdough.
WITH BACON 80

CHICKEN STRIPS & CHIPS 80
Southern fried chicken strips served with fries or a side salad

MARGHERITA PIZZA V 65
With homemade tomato sauce and mozzarella
WITH BACON OR MACON 85

WIFI CODE
Gu3st!!@cc3S$