



## ALL DAY BREAKFAST

### EGGS HOW YOU LIKE THEM 75

SCRAMBLED | POACHED | FRIED

Your choice of eggs with roast tomato preserve.

WITH BACON & TOMATO 98

### FARMHOUSE BREAKFAST *M\** 170

A hearty plate of eggs your way, crispy bacon, mushrooms, beef bangers, fries, roast tomato preserve.

### EGGS BENEDICT *V* 105

Poached eggs and silky hollandaise on a toasted English muffin with roast tomato preserve.

ADD: AVO +38 | BACON +38 | MACON +48 | SMOKED SALMON +49

### BAKERS BREAKFAST *M\** 110

EGG BACON & COFFEE

Eggs your way with crispy bacon, toast, roast tomato preserve and a regular coffee or tea.

### BEACH BREAKFAST *V* 110 *V*

Eggs your way with avocado, mushrooms, roast tomato preserve.

### MIELIE BITES 38

MAIZE MEAL SQUARES ... BUTTERMILK MARINATED, DOUBLE DIPPED AND COATED IN OUR EXTRA CRUNCHY FLOUR MIX THEN DEEP FRIED ... SERVED WITH KOO CHAKALA. SOUTH AFRICA'S ANSWER TO HASH BROWNS!

### BREAKFAST BUN 79

Soft burger bun stacked with fried egg, crispy bacon, tomato, rocket and classic tomato sauce.

### SCRAMBLED EGG FILLED CROISSANT *V* 94\*

Buttery croissant filled with creamy scrambled eggs, fresh tomato sauce, rocket and sriracha mayo.

AVO +38 | BACON +38 | MACON +48 | SMOKED SALMON +49

### BREAKFAST BURRITO *M\** *V+* 115 *V*

A loaded tortilla with scrambled eggs, crispy bacon, avo, fresh salsa and smoky tomato vinaigrette.

(V+ UVEGGN SCRAMBLE & MUSHROOMS REPLACE THE BACON & EGGS)

### VEGAN SCRAMBLED EGGS *V+* 105

UVeggn Spiced chickpea scramble with mushrooms, roast tomato preserve and lemon basil pesto.

ADD AVO +38

BREAKFASTS ARE SERVED ON A CHOICE OF OUR SOURDOUGH (V+) OR BUTTERMILK RYE. UNLESS OTHERWISE STATED. IF YOU PREFER ENGLISH MUFFIN +10 | GLUTEN FREE +10 | LOW-CARB +10 | CROISSANT +28

**PENSIONERS SPECIAL MENU AVAILABLE EVERY MONDAY & THURSDAY AT MUIZENBERG ASK YOUR WAITRON FOR DETAILS**

## OMELETTES

### CHEESY OMELETTE *V* 98

Fluffy three-egg omelette with melted cheddar and mozzarella, served with roast tomato preserve and rocket.

ADD: BACON+38 | MACON +48 | SMOKED SALMON +49

### PLAIN OMELETTE *V* 68

### GREEN HERB OMELETTE *V* 98 *V*

Three-egg omelette with fresh herbs, served with avo, roast tomato preserve and avo ranch dressing.

ADD: BACON+38 | MACON +48 | CHEESE +39

## BREAKFAST FRIED RICE 89

Pan fried rice with peas, carrots, corn and red pepper, mixed with scrambled eggs and served

with our savoury soya sauce and a kick of chilli crisp.

ADD: AVO+38 | BACON+38 | MACON +48

## Tea & Scones 90

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



## EVERYTHING AVO



### AVOCADO DELUXE *V+* 115

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 +15 | ADD BACON +38 | MACON +48 | SMOKED SALMON +49

### NO FRILLS AVO *V+* 88

Simple smashed avo on toast with a squeeze of lemon.

ADD POACHED EGG +15 | ADD BACON +38 | MACON +48 | SMOKED SALMON +49

### AVO FILLED CROISSANT *V* 98

Buttery croissant filled with crushed avo and topped with rocket. And grated parmesan, finished with avo ranch dressing.

ADD POACHED EGG +15 | ADD BACON +38 | MACON +48 | SMOKED SALMON +49

### NUTTY GRANOLA FRUIT & YOGHURT *V+* 95

House-made nutty granola with seasonal fruit, creamy yoghurt and a drizzle of honey.

(V+ OPTION AVAILABLE WITH COCONUT YOGHURT AND SYRUP)

## EXTRAS

EGG 17 | SPINACH 28 | PESTO 38 | AVO 38 | BACON 38 | MACON 48 | MOZZARELLA 38 | FETA 38 | CHEESE MIX 38 | MUSHROOMS 44 | FRIES M-38 / L-68 | BEEF BANGER 44 | GRILLED CHICKEN 44 | PORK BANGER 44 | CHEESY RUSSIAN 44 | SMOKED SALMON 49 | CHILLI CRISP 35

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

SUITABLE FOR *V* VEGETARIANS *V+* VEGANS

*M\** MACON - ADD R15 TO MENU ITEMS WITH BACON

*V* CONTAINS AVO SUBJECT TO SEASONAL AVAILABILITY

INTERNET PASSWORD: Gu3st!!@cc3S\$

## TOASTIES

\*SIDES SOLD SEPARATELY - ADD FRIES OR SIDE SALAD +30

### HAM, CHEESE & TOMATO *M\** 90\*

Ham, tomato, caramelised onions and melted mozzarella-cheddar on toasted Mateo sourdough.

### BACON, EGG & CHEESE *M\** 90\*

Two eggs, crispy bacon, homemade cheese spread and melted mozzarella-cheddar on toasted Mateo sourdough.

### CLASSIC CHICKEN MAYO 83\*

Classic creamy chicken mayo with fresh tomato on toasted Mateo sourdough.

### TWO CHEESE *V* 72\*

Homemade cheese spread with melted mozzarella-cheddar on toasted Mateo sourdough. ADD SLICED TOMATO ON REQUEST.

### SRIRACHA CHICKEN MAYO BACON & CHEESE 95\* *M\**

Spicy chicken mayo with bacon, caramelised onions and melted cheese on our toasted Mateo sourdough.

### CHICKEN CAESAR MAYO TOASTY 79\*

Grilled chicken tossed in creamy Caesar mayo, topped with melted parmesan on toasted Mateo sourdough and garnished with Caesar salad greens and croutons.

## BURGERS

BURGERS ARE MADE WITH 100% BEEF AND DRESSED WITH TOMATO, PICKLED CUCUMBER, ROCKET & OUR MAC MAYO.

\*SIDES SOLD SEPARATELY - ADD FRIES OR SIDE SALAD +30

### CLASSIC 95\*

### CHEESE 110\*

### CHEESE & BACON *M\** 120\*

ADD FRIES OR SALAD +30 ADD ONION RINGS +30

## SMASH CHEESEBURGER 125\*

DOUBLE SMASHED BEEF PATTIES, SEARED FOR FLAVOUR AND TOPPED WITH MELTED AMERICAN CHEESE. (\*WITHOUT CHEESE 105)

ADD FRIES OR SALAD +30 ADD ONION RINGS +30

### JALAPEÑO & CHEESE SMASH 145\*

DOUBLE SMASH CHEESEBURGER WITH JALAPEÑOS AND SMOKY BACONNAISE.

ADD FRIES OR SALAD +30 ADD ONION RINGS +30

(\*WITHOUT CHEESE 125)

## VEGAN SMASH CHEESEBURGER 145\* *V+*

DOUBLE SMASHED URBAN VEGAN BEEF STYLE PATTIES, SEARED FOR FLAVOUR AND TOPPED WITH MELTED VEGAN CHEDDAR CHEESE.

(\*WITHOUT CHEESE 125)

ADD FRIES OR SALAD +30 ADD ONION RINGS +30

## SOUTHERN FRIED CHICKEN

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

### SOUTHERN FRIED CRUNCHY BURGER 129

Buttermilk fried chicken with crunchy slaw, pickles and sriracha mayo. ADD OUR SWEET CHILLI SAUCE +20

ADD FRIES OR SALAD +30 ADD ONION RINGS +30

### SOUTHERN CRISPY CHICKEN STRIPS & FRIES 104

Crispy buttermilk chicken strips with fries and dipping sauces, tomato sauce and sriracha mayo.

## LIGHT MEALS

KNEAD IS CASHLESS

### CHICKEN POT PIE SPRING ROLLS 120

Golden crispy spring rolls filled with creamy chicken pot pie, served with salad or fries.

### CHICKEN CAESAR SALAD *M\** 115

Grilled chicken, cos lettuce, bacon, egg, parmesan and crunchy croutons with classic Caesar dressing. DRESSING CONTAINS ANCHOVIES

### BUTTER CHICKEN CURRY ONE OF 3 WAYS 99

Rich, creamy butter chicken curry with warm spices. Served your way.

ON FLUFFY RICE with yoghurt and fresh salsa. OR

BUNNY CHOW STYLE IN A SOFT BUN with yoghurt and fresh salsa. OR

IN A WRAP with rice, crunchy slaw and yoghurt dressing.

### SOUP OF THE DAY

ASK YOUR WAITRON FOR TODAY'S FLAVOUR

## KNEAD ORIGINAL PIZZA

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

WE OFFER OUR PIZZAS LARGE AND \*MEDIUM (2/3)

### MARGHERITA *V* 89/\*60

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

### FARMHOUSE BREAKFAST *M\** 135/\*89

Mozzarella, bacon, beef banger, mushrooms, egg your way, cherry tomatoes and finished with garlic olive oil and rocket.

¥(FULL 2 EGGS. 2/3 1 EGG)

### BACON AVO FETA & CHEESY RUSSIAN *M\** 145/\*97 *V*

Mozzarella, bacon, feta, avo, sliced Cheesy Russian, cherry tomatoes, caramelised onions and finished with garlic olive oil and rocket.

### HAM & MUSHROOM *M\** 125/\*84

Mozzarella, sliced ham, mushrooms, caramelised onion and finished with garlic olive oil and rocket.

### BBQ CHICKEN 140/\*94

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

### BACON & JALAPENO *M\** 115/\*77

Mozzarella, crispy bacon, sliced jalapeno, tomato, crispy onion and finished with hot chilli honey and rocket.

### BUTTER CHICKEN CURRY 145/\*97

Mozzarella, rich, creamy butter chicken curry, cherry tomatoes, caramelised onions and served with a side of yoghurt & salsa.



## Kids Menu



WE ARE ALL KIDS AT HEART HOWEVER THIS KIDS MENU IS ONLY AVAILABLE FOR KIDS UNDER 12.

### SCRAMBLED EGG *V* 55

CREAMY SCRAMBLED EGGS SERVED ON LIGHT SOURDOUGH WITH BACON 75

### CHICKEN STRIPS & CHIPS 75

SOUTHERN FRIED CHICKEN BREAST SERVED WITH FRIES OR SALAD

### MARGHERITA PIZZA *V* 60

TOMATO, MOZZARELLA ROCKET.

WITH BACON OR MACON 80 WITH HAM 80