

# THE MENU

## DIM SUM

### POT-STICKERS

cabbage and shiitake mushrooms (6 pieces)  
spinach and feta (5 pieces)

R40

### DUMPLING PLATTER

assortment of delicious steamed bao and veggie dumplings (5 pieces)

R60

## GUA-BAO BURGER

### TRADITIONAL

juicy soy patty, Chinese pickled mustard greens,  
crushed peanuts and fresh coriander

R60

### KIMCHI

tender tofu patty and spicy bak-choi kimchi

R60

### FUSION

crispy soy patty, fresh seasonal leaves and teriyaki relish

R60

## NOODLES

### NOODLE DISH OF THE DAY

R60

## DRINKS

Hot tea

R20

Iced Tea

R30

The Duchess

R30

Mineral Water (still / sparkling)

R20

# THE MENU

## BREAKFAST

### HUEVOS RANCHEROS

black beans & pancetta, fried eggs, pork belly & tortilla

R80

### BREAKFAST OF CHAMPIONS

cheese burger, fried egg, crispy bacon

R110

## BURGERS

All burgers are 180g & 100% beef, preservative free  
& served with homemade relish & pickles

THE STANDARD - 100% pure beef patty with all the trimmings

R90

R&B- battered onion rings & aioli

R90

OLD SCHOOL - Mature cheddar

R100

GRUNGE - creamy mushroom & cheese sauce

R110

I GOT THE BLUES - blue cheese & onion marmalade

R110

3 TENORS - Mozzarella, oven dried tomatoes, basil pesto

R110

COUNTRY & WESTERN - Cheddar, bacon & home smoked habanero chilli sauce

R110

DRUM & BASS - pulled pork & pickled cabbage

R110

UKULELE - grilled pineapple, cheese & chilli jam

R110

TECHNO - avocado, goats cheese & tapenade

R110

### CHIPS

### ONION RINGS

R30 (XS)

## AND BEYOND

The Soup of Love - ever changing list of fabulous fresh soup

R60

Check the board for our daily changing Market Specials

# THE MENU

## CLASSIC

ESPRESSO	R15
AFRICANO	R17
CAPPUCCINO	R17   R19
LATTE	R19
FLAT WHITE	R17
RED CAPPUCCINO	R20
HOT CHOCOLATE	R23

## FLAVOURED LATTES

CARAMEL	R24
HAZELNUT	
GINGERBREAD	
VANILLA	

## CHAI

CHAI LATTE	R22
DIRTY CHAI	R26

\* All our coffees are served as double shots unless otherwise requested.

# THE MENU

## BREAKFAST

### FULL HOUSE

bacon and egg croissant / white cheddar  
cherry tomatoes / mushrooms  
onion marmalade / basil pesto

R70

### BANTING BREAKFAST

scrambled egg / crispy bacon / white cheddar  
cherry tomatoes / mushrooms / basil pesto / rocket

R70

## SANDWICHES

### CHOOSE YOUR BASE

seed bread / ciabatta / bagel / butter croissant  
or on mixed greens

### CHOOSE YOUR FILLING

roast chicken / parma ham / rare beef / bacon / smoked trout

### AND ADD 4 EXTRAS

pecorino / cheddar / cream cheese / gem lettuce / rocket / hummus  
pesto mayo / vinaigrette / grilled peppers / brinjal / cherry tomatoes  
red onion / gherkins / capers

R65

## SOUPS

### SEASONAL

served with a chunk of sourdough bread

R35

## BAKES

### HOMEMADE PIES

char-grilled vegetable  
vegan  
beef and black label  
chicken and mushroom

R45

### SWEETS

a varied selection of the finest tarts and pastries

R40



# THE MENU

## JUICES

### FRUIT JUICES 350ML / 500ML

LEMONADE Lemon, Ginger & Apples.

R27.00 / R32.00

GINGER PINE Ginger, Pineapple & Orange.

R32.00 / R37.00

CITRESO Carrot, Lemon, Pineapple, Apple & Oranges.

R31.00 / R36.00

### VEGGIE JUICE 350ML / 500ML

DE JUICE OF ELI Beetroot, Ginger, Celery, Carrot, Lemon & Apple.

R32.00 / R37.00

DE CLEANSER Carrot, Beetroot, Kale, Celery, Orange & Apple.

R33.00 / R38.00

INVIGORATE Orange, Lemon, Ginger, Beetroot, Spinach, Celery & Carrot.

R33.00 / R38.00

### GREEN JUICE 350 / 500ML

WAKE ME UP Cucumber, Ginger Spinach & Apples.

R30.00 / R35.00

EYE OPENER Kale, Spinach, Carrot & Grapefruit.

R30.00 / R35.00

GREEN SMITH Broccoli, Parsley, Kale, Celery & Apples.

R33.00 / R38.00

GREEN PINE Spinach, Parsley, Mint, Pineapple & Apples.

R35.00 / R40.00

## SMOOTHIES

### FRUIT SMOOTHIES 350ML / 500ML

MANGO BANG Mango, banana, Lemon & Apples.

R41.00 / R46.00

QUICK HIT Strawberry, Mango, Orange & Apples.

R43.00 / R48.00

PASSION MAN Passion Fruit, Kiwi Fruit, Mango, Orange & Apple.

R45.00 / R50.00

MIXED BERRIES Raspberries, Strawberry, Redcurrant, Blackberries, Banana & Apples.

R45.00 / R50.00

TROPICAL MIX Mandarin, Papaya, mango, Pineapple, Banana & Orange.

R41.00 / R46.00

### SUPER FOOD SMOOTHIES 350ML / 500ML

GOGO Goji Berri, Honey, Blueberry, banana & Peru Water.

R42.00 / R49.00

SUNSET Pumpkin Seed, Sunflower Seed, Honey, Banana & Orange.

R30.00 / R40.00

HIGH KICK Strawberry, Kiwi fruit, Banana, Spirulina, Linseed & Apples.

R43.00 / R48.00

DE MORINGA Moringa Powder, Kiwifruit, Pineapple & Apples.

R42.00 / R49.00

### PROTEINS SMOOTHIES 350ML / 500ML

PEANUT BUTTER Roasted Peanut, Tahini, Honey, Banana & Soya Milk.

R42.00 / R47.00

JUMPING JACK Almond Roasted, Cinnamon Honey, Banana & Soya Milk.

R44.00 / R49.00

COCO POWER Cocoa Powder, Date, Tahini, Vanilla, Banana & Soya Milk.

R40.00 / R45.00