

grounded

HEALTH | HEAL | GROW

LET'S GO

BREAKFAST IS SERVED UNTIL 11H45 AM

MORNING SUNRISE 85

TWO FRIED EGGS, TWO RASHER OF BACON, A SLICE OF TOAST & CHIPS.

MINCE SOURDOUGH STACK 140

SOURDOUGH TOAST TOPPED WITH TWO RASHES OF BACON, SAVORY MINCE & TWO FRIED EGGS.

CLASSIC OAT BOWL 70

WARM GLUTEN-FREE ROLLED OATS, WITH CINNAMON, ALMOND FLAKES, COCONUT FLAKES & HONEY.

ADD: CHIA SEEDS | PEANUT BUTTER 15

BACON & CHEESE 120

FRENCH TOAST

TWO SLICES OF SOURDOUGH/- GLUTEN FREE TOAST, BACON, CHEESE & HOT HONEY

POACHED EGG BOWL 125

SMOKY TOMATO CHOKA, 2 POACHED EGGS, BACON, GREMOLATA YOGHURT & SOURDOUGH TOAST.

GOOD START 130

SOURDOUGH/GLUTEN-FREE TOAST, BACON, AVO, PAN FRIED CHERRY TOMATOES, SMOKY HUMMUS, FETA, MICRO GREENS & TOASTED SEEDS.

BACON BENEDICT 120

ORANGE AND ROSEMARY INFUSED SOURDOUGH, 2 POACHED EGGS, HOLLANDAISE SAUCE, BACON & GREENS.

THE BASIC 90

TWO SLICES OF SOURDOUGH TOAST, BUTTER & 2 POACHED EGGS.

THE ULTIMATE 120

TWO FRIED EGGS, BACON, PORK BANGERS, BAKED BEANS, GRILLED TOMATO, MUSHROOMS & A SLICE OF TOAST.

SMASHED AVO 100

SOURDOUGH TOAST TOPPED WITH SMASHED AVO, TWO POACHED EGGS & DUKKAH.

SALMON BENEDICT 175

CREAM CHEESE BAGEL TOPPED WITH 2 POACHED EGGS, SALMON, HOLLANDAISE SAUCE & MICRO GREENS.

SWEET & SAVOURY 115

FRENCH TOAST

TWO SLICES OF SOURDOUGH/- GLUTEN FREE TOAST, CREAM CHEESE & BERRY COULIS.

MOROCCAN STYLE ROTI 120

OUR TAKE ON THE MUCH-LOVED MOROCCAN 'HARIRA'. BAKED LENTIL & CHICKPEA SERVED ON ROTI WITH A POACHED EGG AND LABNEH.

SMOOTHIE BOWLS

SUPER GREENS 95

APPLE, AVO, BABY SPINACH, PINEAPPLE, LEMON, CHIA SEEDS, COCONUT FLAKES, APPLE JUICE & ALMOND MILK.

CACAO NUT BANANA 95

BANANA, ORANGE, CACAO, PEANUT BUTTER, SESAME SEEDS, DATES & OAT MILK.

GUILT FREE STAPLES

OPEN SANDWICH, CHOOSE BETWEEN SOURDOUGH OR GLUTEN-FREE TOAST

GREMOLATA 'AIOLI' 135

CHICKEN MAYO

GREMOLATA CHICKEN AIOLI WITH CUCUMBER, TURMERIC & GINGER SLAW, & RED ONION.

LEBANON 135

OUR FAMOUS MARINATED AUBERGINE, LABNEH, MARINATED RED ONION & FALAFEL.

SASSY SALMON 195

SALMON, ROCKET, CREAM CHEESE, CUCUMBER RIBBONS, AVOCADO, CELERY MARINATED RED ONION, FETA, CAPERS & GREMOLATA.

GREEK EASY 170

100% PURE BEEF MEATBALLS, BABY SPINACH, CUCUMBER, BAKED GREEK SALAD, HUMMUS & GREENS.

BETTER TOGETHER PLATES

GOLDEN HAKE 170

MEDALLIONS OF HAKE COATED WITH PANKO CRUMBS, SERVED WITH FENNEL & SESAME SLAW, RED CABBAGE, CORIANDER SALSA & AIOLI.

SALMON POKE BOWL 180

STICKY SOY & HONEY DRESSED JASMINE RICE, SALMON ROSES, EDAMAME BEANS, CUCUMBER, BABY SPINACH, SESAME SLAW.

VEG BOWL 150

STICKY SOY & HONEY DRESSED JASMINE RICE, BALSAMIC ROASTED BEETROOT, MEDLEY OF CARROT, CUCUMBER, AUBERGINE & BABY SPINACH.

PULLED PORK 170

PULLED PORK, TABOULEH, PICKLED CABBAGE, FALAFEL & HUMMUS.





STEP IT UP

VEGETARIAN BURGER 170

LAYERS OF, MARINATED AUBERG, TURMERIC CABBAGE, CUCUMBER RIBBONS, RED ONION & YOGHURT WITH A SLICE OF GLUTEN-FREE TOAST.

LOADED BEEF BURGER 170

BRIOCHE BUN, 250G PURE BEEF PATTY, SUNDRIED TOMATO & RED WINE RELISH, MOZZARELLA, CHEDDAR, BACON, CARAMELIZED ONION & CREAM CHEESE.

ASIAN PORK BELLY 195

6 HOUR ROASTED PORK BELLY SERVED WITH SOY & HONEY DRESSED BROWN RICE, BEAN SALAD, TURMERIC SLAW & BALSAMIC BRAISED RED CABBAGE.

HARISSA DRESSED CHICKEN BURGER 155

FRAGRANT & SMOKY WITH A GREMOLATA YOGURT & BABY SPINACH.

PORK BANGERS 130

BUTCHER CRAFTED APPLE & SAGE BANGERS SERVED ON A SWEET POTATO & CAULIFLOWER MASH WITH HONEY CIDER SAUCE.

POTATO GNOCCHI 195

PAN FRIED & TOPPED WITH A SMOKY TOMATO & VEG SAUCE. FINISHED WITH PARMESAN, RICOTTA & GREMOLATA.

FLAT RIB 215

SMOKY & RICH WITH GREMOLATA & AIOLI DRESSED SWEET POTATO CHIPS.

TASTE THIS

AS A SINGLE MEAL, OR SELECT A COUPLE & SHARE AROUND THE TABLE

MUSSEL UP 195

MUSSELS POACHED IN WHITE WINE WITH GARLIC, GINGER, CHILLI, & COCONUT CREAM. SERVED WITH SOURDOUGH.

HUMMUS 140

TOASTED WRAP, SMOKY HUMMUS, AND MARINATED OLIVES.

GRILLED CHICKEN SKEWER 130

DRESSED WITH A THAI PEANUT & COCONUT SAUCE. TOASTED WRAP, YOGHURT & BALSAMIC BRAISED CABBAGE

BEEF KOFTAS 150

3 BEEF KOFTAS, SERVED WITH TZATZIKI & A TOASTED WRAP.

TURKEY WRAP 140

OVEN ROASTED TO PERFECTION, WITH AN AOLI & MUSTARD SAUCE, BACON, BABY TOMATOES & BABY SPINACH. SIDE OF BRAISED BALSAMIC RED CABBAGE & SESAME SLAW.

EXTRAS:

RUSTIC FRIES	45	AVO	35
PORK BANGER	45	SALMON	65
BACON	45	CHEESE	35
POACHED EGG	15	MARINATED	65
FENNEL CABBAGE	45	AUBERGINE	
RED CABBAGE	45	AIOLI	40
YELLOW CABBAGE	45	BAGEL	40
CREAM CHEESE	40	TZATZIKI	35
YELLOW CABBAGE	45	TOMATO	35
HUMMUS	30	MUSHROOMS	45
BAKED BEANS	35	SLICE OF	10
SAVORY MINCE	65	TOAST	

SOMETHING SWEET

BAKED CHEESECAKE
CHOCOLATE CAKE

CARROT CAKE
BANANA BRAN MUFFINS

DRINKS

HOT DRINKS

SGL ESPRESSO	25
DBL ESPRESSO	32
CORTADO	35
FLAT WHITE	38
SGL CAPPUCCINO	32
DBL CAPPUCCINO	38
SGL AMERICANO	30
DBL AMERICANO	35
LATTE	38
MOCHACCINO	38
BULLET PROOF COFFEE	65
GOLDEN MILK LATTE	35
MATCHA LATTE	45
CHAI LATTE	38
DIRTY CHAI LATTE	45
RED CAPPUCCINO	32
RED SPICED CHAI LATTE	45
HOT CHOCOLATE	38
TEAS - ROOIBOS, CEYLON,	POR
EARL GREY & GREEN	

ICED DRINKS

ICED COFFEE - ON ICE CRUSHED	45
ICED MATCHA - ON ICE CRUSHED	48
ICED TEA - RED ESPRESSO	45
& APPLE JUICE	

JUICES

MANGO, ORANGE, APPLE

FRESHLY PRESSED JUICES

ORANGE	40
TJ JO SHOT (TURMERIC, GINGER & ORANGE)	60
GUT REPAIR	55
BEETROOT & GINGER	60
SMOOTHIES	
SALTED NUT BUTTER	58
EXTREME GREEN	58
PEANUT BUTTER BOMB	58
LEMON BERRY	58

SOFT DRINKS

COKE, COKE LIGHT, COKE ZERO, CREME SODA, SPRITE, SPRITE ZERO, FANTA ORANGE, DRY LEMON, APPLETISER, GRAPETISER, INDIAN TONIC WATER,

SPRITZ

APEROL SPRITZ
BITTERLEKKER

BEERS & CIDERS

VARIETY OF OPTIONS
AVAILABLE IN FRIDGE.

SPIRITS

KLIPDRIFT, JAMESON, KWV 5 YEAR, OLOF BERGH, SMIRNOFF VODKA, INVERROCHE GIN, GORDONS GIN, TANQUARY GIN.

WINES

WINE BY THE GLASS OR CHOOSE A BOTTLE FROM OUR SHELVES / FRIDGE AND ENJOY!