

# grounded

HEALTH | HEAL | GROW

HOW DOES IT WORK?

MAKE YOUR WAY TO OUR SERVICE COUNTER TO PLACE YOUR ORDER.

MAKE YOUR PAYMENT & TAKE A SEAT, OUR STAFF WILL BRING THE REST.

WE HAVE A CENTRAL SELF-HELP STATION WITH CONDIMENTS.

DUE TO OUR SPECIFICALLY PLANNED MENU, KITCHEN FLOW, AND SPACE RESTRAINTS WE ARE UNABLE TO CUSTOMISE THE MENU ITEMS ON OFFER. WE DO HOWEVER HAVE THE OPTION TO ADD EXTRA (EXISTING) ITEMS. KINDLY ENQUIRE WHEN PLACING YOUR ORDER.

## LET'S GO

BREAKFAST IS SERVED UNTIL 11H45 AM.

**CLASSIC OAT BOWL** 65  
WARM GLUTEN-FREE ROLLED OATS, WITH CINNAMON, ALMOND FLAKES, COCONUT FLAKES & HONEY.

**PEANUT BUTTER OAT BOWL** 75  
WHOLESOME & NUTTY. CHIA SEEDS & SALTED CANDIED PEANUTS.

**POACHED EGG BOWL** 115  
SMOKY TOMATO CHOKA, 2 POACHED EGGS, BACON, GREMOLATA YOGHURT & SOURDOUGH TOAST.

**THE BASIC** 75  
TWO SLICES OF SOURDOUGH TOAST, BUTTER & 2 POACHED EGGS.

**GOOD START** 110  
SOURDOUGH/GLUTEN-FREE BACON, AVOCADO, PAN FRIED CHERRY TOMATOES, SMOKY HUMMUS, FETA, MICRO GREENS & TOASTED SEEDS.

**GROUNDLED BENEDICT** 120  
ORANGE AND ROSEMARY INFUSED SOURDOUGH, 2 POACHED EGGS, HOLLANDAISE SAUCE, BACON & GREENS.

**SALMON BENEDICT** 135  
CREAM CHEESE BAGEL TOPPED WITH 2 POACHED EGGS, SALMON, HOLLANDAISE SAUCE & MICRO GREENS.

**SWEET & SAVOURY BAGEL** 120  
CINNAMON & RAISIN BAGEL, CREAM CHEESE, BACON, FRIED BANANA & HONEY.

**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

**FOREST BERRY BEETROOT** 85  
MIXED BERRIES, BEETROOT, BANANA, CHAI SEEDS, DATES, ORANGE & OAT MILK

**CACAO NUT BANANA** 85  
BANANA, ORANGE, CACAO, PEANUT BUTTER, SESAME SEEDS, DATES & OAT MILK.

## GUILT FREE STAPLES

OPEN SANDWICH OF YOUR CHOICE - SOURDOUGH OR GLUTEN-FREE TOAST

**GREMOLATA 'AIOLI' CHICKEN MAYO** 125  
GREMOLATA CHICKEN AIOLI WITH CUCUMBER, TURMERIC & GINGER SLAW, AND RED ONION.

**LEBANON** 125  
OUR FAMOUS MARINATED AUBERGINE, LABNEH, MARINATED RED ONION & FALAFEL.

**SASSY SALMON** 145  
SALMON, ROCKET, CREAM CHEESE, CUCUMBER RIBBONS, AVOCADO, CELERY MARINATED RED ONION, FETA, CAPERS & GREMOLATA.

**GREEK EASY** 130  
100% PURE BEEF MEATBALLS, BABY SPINACH, CUCUMBER, BAKED GREEK SALAD, HUMMUS & GREENS.

## BETTER TOGETHER PLATES

**GOLDEN HAKE** 130  
MEDALLIONS OF HAKE COATED WITH PANKO CRUMBS, SERVED WITH FENNEL & SESAME SLAW, RED & PURPLE CABBAGE, CORIANDER SALSA AND AIOLI.

**CARDAMOM HARISA CHICKEN** 150  
FRAGRANT PAN-FRIED CHICKEN ATOP A TURMERIC PEPPADEW COUS-COUS AND ORANGE & GINGER APRICOT RELISH.

**COCONUT VEG CURRY** 155  
BUTTERNUT, SWEET POTATO, CARROTS & ONION WITH A BLACK & BROWN RICE. SERVED WITH A POPPADUM & COCONUT SHAVING.

**PULLED PORK** 160  
PULLED PORK, TABOULEH, PICKLED CABBAGE, FALAFEL & HUMMUS.





## STEP IT UP

**VEGETARIAN BURGER** 165  
LAYERS OF, MARINATED AUBERG,  
TURMERIC CABBAGE, CUCUMBER  
RIBBONS, RED ONION & YOGHURT  
WITH A SLICE OF GLUTEN-FREE  
TOAST.

**LOADED BEEF BURGER** 160  
BRIOCHE BUN, 250G PURE BEEF  
PATTY, SUNDRIED TOMATO AND RED  
WINE RELISH, MOZZARELLA, CHED-  
DAR, BACON, CARAMELIZED ONION  
& CREAM CHEESE.

**POLENTA BOWL** 180  
RICH & CREAMY PARMESAN POLEN-  
TA WITH 8 HOUR ROASTED PORK  
BELLY, FRIED BABY TOMATOES,  
OLIVES & YOGHURT.

**FLAT RIB** 185  
SMOKY AND RICH WITH GREMOLATA  
& AIOLI DRESSED SWEET POTATO  
CHIPS.

**TANGY CHICKEN BURGER** 140  
SUCCELENT CHICKEN BREAST  
TOPPED WITH A CHILI AND PINEAP-  
PLE RELISH, GREMOLATA & YO-  
GHURT.

**PORK BANGERS** 115  
BUTCHER CRAFTED APPLE & SAGE  
BANGERS SERVED ON A SWEET  
POTATO AND CAULIFLOWER MASH  
WITH HONEY CIDER SAUCE.

**RICOTTA GNOCCHI** 165  
THIS HAND-CRAFTED RICOTTA  
GNOCCHI WITH GREMOLATA, YO-  
GHURT, PARMESAN, CRACKED  
PEPPER, AND GREENS.

## TASTE THIS

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

**MUSSEL UP** 170  
MUSSELS POACHED IN WHITE WINE  
WITH GARLIC, GINGER, CHILI, AND  
COCONUT CREAM, SERVED WITH  
SOURDOUGH.

**HUMMUS** 105  
TOASTED WRAP, SMOKY HUMMUS,  
AND MARINATED OLIVES.

**BAGEL** 130  
CREAM CHEESE WITH A SPICY  
DRESSED CUCUMBER, MARINATED  
OLIVES, BABY LEAFES & SPEKBOOM  
DRESSING.

**BEEF KOFTAS** 125  
3 BEEF KOFTAS, SERVED WITH TZA-  
TZIKI & A TOASTED WRAP.

**MEDITERANEAN WRAP** 140  
FILLED WITH A GRADE BLACK PEP-  
PERED MINCE, RED WINE RELISH,  
FETA, MOZZARELLA, BABY SPINACH &  
AIOLI.

### EXTRAS:

RUSTIC FRIES	40	AVO	25
A PORK BANGER	40	SALMON	55
BACON	45	CHEESE	30
POACHED EGG	15	MARINATED	65
FENNEL CABBAGE	45	AUBERGINE	
RED CABBAGE	45	AIOLI	40
YELLOW CABBAGE	45		

## 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	30
GOLDEN MILK LATTE	35
MATCHA LATTE	45
CHAI LATTE	38
DIRTY CHAI LATTE	45
RED CAPPUCCINO	32
RED SPICED CHAI LATTE	45
TEAS - ROOIBOS, CEYLON, EARL GREY & GREEN	
HOT CHOCOLATE	38

**ICED DRINKS**

ICED COFFEE   HAVE IT CRUSHED	45
ICED MATCHA	48

**JUICES**  
MANGO, ORANGE, APPLE

**FRESHLY PRESSED JUICES**

ORANGE	35
TJG ORANGE SHOT	25
GUT REPAIR	60
BEETROOT & GINGER	55

**SMOOTHIES**

SALTED NUT BUTTER	55
EXTREME GREEN	55
PEANUT BUTTER BOMB	55
LEMON BERRY	55

**SOFT DRINKS**

COKE, COKE LIGHT, COKE ZERO, CREME  
SODA, SPRITE, SPRITE ZERO, FANTA  
ORANGE, DRY LEMON, APPLTISER, GRA-  
PETISER, INDIAN TONIC WATER, PINK  
TONIC WATER, GINGER ALE.

**SPRITZ**      **BEERS & CIDERS**  
APEROL SPRITZ      VARIETY OF OPTIONS  
BITTERLEKKER      AVAILABLE IN FRIDGE.

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

**WINES**  
WINE BY THE GLASS, CHOOSE A BOTTLE  
FROM OUR SHELVES AND ENJOY!