

ALL DAY MENU

Allergy Warning..... Our kitchen uses Nuts, Milk, Egg, Soybean, Peanuts, Tree Nuts & Wheat

PLACE YOUR ORDER - 064 500 5963



vegetarian



vegan



gluten free

Breakfast

- Sunrise** R65
Served on lightly toasted artisan bread.
Scrambled Eggs, Bacon, Fried Baby Tomatoes with Fresh Greens Add R15
- The Med** R75
Served on lightly toasted artisan bread.
Brinjal, Mushrooms & Onions, Prego Sauce and Fresh Greens Add R15
- Breakfast Wrap** R95
Egg, Bacon, Mushrooms & Onions and Fresh Tomatoes
- Green Omelette** R65
2 Eggs filled with Spinach, Danish Feta, Tomatoes & Red Peppers with a Prego Drizzle
- Charcoal Omelette** R65
2 Eggs filled with Mushrooms & Fried Onions, Danish Feta & Fresh Spinach with a Basil Pesto Drizzle and activated charcoal
- Traditional Omelette** R70
Chopped fried bacon, grated boerenkaas & mozzarella cheese, sliced fresh tomatoes

Flatbreads

- Served on lightly toasted artisan flatbread.* Add R15,00
- Chicken Mayo** R75
Basil Mayo With Crunchy Salad
- Mykonos** R85
Falafel, Spinach, Olives & Mint Dressing
- Veg Delight** R75
Spinach, Mushrooms and Feta
- Vegan Delight** R65
Aubergine, Pesto and Fresh Tomato

Toasted Wedges

- Cheese & Bacon** R68
Boerenkaas, Mozzarella,, Bacon & Tomato
- 3 Cheese** R58
Boerenkaas, Mozzarella, Danish Feta & Tomato

***** When placing a take away order please remember we **CHARGE** an extra **R5** for the container **UNLESS** you bring your own

GS Traditional Wraps

- Awesome Cajun chicken** R95
Chicken Strips, Feta, Bacon, Crunchy Salad, Sweet Chilli Dressing & Atchar
- Bacon & Haloumi** R95
Fried Haloumi, Bacon, Crunchy Salad & Sweet Chilli Dressing
- Heavenly Mushroom** R80
Mushrooms & Onion, Crunchy Salad, Sweet Chilli Dressing & Atchar
- Vegetarian Falafel** R95
Falafel Balls, Onion Marmalade, Danish Feta, Crunchy Salad, Sweet Chilli Dressing, Tzatziki & Atchar
- Vegan Falafel** R90
Falafel Balls, Onion Marmalade, Crunchy Salad, Sweet Chilli Dressing, & Atchar

Pocket Wrap

- Thai Wrap** R75
Crunchy Salad, Mung Beans, Nuts, Coriander & Chilli Thai Dressing
Choose Chicken
OR Tofu

Salads

- Thai** R90
Spinach, Mung Beans, Nuts, Coriander, Peppers, Onions, Cucumber, Carrots & Chilli Thai Dressing
Add Chicken
OR Tofu R25
- Mexican** R90
Mung Beans, Peppers, Black Beans, Chickpeas, Corn, Carrots, Tomato, Jalapeno, Onions & Avo Dressing
Add Chicken
OR Tofu R25

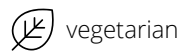


goodsource
every choice matters

ALL DAY BREAKFAST MENU

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Open Sandwiches

Served on lightly toasted artisan bread.



Add R15

Sunrise

Scrambled Eggs, Bacon, Fried Baby Tomatoes With Fresh Greens R65

The Med

Brinjal, Mushrooms & Onions, Prego Sauce And Fresh Greens R75

Omelettes

Green Omelette

3 Egg Omelette Filled With Spinach, Danish Feta, Tomatoes & Red Peppers With a Prego Drizzle R65

Charcoal Omelette

3 Egg Omelette Filled With Mushrooms, Onions, Danish Feta, Fresh Spinach, Basil Pesto, Activated Charcoal And a Yoghurt Drizzle R65

Traditional Omelette

3 Egg Omelette Filled With Chopped Fried Bacon, Grated Boerenkaas & Mozzarella Cheese And Fresh Tomatoes R70

Vegan Omelette

Chickpea Based, Filled with mushrooms, Onions, Prego Sauce And a Sweet Chili Drizzle R60

Add Bacon R25

Add Cheese R15

Add Egg R 8

Wraps

Breakfast Wrap

Egg, Bacon, Mushrooms & Onions and Fresh Tomatoes R95

Breakfast Burrito Pocket Wrap

Mince, Scrambled Egg, Yoghurt & Fresh Greens R75

Toasted Wedges

Cheese & Bacon

Boerenkaas, Mozzarella,, Bacon & Tomato R68

3 Cheese

Boerenkaas, Mozzarella, Danish Feta & Tomato R58

Smoothies

Coming
Soon !!!!

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