

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

Open Sandwiches

Served on lightly toasted artisan bread.

Sunrise

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



Add R15,00

The Med

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



Flatbreads

Served on lightly toasted artisan flatbread.

Chicken Mayo

Basil Mayo With Crunchy Salad R75



Add R15,00

Mykonos

Falafel, Spinach, Olives & Mint Dressing R85



Veg Delight

Spinach, Mushrooms and Feta R75



Vegan Delight

Aubergine, Pesto and Fresh Tomato R65



GS Traditional Wraps

Breakfast Wrap

Egg, Bacon, Mushrooms & Onions and Fresh Tomatoes R95

Awesome Cajun chicken

Chicken Strips, Feta, Bacon, Crunchy Salad, Sweet Chilli Dressing & Atchar R95

Bacon & Haloumi

Fried Haloumi, Bacon, Crunchy Salad & Sweet Chilli Dressing R95

Heavenly Mushroom

Mushrooms & Onion, Crunchy Salad, Sweet Chilli Dressing & Atchar R80



Vegetarian Falafel

Falafel Balls, Onion Marmalade, Danish Feta, Crunchy Salad, Sweet Chilli Dressing, Tzatziki & Atchar R95



Vegan Falafel

Falafel Balls, Onion Marmalade, Crunchy Salad, Sweet Chilli Dressing, & Atchar R90



Toasted Wedges

Cheese & Bacon

Boerenkaas, Mozzarella,, Bacon & Tomato R68

3 Cheese

Boerenkaas, Mozzarella, Danish Feta & Tomato R58



Salads

Thai

Spinach, Mung Beans, Nuts, Coriander, Peppers, Onions, Cucumber, Carrots & Chilli Thai Dressing R90

Add Chicken R25

OR Tofu

Mexican

Mung Beans, Peppers, Black Beans, Chickpeas, Corn, Carrots, Tomato, Jalapeno, Onions & Avo Dressing R90

Add Chicken R25

OR Tofu

Pocket Wraps

Thai Wrap

Crunchy Salad, Mung Beans, Nuts, Coriander & Chilli Thai Dressing R75

Choose Chicken

OR Tofu

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

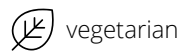


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every choice matters

ALL DAY BREAKFAST MENU

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

PLACE YOUR ORDER - 064 500 5963



vegetarian



vegan



gluten free

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 !!!!

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



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