## MENU

## FRESHLY GROUND

R<sub>75</sub>

R85

R6o

R<sub>7</sub>o

R50

R140

R65

R115

R65

R8o

R165

R95

R210 R220

R230

R220

R145

R85

R125

R190

Add sauce of choice for **only R30**:

mushroom sauce, black pepper sauce, garlic sauce

**BOLOGNAISES** 

PULLED LAMB

gluten free

ground beef, cooked in a tomato sauce

mint chili pesto and rich tomato sauce

cumin pulled lamb, onion crisps, baby marrow,

Choice of penne, tagliatelle, spaghetti, and

BREAKFAST		TOASTED SANDWICH	ES	BURGERS		SALADS	
FRESHLY GROUND BREAKFAST	R115	GRILLED CHEESE SANDWICHES		Served on a brioche bun with french fries, side		CHICKEN SALAD	R
two eggs, streaky bacon, garlic roasted cherry tomatoes, herb grilled mushrooms, lightly spice		cheddar and tomato mozzarella, tomato, and pesto with balsamic	R <sub>35</sub>	salad or potato wedges THE ROCKY	R135	chicken, avo, feta, carrot, tomato & cucumber	
baked beans and two beef or pork sausages	eu	dressing	R55	beef patty, mayo, feta, bacon, red onion, avo	<i>))</i>	CHICKEN CAESAR SALAD	R
FRESH START BREAKFAST two eggs, char grilled streaky bacon, garlic	R <sub>75</sub>	MUSHROOM, ONION AND MOZZARELLA	R65		R145	GREEK garden salad with olives and feta	Ro
roasted cherry tomatoes and hand cut fried chips		CHICKEN MAYO	R55	beef patty topped with white cheddar, truffle mayo, bacon jam, towered with onion rings		ROAST BEEF SALAD	R
LIV-ER-LITTLE	R65	MINCE, CHEDDAR AND	R70	THE ARTIST	R145	beef, avo, feta, greens	
pan-fried chicken livers in rich tomato sauce topped with caramelised onion and garlic,		TOMATO	/ *	beef patty, cheddar, smashed avo, bacon,	ŕ	GREEN FRESH	R
roasted cherry tomatoes with sour dough toas	t	HERBED TUNA MAYO	R <sub>55</sub>	chilli THE MILE	R145	classic combination of fresh greens, juicy tomatoes, crispy cucumbers, and red onions	
SCRAMBLED EGG ON TOAST	R65	HAM, CHEESE, AND TOMATO	R6o	beef patty, white cheddar, bacon, egg, onion	14,	dressed with mint dressing	
with crème fraiche and spring onion  OMELETTE	D 0 -	BACON, CHEESE AND EGG	R70	rings	_	SALMON SALAD	R
with your choice of 4 fillings: cheddar cheese,	R85	GOURMET SANDWICH	R <sub>75</sub>		R125	CRISPY CHICKPEA SALAD	R
mozzarella, mixed peppers, onion, mushrooms, tomato, bacon, ham, ground beef		SAVOURY MINCE	R68	beef patty, white cheddar, creamy mushroom sauce		CAJUN CHICKEN SALAD	R
MUSHROOM FORESTIERE	R55	BACON AND AVO	R50	THE BARBI-Q	R125	lettuce, cucumber, tomato, feta & olives with Cajun chicken	
JUNGLE BOWL	R65	BACON AND EGG	R50	chicken breast, mayo, smashed avo, bacon, marinated cherry tomatoes, chilli, coriander			
oats cooked in milk drizzled with honey &	105			THE AMERICAN	R115	DESSERT	
fruit salad.	_ ,	SRIRACHA CHICKEN SANDWICH tomato, cheddar, sriracha mayo, sourdough	R <sub>7</sub> o	chicken breast, melted cheddar cheese,			-
GRANOLA BOWL granola on a pool of double thick plain	R65	bread		caramelised red onion, greens, pickled red onion, dill pickles and a saucy ranch dressing		ASSORTED CAKE SLICES	1
yoghurt, fruit salad & honey.		* served on your choice of white, brown, rye,		THE MEXICAN	R105	MALVA PUDDING CHEESE BOARD	F
FLAP JACK TOWER	R <sub>75</sub>	sourdough, or whole wheat		grilled chicken breast, sweet chilli mayo, salsa, jalapenos <b>(add avo R24)</b>		BAKED CHEESE CAKE	I
with whipped cream and berry coulis		* add a portion of chips for only <b>R30</b>		STANDARD BURGERS:		STREE GILLEGE GEREE	
FRENCH TOAST STACK with crispy bacon, banana slice, maple syrup	R8o	PASTRIES		Beef	R90		
CROW'S NEST	R90	<del></del>		Chicken	R89		
two poached eggs, grilled halloumi, grilled	1090	PLAIN CROISSANT	R30	Lamb	R119		
mushrooms, avocado, hummus, and rocket, drizzled with chilli oil.		CHOCOLATE CROISSANT	R <sub>45</sub>	W/D A DC			
EGGS BENEDICTS	R8o	CHOCOLATE BROWNIE	R40	WRAPS			
two poached eggs on toasted english muffin with hollandaise sauce		FILLED CROISSANTS:		SOFT TACOS	Rioo		
		Ham and cheese	R50	Beef: beef mince Chicken: chicken strips			
Ham Bacon	R110 R110	Chicken mayo Bacon, egg, and cheese	R50 R60	CHICKEN WRAP	D.		
Smoked Salmon Trout Spinach and Mushroom	R130 R105	BANANA BREAD		chicken, feta, carrots, lettuce	R95		
	,	ASSORTED MUFFINS	R30 R30	BREAKFAST WRAP egg, bacon, cheese, mushroom & tomato	R88		
POACHED EGGS	R65	ASSORTED MOTTINS	11,50	AVO HUMMUS AND TOMATO	_	AXD.	
In a spicy tomato & bell pepper sauce				WRAP	R70	FLAMED KISSED	
BREKKIE BURRITO	R85			BEEF WRAP	Riio		
scrambled eggs, avo, bacon, cheddar, caramelised onion with tomato relish				roast beef, cream cheese, lettuce, cheddar, salsa, pepperdew	D.	served with a choice of a side: chips, side salad, grilled vegetables, couscous, mo	ashec
				VEGGIE WRAP	R75	potato, or pap and salsa	
				thin layer of halloumi, piled high with your favourite veg, including spinach, avocado,		SALMON FILLET	
AVO ON TOASTS				carrot, and cucumbers		FILLET 200G	
SMASHED AVOCADO	R35			PASTA		salt and pepper crusted, or barbecue basted	
SMASHED AVOCADO AND	R65				D - (	RUMP STEAK 300G salt and pepper crusted, or barbecue basted.	
CREAM CHEESE				CREAMY CHICKEN grilled chicken breast, baby spinach and a	R165		
SLICED AVOCADO, HUMMUS,	R <sub>75</sub>			cheesy tomato sauce.	D	STICKY PORK RIBS 450G	
TOMATO, AND FETA	D o			GRILLED GREENS  baby spinach, broccoli, green beans, peas,	R115	GRILLED CHICKEN WINGS	
AVOCADO TANGO two eggs with herbed cream cheese, rocket,	R8o			brie, and basil pesto  FRESHLY GROUND BEEF		PIZZAIOLA CHICKEN SCHNITZEL served with sheba, black olives, salads or chips	

avocado and topped with chili oil served on

Rio

toasted rye.

Add egg:



Creating memories, one meal at a time.

— ALL DAY—

MENU