



FRESHLY
GROUND
COFFEE SHOP

FOOD MENU

THE SUN'S BOUNTY

All breakfasts are served with our signature sourdough bread

FRESH START R75

two eggs, streaky bacon, garlic roasted cherry tomatoes and hand cut fried chips

CROW'S NEST R90 [V]

two poached eggs, grilled halloumi, grilled mushrooms, avocado, hummus, and rocket, drizzled with chilli oil

FRESHLY GROUND GLORY R115

two eggs, streaky bacon, garlic roasted cherry tomatoes, herb grilled mushrooms, lightly spiced baked beans and two beef or pork sausages

LIV-ER LITTLE R65

pan-fried chicken livers in a tomato sauce topped with caramelized onion and garlic roasted cherry tomatoes on sourdough toast

AVO TOAST R45

AVOCADO TANGO R80 [V]

two eggs with herbed cream cheese, rocket, avocado and topped with chilli oil served on toasted rye

SCRAMBLED EGGS R65

with crème fraiche and spring onion

OMELETTES R85

With your choice of 3 fillings: cheddar cheese, mozzarella, mixed peppers, onion, mushrooms, tomato, bacon, ham, ground beef

EGGS BENEDICT

English muffin stacked with two poached eggs, baby spinach and hollandaise sauce:

Ham R110

Bacon R110

Salmon R130

Mushroom R105

SHAKSHUKA R65 [V]

spicy tomato & bell pepper sauce cooked for hours topped with two poached eggs

JUNGLE BOWL R65 [V]

oats cooked in milk drizzled with orange blossom honey, candied mixed nuts & dried fruit salad

GRANOLA GLOW BOWL R85 [V]

homemade Granola on a pool of double thick plain yogurt and topped fruit salad & orange blossom honey

FLAPJACK TOWER R75 [V]

layered flapjacks with whipped cream, strawberries, caramelized banana slices & berry coulis

FRENCH TOAST STACK R78 [V]

Served with fresh cream, mascarpone and topped with mixed berries and syrup

CROISSANTS [V]

Plain croissant:

served with grated cheese, jam & butter R30.

Chocolate croissant:

filled and topped with chocolate R45

White chocolate almond croissant:

filled with white chocolate cream and topped with almond flakes R55

TOASTED SANDWICHES

Available on white, rye, whole wheat, or a seeded roll

[gluten free R10, wrap R10, tramezzini R10, pita bread R10 bagel R10 croissant R10]

Cheddar cheese and seasoned tomato R45 [V]

Grilled mushroom, onion, & mozzarella R50 [V]

Mozzarella, basil pesto and tomato R50 [V]

Broccoli and vegan mayonnaise R45 [Vegan]

Cajun roasted pulled chicken mayonnaise R55

Signature Sandwich - braised ground beef, tomato, and cheddar cheese R70

Steak and egg R95

Bacon, cheese and egg R65

Ham, cheese and tomato R60

Herbed tuna mayonnaise R60

SALADS

CAESAR SALAD R110

chicken, romaine lettuce, herb croutons, cold poached egg, crispy bacon, Caesar dressing and served in basil phyllo bowl

GREEK R60 [V]

kalamata olives, danish feta, garden greens and a tangy cream dressing

GREEN FRESH R98 [V]

baby spinach, avocado, broccoli, edamame, marinated green bean, roasted pistachio, dressed with mint chilli pesto

GRILLED CHICKEN SALAD R110

grilled chicken breast, lettuce, tomato, cucumber, red onion, roasted bell peppers, carrot ribbons, boiled egg, brinjal crisp dressed with creamy herbed vinaigrette

ROAST BEEF R125

sliced roast sirloin, lettuce, rocket, tomato, cucumber, red onion, roasted bell peppers, carrot ribbons, brinjal crisp and creamy salad dressing

BACON, BROCCOLI, AND QUINOA R105

Bacon, steamed broccoli, quinoa, mild cheddar, edamame and creamy herbed dressing

PASTA

*choice of panne, spaghetti and tagliatelle |
zucchini spaghetti R25 gluten free R25*

CREAMY CHICKEN TIKKA MASALA R165
tikka spiced chicken, cream cheese, baby
spinach and rich tomato sauce

GRILLED GREENS R115 [V]
baby spinch, brocoil, green, bean peas,
tomato, brie, and basil pesto pasta

SALMON CREAM R220
flacked salmon, peas in cream white wine
sauce

SALMON ZUCCHINI R230
Grilled fresh salmon served on zucchini
spaghetti topped with lemon cream sauce
and herbed mascarpone

**FRESHLY GROUND BEEF BOLOGNAISE
R125**
ground beef, cooked in a rich tomato
sauce

PULLED LAMB R190
cumin spiced pulled lamb, onion crips,
baby marrow, chili mint pesto in rich
tomato sauce

BURGERS

BEEF BURGER R135
BBQ basted beef patty, tomato, lettuce,
gherkins, onion, burger sauce, and hand
cut chips

CHICKEN BURGER R125
grilled chicken breast, tomato, lettuce,
gherkins, onion, burger sauce, and hand
cut chips

FLAME-KISSED

Served with a choice of couscous, side salad, hand cut chips, pap, mashed potato, or green vegetables

Wings R145

Chicken breast R145

Lamb chops R310

Fillet Steak (200g) R220

Rumb Steak (300g) R230

Sirloin Steak (300g) R230

Pork ribs (450g) R220

EXTRAS

Chips R30

Mozzarella R25

Cheddar R25

Feta R38

Olives R30

Biltong R65

Avocado R45

Bacon R40

Chicken Strips R65

SAUCES | R30

Mushroom, Pepper, Garlic, Mustard, Cheddar Cheese, Blue Cheese or Chimichurri.

(Some of our sauces contain alcohol)

DESSERTS

View our confectionary table for cakes of the day

ROCKY ROAD CHOCOLATE BROWNIE
R105

Served with vanilla ice cream

NEW YORK STYLE BAKED CHEESECAKE
R95

Served with a light lemon curd and fresh berries

MALVA PUDDING R80

Served with vanilla bean custard and whipped cream.

CHEESEBOARD R165
With preserves

DRINKS

FRESHLY GROUNDED

espresso based beverages

espresso single	R23
double shot espresso	R30
espresso macchiato	R27
double shot macchiato	R29
double cortado	R29

	S	M	L
caffe long black	R27	R32	R35
Flat white	R32		
cappuccino	R30	R36	R40
red cappuccino	R33	R38	R43
caffe latte	R30	R36	R40
hazelnut latte	R36	R41	R46
chocolate latte	R36	R41	R46
cafe mocha	R38	R44	R49
chai latte	R38	R44	R49

decaffeinated +R10.

almond milk +R10 / soya milk +R10 /

oat milk +R10 / lactose free+ R10.

TEAS

five roses, rooibos, earl grey,
chamomile R23

HOT CHOCOLATE

HOT CHOC R36

cacao powder, white chocolate or
dark chocolate milk

HOT CHOC AND MARSH R36

cocoa powder; white chocolate or
dark chocolate milk

FREEZOS

	M	L
coffee freeze	R46	R51
caramel freeze	R46	R51
vanilla freeze	R46	R51
chocolate freeze	R46	R51
chai freeze	R46	R51
white chocolate	R46	R51

KRUSHERS

	M	L
mango	R46	R51
cherry	R46	R51
berry	R46	R51
passionfruit	R46	R51
mojito	R46	R51

FRESHLY SQUEEZED
350ml R55 | 500ml R69

made to order with choice of the following:
carrot, spinach, beetroot, kale, cucumber,
apples, lemon, pineapple, orange, pear
and kiwi

add ginger R9

fruit salad and cocktail juice R65

SMOOTHIES

whey protein R25, collagen R25.

GREEN GODDESS R65

kale, pineapple, mint, cucumber, green
apple and lemon

VERRY BERRY R65

berries, apple, almond milk, honey,
and mint

MILKSHAKES

WAKE UP R65

double espresso, coffee infused
chocolate cream

ROCKY ROAD R75

mixed nuts, golden syrup, marshmallows,
dried cranberries and topped with
chocolate brownie pieces