

## BREW LAB

<b>Espresso</b> Rich, aromatic, strong, short coffee	S 32 D 36
<b>Americano</b> Double espresso with hot water	44
<b>Mocchiato</b> Espresso with milk foam	S 40 D 44
<b>Cortado</b> Espresso with steamed milk and light foam	S 40 D 44
<b>Piccola</b> Single espresso with steamed milk and heavy foam	S 40 D 44
<b>Cappuccino</b> Espresso with steamed milk and foam	S 42 D 46
<b>Latte</b> Double espresso in a tall cup with steamed milk	46
<b>Flat White</b> Double espresso with steamed milk and micro foam	46
<b>NEW</b> <b>V60</b> Slow-brewed pour-over with a light, tea-like body and bright flavour. Serves 1 or 2	S 69 D 89
<b>NEW</b> <b>Chemex</b> Smooth filter coffee with a fuller body, bold flavour, and soft brightness. Serves 1 or 2	S 79 D 99
<b>NEW</b> <b>Tasting Flight</b> Choose your coffee and we'll brew it three ways: espresso, milk-based, and filter	125

## COFFEE PLAYGROUND

<b>Nutella Cappuccino</b> Single espresso with steamed milk, Nutella, and a nut crumble rim	70
<b>Café Mocha</b> Single espresso with steamed milk and vegan hot chocolate	60
<b>Crème Brûlée Latte</b> Double vanilla-infused espresso with steamed milk and brûléed sugar	70
<b>Vietnamese Latte</b> Double espresso with coconut condensed milk and steamed milk	70
<b>Dirty Chai Latte</b> Single espresso with vegan spiced chai and steamed milk	60
<b>NEW</b> <b>Caribbean Mocha</b> Coconut condensed milk with hot chocolate and steamed milk	70

## EASY STEAMERS

<b>Rooibos Cappuccino</b> Rooibos with steamed milk and foam	S 50 D 58
<b>Hot Chocolate</b> Vegan hot chocolate with steamed milk	50
<b>Golden Steamer</b> Turmeric, vanilla syrup, coconut milk, and cinnamon	65
<b>Chai</b> Vegan spiced chai with steamed milk	55

## MATCHA *Hot or Cold*

<b>NEW</b> <b>Classic Matcha</b> Matcha, your choice of milk, and vanilla cold foam	75
<b>NEW</b> <b>Strawberry Matcha</b> Natural strawberry-infused matcha, your choice of milk, and dark caramel cold foam	80
<b>NEW</b> <b>Cinnamon Matcha</b> Cinnamon-infused matcha, your choice of milk, and vanilla cold foam	80
<b>NEW</b> <b>Fond Matcha Match</b> Matcha, coconut milk, berry compote, and vanilla cold foam	85

## LOOSE LEAF TEA

<b>Rooibos</b> * Herbal	37
<b>Peach and Jasmine</b> * Oolong	45
<b>Piña Colada Fruit Infusion</b> * Blend	45
<b>Vanilla Caramel</b> * Black Tea	45
<b>Gunpowder and Mint</b> * Green Tea	45
<b>Earl Grey</b> * Black Tea	45
<b>English Breakfast</b> * Blend	45

### ADD ONS

<b>MilkLab Milk Substitutue</b> * Almond, oat, or coconut	12
<b>Extra Shot</b>	12
<b>Decaf</b>	10
<b>Syrups</b> * Hazelnut, vanilla, almond, or caramel	15



## COLD BREW

*Ask about* our cold brew tower

<b>Long Black</b> Cold brew coffee over ice	60
<b>Float</b> Cold brew coffee over ice with vanilla cold foam	75
<b>Mont Blanc</b> Cold brew coffee over ice with fresh orange juice, vanilla cold foam, and orange zest	80
<b>Drip &amp; Drizzle</b> Cold brew coffee over ice with caramel syrup and vanilla cold foam	80
<b>Cold Brew Tonic</b> Cold brew coffee charged with pink tonic	75

## GET ICED

<b>Iced Latte</b> Double espresso, milk, and milk froth	65
<b>Iced Vietnamese Latte</b> Double espresso, coconut milk, condensed milk, milk, and froth	70
<b>Freezo</b> ✳️ <i>Choice of Coffee, Chocolate, or Mocha</i> Vegan Freezo powder and milk, blended with ice	70

## SMOOTHIES

<b>Kick Start</b> 🍃 <i>Boosts your metabolism</i> Green tea, coconut milk, spinach, banana, grapefruit, and ginger	65
<b>Berry Blast</b> 🍓 <i>Energy and mood enhancement</i> Mixed berries, maca powder, almonds, Greek yoghurt, banana, apple, and a drizzle of honey	80
<b>Muscle Marvel</b> 🍌 <i>Post-workout recovery and repair</i> Sugar-free peanut butter, banana, almond milk, activated chia seeds, honey, dates, and a pinch of sea salt for electrolytes	80

Add Maca	+30
Add Collagen	+30
Add Protein Powder	+30

## FRESHLY SQUEEZED

<b>Citrus Boost</b> Freshly squeezed citrus	55
<b>Green Goodness</b> Apple, cucumber, spinach, and celery	65
<b>Golden Glow</b> Pineapple, apple, turmeric, and ginger	65
<b>Wake Me Up</b> Pineapple, pear, ginger, and mint	65
<b>Immunity Zing</b> Carrot, apple, ginger, and orange	65

Add Ginger	30
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## COLD BAR

<b>Homemade Lemon Cordial</b> With sparkling water	39
<b>Lemon Iced Tea</b> Lemon iced tea with sparkling water	48
<b>Mango Lemonade</b> Mango, lemonade, and sparkling water	48
<b>Peach Bellini</b> Iced tea, peach purée, lime juice, and sparkling water	48
<b>Pink Grapefruit Lemonade</b> Grapefruit, lemon cordial, and sparkling water	48
<b>Water</b> Still or sparkling	30



## CAFE PLATES

- NEW** **Lasagnetta** *160*  
Pan-roasted five-layer beef lasagne with red wine demi-glace, white wine béchamel, and burnt rosemary butter
- NEW** **Line Fish En Papillote** *185*  
Line fish cooked en papillote with butter, herbs, and lemon, served with corn and roast potato succotash
- NEW** **Chicken Caponata** *180*  
Chicken thighs with brinjal caponata and sun-blushed tomato salsa served with black rice or korean butternut

## BOWL SALADS

- NEW** **Arabian Bowl** *F 165  
H 95*  
Spiced beef rump or roasted brinjals with pearly barley tabbouleh, mixed seeds, crunchy chickpeas, olive tapenade, parsley, mint, crumbled feta, and chermoula dressing
- Buddha Bowl** *F 130  
H 75*  
Pan-roasted sweet potato, avocado, pickled carrots, rainbow slaw, spinach, quinoa, grilled pineapple, sesame seeds, spring onion, and turmeric tahini
- Citrus and Halloumi Bowl** *F 140  
H 80*  
Rocket, marinated and charred citrus, halloumi, roasted red pepper, mint, mixed seeds, pickled red cabbage, and honey yogurt drizzle

## FOLDOVERS

- Meatball Sub** *160*  
Gluten-free sourdough roll with Neapolitana sauce, roasted tomato, meatballs, mozzarella, and basil
- Margherita** *125*  
Gluten-free sourdough base with homemade Neapolitan sauce, mozzarella, roasted heirloom tomatoes, fresh basil, and aged Fond balsamic drizzle
- Herbivora** *155*  
Gluten-free sourdough base with homemade Neapolitan sauce, roasted butternut, rocket, brinjal, pickled beetroot, tahini drizzle, basil leaves, and aged Fond balsamic drizzle
- Smoked Chicken** *165*  
Gluten-free sourdough base with herbed cream cheese, smoked chicken, mozzarella, fresh avocado, mushrooms, sage butter, toasted sunflower seeds, pickled carrots, and aged Fond balsamic drizzle

## GOURMET SANDWICHES

- Tuna Kimchi Melt** *115*  
Spicy sesame tuna, fermented cabbage, and gochujang
- Cheesesteak Pretzel Braid** *110*  
Spicy beef, caramelised onions, and torched mozzarella nestled in a pretzel roll
- Crispy Chicken Caesar Sandwich** *180*  
Parmesan-crusted chicken, Caesar dressing, and crispy lettuce on sourdough
- Tomato Focaccia Caprese Open Sandwich** *110*  
Tomato focaccia with black garlic, mozzarella, and garlic thyme balsamic drizzle
- Smashed Salmon Bagel** *140*  
Smoked salmon trout ribbons, dill cream cheese, red onion, capers, pickled cucumber, and fresh rocket
- Smoked Chicken And Brie Bagel** *130*  
Chicken, torched brie, basil pesto, basil leaves, heirloom tomatoes, and balsamic drizzle
- Club** *110*  
Smoked pulled chicken, crispy streaky bacon, lettuce, tomato, and garlic aioli
- The Happy Herbivore** *100*  
Roasted brinjal, pickled beetroot, smoky hummus, fresh tomato, and mixed leaves
- Korean Steak** *145*  
Savoury Korean-style steak, charred bell peppers, toasted sesame seeds, red onions, jalapeño, fresh spring onion, and sweet chilli mayo
- Toasties**
- Cheddar Cheese and Tomato *75*
  - Bacon, Cheese and Tomato *95*
  - Smoked Chicken Mayo *80*

- Bread options** \* Cape health seeded or sourdough
- Gluten-free bread** *+30*
  - Gluten-free bagel** *+40*
  - Swap for bagel** *+20*



# ALL DAY BREAKFAST

## Potato Nest Benedict

Poached eggs served on a crispy potato nest with Fond hollandaise, balsamic tomatoes, and pickled carrots

- + 0 Swap potato nest for English muffin
- + 40 Add bacon
- + 60 Add salmon
- + 40 Add halloumi
- + 20 Add spinach
- + 50 Add avocado

110

## NEW Garden Polenta And Jammy Eggs 🌱

Polenta, jammy egg, stewed spinach and chickpeas, seasonal fresh salad, and miso citrus dressing

- + 0 Vegan option | Cumin & turmeric spiced paneer 🌱

120

## Shakshuka 🌱

Eggs poached in a sauce of onion, tomato, red peppers, and Arabic spices, topped with feta and served with gluten-free focaccia flatbread

- + 40 Vegan option | Zucchini & tofu 🌱

110

## NEW Turkish Eggs 🌱

Yoghurt infused with cayenne pepper, garlic, lemon, and dill; eggs fried in homemade chilli crisp, herb crisps, and gluten-free focaccia flatbread

110

## Protein Dream 🌱

Grilled smoked chicken breast served with scrambled egg whites, sautéed spinach, feta, blistered heirloom tomatoes, parsley, and herb drizzle

- + 50 Add avocado

110

## Avo On Toast 🌱

Smashed avo on sourdough with carrot crisps, pickled red onion, Parmesan, smoked feta whip, and salsa verde

- + 20 Gluten-free option

120

## Everyday Breakfast

Two eggs your way with caramelised onion, balsamic heirloom tomatoes, sausage/bacon/chicken breast, and sourdough toast

100

## NEW Shibuya Toast

Japanese sweet milk bread soaked in a sweet egg mixture, topped with vanilla bean crème pâtissière, maple syrup, and orange zest

110

## Chilaquiles 🌱

Crispy nachos with salsa roja, guacamole, fried eggs, chilli crisp, salsa verde, and salsa fresca

110

## Breakfast Foldover 🌱

Gluten-free sourdough base with fried eggs, bacon, crispy potato rösti, cheddar and mozzarella cheese mix, chilli crisp, and aged Fond balsamic drizzle

160

## NEW Asian-Style Tornado Omelette

Three eggs with chives and parsley

- + 40 Add bacon
- + 50 Add salmon
- + 40 Add beef sausage
- + 24 Add cheddar
- + 24 Add feta
- + 16 Add roasted peppers
- + 18 Add blistered heirloom tomatoes
- + 30 Add mushrooms
- + 12 Add Caramelised onion

55

## NEW FURRY FOODIES

### Puppuccino

Whipped cream

10

### Chicken \* Cooked

30

### Beef Sausage \* Cooked

40

### Beef Rump \* Cooked

60

### Biscuits

5

### Head pat or tummy scratch

Free

