

## FANCY A CUPPA LOOSE LEAF TEA?

- 37 **rooibos (herbal)**  
organic rooibos
- 42 **crème brûlée (herbal)**  
vanilla bean base + honey bush tea
- 42 **moroccan mint tea (green tea)**  
peppermint leaves + gunpowder green tea
- 42 **english breakfast (black tea)**  
chinese keemun + indian black tea
- 42 **tropical cocktail (herbal)**  
organic rooibos, hibiscus, rose hips  
+ an assortment of succulent berries
- 42 **peach + ginger (black tea)**  
full-leaf ceylon tea, peach + subtle ginger
- 42 **earl grey (black tea)**  
full-leaf ceylon tea + oil of bergamot

## SMOOTHIES

- 65 **kick start smoothie** 🍌 🍌  
green tea, coconut milk, spinach, banana,  
grapefruit + ginger
- 85 **berry blast** 🍓 🍌  
mixed berries, maca powder, almonds, greek  
yoghurt, banana, apple + a drizzle of honey
- 80 **muscle marvel** 🍌 🍌  
sugar-free peanut butter, banana, almond milk,  
activated chia seeds, honey, dates + a pinch of  
sea salt for electrolytes
- 80 **avo smoothie** 🍌 🍌  
avocado, banana, chia seeds, date paste +  
coconut milk
- + 35 **maca powder** 🍌 🍌
- + 35 **harvest table collagen powder** 🍌
- + 35 **protein powder** 🍌 🍌

## MILKSHAKES

A'LIL  
SWEET  
TREAT

- 75 **biscoff**  
biscoff spread, ice cream + lotus biscuits
- 75 **rocky road**  
nutella, ice cream + mixed nuts
- 65 **classics**  
**bubblegum or chocolate or strawberry**  
**or lime or vanilla**  
syrup + ice cream



BOUTIQUE EATERY  
FO  
ND  
ALL DAY EASY EATING

# ALL DAY BREAKFAST

ALL DAY 'CAUSE NOT  
EVERYONE'S A  
MORNING PERSON.

- 85 **classic eggs benny**  
toasted english muffin, poached eggs, hollandaise + blistered heirloom tomatoes
  - + 30 bacon (fond hollandaise)
  - + 60 salmon trout (dill hollandaise)
  - + 30 spinach + roast pepper (citrus hollandaise) 🌱
  - + 60 halloumi (green herb hollandaise) 🌱
- + 0 swap english muffin for gluten-free sourdough 🍷
- + 25 swap english muffin for potato rosti 🌱 🍷
- + 25 swap english muffin for halloumi 🌱 🍷
- 100 **greens benny** 🌱  
baby marrow, broccoli, cauliflower, spinach on sourdough topped with a poached egg, green herb hollandaise, blistered heirloom tomatoes + pickled carrots
- 98 **shakshuka** 🌱 🍷  
eggs poached in a sauce of onion, tomato, red peppers + arabic spices topped with feta + gluten-free pita
  - + 35 vegan option | with tofu scramble + feto 🌱
- 98 **turkish eggs** 🌱 🍷  
yoghurt infused with cayenne pepper, garlic, lemon + dill, fried eggs, chilli + herb oil + gluten-free pita garnished with fresh coriander
  - + 35 vegan option | substitute egg for tofu scramble 🌱
- 100 **protein dream** 🍷  
grilled smoked chicken breast served with scrambled egg whites, sautéed spinach, feta, blistered heirloom tomatoes, parsley + herb drizzle
- 98 **avo smash** 🌱  
smashed avo, thyme and pumpkin whipped feta mousse, toasted mixed seeds, blistered heirloom tomatoes + carrot dust on sourdough
- 125 **mushrooms on sourdough** 🌱  
exotic mixed mushrooms poached in coconut cream with herbs, rocket, pickled red cabbage, chili crisp, caramelised onion + heirloom tomatoes
- 90 **everyday breakfast**  
2 eggs your way, caramelised onion, balsamic heirloom tomatoes + bacon or chicken breast with sourdough toast
- 110 **banana bread toast** NEW 🌱  
a robust slice of Fond's home made banana bread, topped with mango curd, garnished with roasted nut crumble + berry meringue
- 70 **sourdough flapjack stack** NEW 🌱  
4 sourdough flapjacks + maple syrup
  - + 20 strawberries
  - + 30 mango curd
  - + 35 berry compote
  - + 15 whipped cream / ice cream
  - + 40 nutella
  - + 40 biscoff
- 140 **halloumi breakfast bowl** 🌱 🍷  
black hummus, poached eggs, halloumi, brinjal, spinach, zucchini, heirloom tomatoes + herb oil
- 95 **chilaquiles** NEW 🌱 🍷  
crispy nachos, salsa roja, guacamole, fried eggs, chili crisp, salsa verde + salsa fresca
  - vegan option | with tofu scramble + feto 🌱
- 85 **brekkie muffin** NEW 🌱  
pesto, tomatoes, fried egg, halloumi + mushrooms on an english muffin
- 45 **arabian style open omelette** NEW 🌱 🍷
  - + 18 cheddar
  - + 30 vegan cheese
  - + 25 cream cheese
  - + 18 feta
  - + 35 feto
  - + 25 bacon
  - + 40 rump steak
  - + 15 brinjal steak
- + 60 salmon
- + 15 blistered heirloom tomatoes
- + 7 red onion
- + 7 spring onion
- + 12 spinach
- + 10 olives
- + 12 roasted peppers
- + 25 mushrooms

+ 25 MAKE YOUR BREAKFAST GLUTEN-FREE



GLUTEN-FREE



VEGETARIAN



VEGAN

Although we take every precaution to ensure the safety of our customers, our food is prepared in a gluten and nut environment please inform us of any allergies you may have

# CAFFEINE FIX

BECAUSE ADULTING  
IS EXHAUSTING

- S** 36 **cappuccino**  
**D** 42 espresso with steamed milk + foam
- 65 **nutella cappuccino**  
 single espresso with steamed milk,  
 nutella + rimmed with nut crumble
- 42 **flat white**  
 double espresso + steamed milk
- 37 **cortado**  
 double espresso + steamed milk
- 30 **americano**  
 double espresso + hot water
- S** 26 **espresso**  
**D** 32 rich, aromatic short coffee
- 55 **cafe mocha**  
 single espresso, steamed milk  
 + vegan drinking chocolate
- S** 40 **latte**  
**D** 46 espresso, steamed milk + thick foam  
 + 15 add vanilla, hazelnut or caramel
- 65 **crème brûlée latte**  
 double vanilla-infused espresso with  
 steamed milk + brûléed sugar
- 65 **vietnamese latte**  
 double espresso with condensed milk + steamed milk
- 55 **dirty chai latte**  
 single espresso, vegan spiced chai + steamed milk

- 
- + 8 **DECAF YOUR COFFEE**  
 + 12 **MILKLAB ALMOND / OAT MILK / COCONUT**  
 + 15 **VANILLA / HAZELNUT/ CARAMEL**

**S** single  
**D** double

---

## EASY STEAMERS

- S** 48 **rooibos cappuccino**  
**D** 55 rooibos with steamed milk + foam
- 55 **hot chocolate**  
 vegan dark chocolate + steamed milk
- 70 **hazelnut praline hot chocolate** **NEW**  
 hazelnut syrup, hot chocolate, nut praline + milk of choice
- 58 **green matcha**  
 green matcha, date paste + steamed milk
- 65 **matcha flat white** **NEW**  
 matcha + steamed milk
- 70 **mango matcha latte** **NEW**  
 mango curd, matcha + steamed milk
- 55 **golden steamer**  
 turmeric, vanilla syrup, coconut milk + cinnamon
- 50 **chai**  
 spiced chai + steamed milk

## FRESHLY SQUEEZED

- 55 **citrus boost**  
freshly squeezed citrus
- 60 **green goddess**  
apple, cucumber, spinach + celery
- 60 **golden glow**  
pineapple, apple, turmeric + ginger
- 60 **the wake me up**  
pineapple, pear, ginger + mint
- 60 **immunity zing**  
carrot, apple, ginger + orange
- + 35 **add a ginger shot**

## GET ICED

- 60 **iced latte**  
double espresso, milk + milk froth  
+ 15 add vanilla, hazelnut or caramel
- 50 **iced americano**  
double espresso + still or sparkling water
- 65 **iced vietnamese latte**  
double espresso, condensed milk, milk + foam
- 65 **coffee freezo**  
vegan freezo powder + milk, blended with ice
- 65 **chocolate freezo**  
vegan freezo powder + milk, blended with ice
- 65 **mocha freezo**  
vegan freezo powder + milk, blended with ice
- 70 **iced banoffee pie** **NEW**  
espresso, banana syrup, whipped cream,  
butterscotch + choice of milk
- 75 **iced apple matcha latte** **NEW**  
green apple, matcha, whipped cream, choice of milk
- 80 **coconut cloud matcha** **NEW**  
coconut water topped with a whip of vanilla bean,  
matcha + coconut condensed milk
- 80 **coconut cloud espresso** **NEW**  
coconut water topped with a whip of vanilla bean,  
espresso + coconut condensed milk.

## KRUSHERS + COLD BAR

- 39 **homemade lemon cordial**  
with sparkling water
- 48 **lemon iced tea**  
with sparkling water
- 48 **pink grapefruit lemonade**  
grapefruit, lemon cordial + sparkling water
- 48 **mango lemonade**  
mango, lemonade + sparkling water
- 48 **peach bellini**  
iced tea, peach puree, lime juice + sparkling water
- 50 **krushers**  
**green apple or passion fruit or raspberry**  
puree, blended with lime juice + still water
- 30 **water**  
still / sparkling

## BOWLS + SALADS

- F 155 moroccan**  
**H 105** tender moroccan-spiced beef rump or roasted brinjals 🌱, fluffy cous-cous, apple, nut crumble, cranberries, olives, parsley, mint + crumbled feta topped with a moroccan chermoula dressing
- F 130 mexican** 🌱🔥  
**H 98** crunchy lettuce with tomato and onion salsa, crispy bbq chickpeas, charred street-style corn, black beans, guacamole, crushed tortilla chips + drizzled with a salsa verde  
+ 30 add vegan 🌱 or smoked chicken  
+ 45 add rump  
+ 40 add tofu scramble 🌱  
+ 50 add salmon trout
- F 110 buddha** 🌱🔥  
**H 80** pan roasted sweet potato, avocado, pickled carrots, rainbow slaw, spinach, quinoa, grilled pineapple, sesame seeds, spring onion + turmeric tahini
- F 130 halloumi and balsamic peaches salad** 🌱🌱  
rocket, balsamic peaches, halloumi, roasted red pepper, mint, mixed seeds, pickled red cabbage + honey yoghurt drizzle
- F 95 smoked chicken and avo salad** **NEW** 🌱  
lettuce, cherry tomato, pickled carrots, smoked chicken, thinly sliced apple, avo + green herb and garlic vinaigrette

## FOLDOVERS + ROLLOVERS

PIZZA'S  
SEXY  
COUSIN

- 140 meatball sub roll over** **NEW** 🌱  
gluten-free sourdough, homemade neapolitan sauce, roasted tomato, meatballs, mozzarella cheese + basil
- 125 margarita croizza** **NEW** 🌱🌱  
gluten-free sourdough base, homemade neapolitan sauce, mozzarella cheese, roasted heirloom tomatoes, fresh basil all rolled up into 3 golden bites
- 145 breakfast** 🌱  
gluten-free sourdough base, fried eggs, bacon, crispy potato rosti, cheddar and mozzarella cheese mix, chilli crisp + aged fond balsamic drizzle
- 125 margherita** 🌱🌱  
gluten-free sourdough base, homemade neapolitan sauce, mozzarella cheese, roasted heirloom tomatoes, fresh basil + aged fond balsamic drizzle
- 188 brie and prosciutto** 🌱  
gluten-free sourdough base, brie cheese, prosciutto crudo, basil pesto, caramelized onion, fresh rocket+ grilled balsamic peaches and balsamic reduction
- 130 erbivora** 🌱🔥  
gluten-free sourdough base, homemade neapolitan sauce, roasted butternut, rocket, brinjal, pickled beetroot, tahini drizzle, basil leaves + aged fond balsamic drizzle
- 155 smoked chicken** 🌱  
gluten-free sourdough base, herbed cream cheese, smoked chicken, mozzarella cheese, fresh avocado, mushrooms, sage butter, toasted sunflower seeds, pickled carrots + aged fond balsamic drizzle
- 155 scamone cubano** 🌱  
gluten-free sourdough base, homemade neapolitan sauce, cuban-style pulled rump, hummus drizzle, feta + mozzarella cheese, cranberries, olives, chilli crisp + aged fond balsamic drizzle
- 195 prawn** **NEW** 🌱  
hot honey garlic prawns, homemade neapolitan sauce, mozzarella, fresh heirloom tomatoes, red onion, rocket + aged fond balsamic drizzle



# CAFE PLATES

- F 130

**grilled chicken breast** 
- H 98

chicken breast, sun-dried tomato salsa, oregano butter with black rice or korean butternut
- 120

**thai green noodles** 
- + 25

noodles, mint + coriander broth, julienne carrots, tender stem broccoli, asparagus, mushroom, chili crisp, toasted sesame + coconut milk  
gluten-free option 
- 155

**spaghetti meatballs** **NEW**
- + 25

spaghetti, homemade napolitana sauce, meatballs + fresh basil  
gluten-free option 
- 110

**pasta napoletana** **NEW**
- + 25

spaghetti, homemade napolitana sauce + fresh basil  
gluten-free option 
- 155

**prawn fried rice** **NEW** 
- prawn, jasmine rice, egg, tamari, roasted red pepper, pickled carrots, dill cream cheese + spring onion

# SANDWICHES

- 130

**smashed salmon bagel**
- + 40

smoked salmon trout ribbons, dill cream cheese, red onion, capers + pickled cucumber - all smashed together + fresh rocket  
avo
- 110

**smoked chicken and brie bagel**
- smoked chicken, torched brie, basil pesto, basil leaves, heirloom tomatoes + balsamic drizzle
- 98

**club**
- smoked pulled chicken, crispy streaky bacon, lettuce, tomato + garlic aioli
- 75

**the happy herbivore** 
- roasted brinjal, pickled beetroot, smoky hummus, fresh tomato + mixed leaves
- 130

**korean steak**
- + 15

savory korean-style steak, charred bell peppers, toasted sesame seeds, red onions, jalapeño, fresh spring onion + a sweet chili mayo  
cheddar cheese
- 150

**FOND cubano**
- prosciutto, pulled beef, honey mustard mayo, pickled carrot, lettuce + mozzarella cheese
- 65

cheddar cheese + tomato 
- 85

bacon, cheese + tomato
- 70

smoked chicken mayo

|      |                                                                                                           |      |                                                                                                       |  |                    |
|------|-----------------------------------------------------------------------------------------------------------|------|-------------------------------------------------------------------------------------------------------|--|--------------------|
|      | SOURDOUGH                                                                                                 | + 20 | BAGEL                                                                                                 |  | CIABATTA           |
| + 20 | GLUTEN-FREE SOURDOUGH  | + 35 | GLUTEN-FREE BAGEL  |  | CAPE HEALTH SEEDED |