

Drinks

Fresh Pressed Juices

STRAIGHT UP OJ - 62

pure, freshly squeezed orange juice

THE CLEAN MACHINE - 62

cucumber, beetroot, spinach, pineapple, lemon & ginger

MMMM MMMMMM - 62

pineapple, orange, apple, lemon & ginger

THE GREEN MAMBA - 62

apple, lemon, mint & ginger

RISE & SHINE - 62

carrot, orange & ginger

THE HULK (V) - 80

Banana, oat milk, peanut butter, cocoa, cinnamon, almonds, & a shot of espresso

PEACHES & CREAM - 82

Peach, mango, banana, chia seeds, double thick yoghurt

MIGHTY MATCHA - 86

organic matcha, cashews, vanilla, double thick yoghurt

STRAWBERRY FIELDS (V) - 75

Strawberries, apple, coconut cream, mint, ginger

VANILLA SHORTBREAD MILKSHAKE

CHOCOLATE BROWNIE MILKSHAKE

PEANUT BUTTER MILKSHAKE

STRAWBERRY MILKSHAKE

COFFEE MILKSHAKE

62 | 42 (kids)

Smoothies

Milkshakes

Hot Drinks

	SGL	DBL
ESPRESSO	22	29
CORTADO	28	35
AMERICANO	30	37
CAPPUCCINO	34	41
LATTE	36	43
MOCHA	46	53
DIRTY CHAI	46	53
HOT CHOCOLATE BOMB (V available+8)	60	
70% chocolate bauble, filled with decadent hot chocolate powder, and mini marshmallows		
ROOIBOS CAPPUCCINO	42	
CHAI LATTE	46	
ROOIBOS WHITE HOT CHOCOLATE	48	
TEAS	30	
ceylon / rooibos / earl grey / green / chai / peppermint / chamomile		
CLASSIC HOT CHOCOLATE (regular or white)	45	
BABYCCINO	16	
VANILLA / HAZELNUT / CARAMEL SYRUP	8	
BUTTANUT ALMOND / OAT M*LK	8	
CREAM / CONDENSED MILK	9	

Cold Drinks

ICED LATTE	46
double espresso, milk, ice, foam	
'CA PHE SUA DA' (Vietnamese Iced Coffee)	49
double espresso, sweetened condensed milk, ice, foam	
ICED CHOCOLATE CHAI	46
luscious chai & chocolate, perfectly balanced, over ice	
ICED HONEY LAVENDER LATTE	52
single espresso, single origin honey & lavender syrup, milk, ice, foam	
HOUSE ROOIBOS ICED TEA	46
lemon / raspberry & hibiscus	
SPARKLY PASSION	42
passionfruit (with pips) cordial with sparkling water	
STILL or SPARKLING WATER 750ml	46
SODAS	32
original coke / coke zero / lemonade	
ROCK SHANDY	46
lemonade, soda water, Angostura bitters	
'BREW' KOMBUCHA	48
original rooibos / ginger lemon	
'FIZZY B' SPARKLING JUICE	48
apple / grape	

R50 corkage fee per bottle opened will apply to all wine / bubbly

Brunch

served all day

THE JUNGLE GYM - 99

Homemade nut & dried fruit granola served with double thick yoghurt, fresh fruit and a drizzle of single origin raw honey

STRAWBS SMOOTHIE BOWL (V) - 108

Strawberry, apple, coconut cream, mint, ginger smoothie, topped with choc nut granola & fresh berries

FLUFFY FLAPJACKS - 138

Thick & fluffy buttermilk flapjacks, our berry jam, fresh berries, crushed meringue, passionfruit, vanilla whipped cream, and single origin raw honey
or

Thick & fluffy buttermilk flapjacks, coffee caramel, whipped mascarpone cream, savoiardi, cocoa

CHOC CY HAZELNUT CROISSANT - 85

Croissant, toasted and filled with OKJA chocolate spread & hazelnuts, served with fresh berries

FRENCH TOAST

2 slices of brioche, doused in free range egg custard, fried in butter until golden, and adorned with a choice of:

- Butter & golden syrup - 62

- Caramelised banana, OKJA chocolate hazelnut spread, golden syrup - 96
Add bacon +38

- Cinnamon sugar, Biscoff, white chocolate, vanilla whipped cream - 116

- Brie, parma ham, fig jam, balsamic drizzle - 145
Add a free range fried / poached egg +15

AVO TOAST (V) - 78

Smashed avo, & caramelised onion on sourdough with seed & sprout sprinkle
Add Danish feta +35

CLUB MED TOAST - 82

Smoked hummus, grilled halloumi, pickled red onion, lemon tahini drizzle, roasted chickpeas on sourdough

THE TREEHOUSE BREAKIE - 98

2 scrambled free range eggs, roasted cherry tomatoes, herbed mushrooms, your choice of toast
Add bacon / pork chipolatas +38

GARDEN SHED BREAKIE BUN - 99

BBQ pulled pork, fried free range egg, tangy cabbage, carrot & apple slaw and chipotle mayo on a toasted brioche sesame bun

SUNRISE OMELETTE (GF) - 125

3 free range egg omelette, stuffed with Danish feta, sundried tomato pesto, baby spinach & basil
Add bacon / pork chipolatas +38

BLOOM BOWL (V+GF) 118

Fresh baby spinach & rocket, roasted chickpeas, avo, sweet potato, butternut, charred corn, tomato & onion relish
Add a free range fried / poached egg +15

THE BREAKIE WRAP - 110

2 scrambled free range eggs, bacon, rocket, cheddar, chipotle mayo, toasted in a flour wrap

FLOWER POWER TOWER (V+GF) - 135

Our house potato rosti stacked with roasted cherry tomatoes, herbed mushrooms, olive tapenade, basil pesto, sprouts, garden greens & a drizzle of balsamic glaze

BACKYARD BENNY (GF) - 90

2 poached free range eggs on a house potato rosti, lavished in dreamy hollandaise, optionally served with your choice of

Bacon +38

Franschoek smoked salmon trout +54

Creamed spinach +29

BAGELS / CROISSANTS

Toasted, served with butter, mixed berry jam or caramelised onions, & cheddar - 65

Toasted, served with butter & creamed raw honey - 58

Mozzarella, basil pesto, tomato, balsamic drizzle - 90
(v available)

Bacon, fried free range egg, avo, mozzarella - 99

Franschoek smoked salmon trout, dill cream cheese, capers & lemon - 112

Bacon, lettuce, fresh tomato, miso mayo - 92

Emmental, gypsy ham, house pickled cucumber, honey mustard - 94

Free range roast chicken, lemon & roast garlic mayo, pickled red onion, rocket - 105

SAVOURY MUFFIN - 60

A sumptuous blend of cheddar, mozzarella, Danish feta and onion, baked into a delicious muffin, served with butter & cheddar

VANILLA SCONE - 52

Freshly baked vanilla scone, served with butter, vanilla whipped cream, and our berry jam.

CHECK OUT OUR PASTRY DISPLAY FOR OUR FAMOUS CAKES & BAKES

EXTRAS / SIDES

Toast slice - 13

(sourdough / ciabatta / rye / wholewheat / gluten free)

House potato rosti (gf) - 30

Free range egg (poached / fried) - 15

Scrambled free range eggs (2) - 30

Roasted cherry tomatoes / Creamed spinach - 29

Avo / Herbed mushrooms - 36

Cheddar / Mozzarella - 29

Danish feta / Cream cheese / Emmental / Halloumi - 35

Bacon / Pork chipolatas - 38

Free range chicken breast - 42

Franschoek smoked salmon trout - 54

BBQ pulled pork / parma ham - 45

Lunch

served from 12h00

QUICHE - 105

Individual tart of cheddar shortcrust pastry, filled with seasonal produce & free-range egg custard, baked to perfection, and served with our signature side salad

PUFF PIE - 118

Delicious fillings, encased in buttery puff pastry and served with potato chips, sweet potato chips, or salad

Baked fresh to order, please allow a little extra time

SUMMER SPECIAL

Something bold, something new, something classic... check out our chalkboard for the latest special

PITA POCKETS - 138

Choose between spiced lamb mince or herby falafel, lemon & garlic mayo, lettuce, pickled red onions stuffed into pita, served with muhammara

WARM BOWLS

CHICKPEA STEW & FLATBREAD (V) - 99

Moroccan inspired spiced chickpea and tomato stew, served with homemade garlic flatbread

STICKY CHICKEN & RICE - 145

Asian inspired sticky BBQ free range chicken, seasoned jasmine rice, seasonal veggies, topped with miso mayo & sesame seeds

Add avo +36

FRESH BOWLS

EVER GREEN (V) - 116

Garden greens, cucumber, sugar snap peas, roasted broccoli, green apple, pickled red onion, pumpkin seeds, basil pesto dressing

Add grilled halloumi +35

CAESAR - 142

Cos leaves, free range chicken breast, soft poached egg, parmesan, sourdough croutons & a Caesar-style anchovy dressing

Add bacon +38

GARDEN FIESTA - 148

Garden greens, cucumber, cherry tomatoes, charred corn, smoky chipotle black beans, roasted peppers, avo, crushed corn nachos, a drizzle of creamy lime & coriander dressing
Swap the bowl for a wrap!

Add free range chicken breast +42

BACKYARD BURGERS

...served on a brioche sesame bun, with your choice of potato chips, sweet potato chips or salad

A 180g homemade beef patty, house relish, cheddar, bacon & lettuce - 160

Crumbed & fried free range chicken breast, miso mayo, lettuce, house pickled cucumber - 160

Homemade chickpea patty, bbq sauce, lettuce, pickled red onion - 145 (v+gf bun)

THE FISH POND - 190

3 Traditional sustainably caught fish cakes, panko crumbed & fried, served with tartare sauce & a tangy cabbage, carrot & apple coleslaw

BUTTERNUT & SAGE GNOCCHI - 142

Pan-fried potato gnocchi tossed in a roasted butternut cream, sage parmesan crumb, pumpkin seeds, and a drizzle of brown butter

Add bacon bits +38

MAMA ANGIE'S LASAGNA - 155

Classic lasagna, layers of slow cooked beef with creamy béchamel sauce, ricotta, and pasta sheets, served with a fresh salad of garden greens, pickled beetroot, cucumber, and a basil pesto dressing

TOASTIES

Available on sourdough / rye / ciabatta / wholewheat / gluten free, served with your choice of potato chips, sweet potato chips or salad

Cheddar & tomato - 98 (v available)

Smoked hummus, roasted seasonal veggies, balsamic drizzle - 105 (v)

Free range roast chicken, basil pesto mayo - 115

Bacon, caramelised onion, brie - 120

BBQ pulled pork, cheddar, pickled red onions - 120

SIDES

Potato / Sweet potato chips - 36 (v) (gf available)

Signature salad (garden greens, red onion, cucumber, cherry tomato, Danish feta, seed sprinkle, balsamic glaze) - 45 (gf) (v available)

*Join us every Sunday for
our delicious Roast*