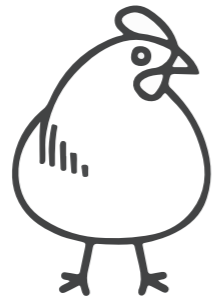


**HEN  
HOUSE  
EAT OUT  
CAFE**



## COFFEE

	reg / sgl	lrg / dbl
Americano	R29	R35
Cappuccino	R32	R38
Flat white	R35	
Cafe Latte		R35
Espresso	R18	R40
Cortado	R32	
Macchiato	R32	
Cafe Bombon	R35	
Cafe Mocha		R44
Frappe		R44
Iced Coffee		R42
Add extra		
Extra shot / Plant-based milk / Flavoured syrup / Cream / Honey		R10

## TEA

	reg / sgl	lrg / dbl
Rooibos Cappuccino	R35	R42
Rooibos Latte		R38
Spicy Chai Latte		R40
Turmeric Gold Blend Latte		R40
Tumeric Gold Blend Shot	R20	
Normal Tea Bags	R22	
English, Rooibos, Earle Grey, Green Tea		
Add extra		
Plant-based milk / Honey / Tumeric Blend		R8

## HOT CHOCOLATE

	std
Submarine (chocolate 'flake')	R42
Milky Hot (chocolate powder)	R38

**Bring your own Travel Cup and save R2**

## JUICES

FRESHLY PRESSED (350ml) R42  
 Apple Juice  
 Press of the day

SPECIAL BLENDS (350ml) R45  
 Ginger Sting  
 Pineapple, Carrot, Apple, Lemon & Ginger  
 Get Your Greens In  
 Apple, Spinach, Kale, Celery, Cucumber, Mint & Lemon  
 Crimson Bliss  
 Beetroot, Carrot, Cucumber, Apple & Lemon

## SMOOTHIES

Glowing Green R60  
 Frozen Banana, Pinnapple, Avo, Kale & Spinach with a Splash of Lemon  
 Chunky Monkey R60  
 Chunky Peannut Butter, Frozen Banana, Cacao, Dates & Plantbased Milk  
 Very Berry R60  
 Banana and Frozen Berries, with Freshly Pressed Apple Juice  
 Add Extra R10  
 Honey / Chia seeds / Turmeric Gold Blend

## MILKSHAKES

CLASSIC SHAKES R45  
 Chocolate  
 Vanilla  
 Banana  
 Bubblegum  
 Strawberry  
 Salted Caramel

HEN HOUSE SHAKES R55  
 Choc-Oreo  
 Coffee-Caramel  
 Spiced Chai  
 Peanut Butter

## CHECK THE FRIDGE FOR

Soft Drinks	R20
Tisers	R26
Water 500ml	R18
Water 1lt	R27
Ginger Beer	R25
SAB Beers	R33
Ciders	R38
Kombucha - Culture Lab	R50
Kombucha - Gut Sense (350ml)	R38

## WINE

	glass	bottle
White	R45	R160
Red	R55	R180

## CHICK DRINKS (250ml)

Glass of fresh farm milk	R18
Baby Chino	R16
Not-so-hot Chocolate	R30

FRESHLY PRESSED JUICE R30

Amazing Apple  
 Press of the day

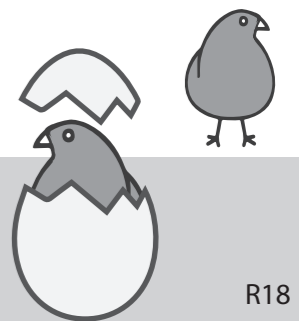
SMOOTHIES R35

Peanut Butter  
 Peanut butter, frozen banana, honey & yogurt

Berry Banana  
 Frozen banana, berries, honey & yogurt

MILKSHAKES R35

Classic Shakes  
 Vanilla, Chocolate, Banana, Strawberry, Bubblegum





## BREAKFAST (until 14:00)

Fresh Healthy Bowl R80  
Plain yogurt with fresh fruits, a touch of honey and Hen House Granola

### LIGHT MORNINGS

Served on 2 slices of toast or 2 homemade corn tortilla and fresh organic greens

Ricotta R85

Homemade ricotta, thinly sliced roasted red pepper, black olives, caramelized onion and a drizzle of olive oil

Smoked Salmon R95

Smoked salmon with aromatic herb cream cheese, a lemon wedge and selected organic sprouts

Avocado R85

Sliced avocado sprinkled with roasted seeds, served with fresh greens and a touch of lemon

Mushroom Melange R90

A selection of mushrooms sauteed in olive oil & topped with tofu

### EGG-CEPTIONAL

Served with toast or homemade gluten free tortillas

Early Bird R80

1 poached or scrambled egg, 2 rashers of bacon, sauteed mushrooms, fresh tomato, 1 slice of toast with butter and homemade marmalade

Eggs Benedict Original (with sliced, cooked ham) R95

Eggs Benedict Royal (with smoked salmon) R105

Eggs Benedict Mushroom (with sauteed mushrooms) R100

Crispy potato traybake, 2 poached eggs, creamy hollandaise, organic micro greens and 1 slice of toasted bread, with butter and homemade marmelade

Full Forest R148

2 poached or scrambled eggs, 4 rashers of bacon, fresh tomato, sauteed mushrooms, pulled pork, crispy chips and 2 slices of toasted bread with butter and homemade marmalade

Classic Eggs & Bacon R90

2 poached or scrambled eggs, 4 rashers of bacon and 2 slices of toasted bread, butter and homemade marmalade

'Ever Popular' Eggs & Avo R95

2 poached or scrambled eggs, sliced avocado and 2 slices of toasted bread, sprinkled with toasted seeds and lemon

### ADD EXTRA

Toast with butter & marmalade / 2 GF or Flour Tortillas R8 ea

Egg / Bacon Rasher / Ham / Tomato R10 ea

Cheese: Mozzarella / Cheddar / Feta R20

Ricotta / Tofu / Black Olives / Roasted Red Pepper R20

Mushrooms / Sliced Avo / Smoked Salmon / Beef / Pork R35

## TOASTIES

Accompanied by organic garden greens on one of the following: Ciabatta / Health Rye / Sourdough / Homemade GF Tortillas

### TASTY MOMENTS

Cheese R55

Mozzarella & cheddar R66

Ham & Cheese R66

Sliced cooked ham & cheddar R58

Tomato & Cheese R58

Fresh tomato & cheddar R80

Bacon & Mozzarella R80

Bacon & mozzarella R65

Chicken Mayo R65

Roasted chicken & mayonaise (plain) R85

### LUX

Pulled Pork R85

With smokey BBQ sauce & mozzarella

SmokeHouse Beef R98

With chimichurri & cheddar

Hen House Chicken Mayo R86

With bacon bits, mozzarella & basil pesto

Roasted Aubergine & Tofu R90

With sauteed mushroom & roasted pepper

## SALAD BOWLS

Herb R75

Fresh salad greens, aromatic herbs, sliced red onion, cucumber, tomato, and green apple with basil dressing

Falafel R98

Baked falafel, hummus, fresh salad greens, beetroot, carrots, avocado, tomato, sliced red onion and raw slaw with tahini dressing

Cilantro-Chicken R92

Chicken, fresh salad greens, tomato, cucumber, pineapple and red onion slices with cilantro vinaigrette

Salmon Delight R95

Smoked salmon strips, fresh salad greens, tomato, cucumber, red onion, sliced avo & crisspy bacon with lemon & herb dressing

Hummus R55

A generous portion of homemade Hummus with crudites & 2 GF Tortillas

### ADD EXTRA

1x Slice sourdough bread or Homemade GF Tortilla R8 ea

Poached Egg / Bacon Slice / Fresh Tomato R10 ea

Feta / Ricotta / Black olives / Roasted red pepper R20

Sliced Avo / Hummus / Sauteed Mushrooms R35

## TACOS

3 Mexican style small tacos (Home-made GF or flour tortillas) served with Pico de Gallo (fresh tomato, cucumber and onion cubed, in Cilantro lime dressing) & Hot Sauce

Carnitas: Pork R88

Mexican Beef R105

Chicken & Salsa Roja R85

Aubergine & Bean Salsa R95

## NACHOS

Crispy corn nachos with melted cheese, tomato salsa, Mexican black beans, guacamole, sour cream, pico de gallo (fresh tomato, cucumber and onion cubed, in Cilantro lime dressing)

Plain R88

Chicken R102

Pulled Pork R105

Beef R120

## LITTLE CHICKS

### BREAKFAST

Fresh Healthy Bowl R60

Plain yogurt with fresh fruits, a touch of honey and Hen House Granola

Egg-Ceptional R64

1 scrambled or poached egg, 2 slices of bacon, chips, homemade tomato sauce and a slice of sourdough or homemade corn tortilla (GF)

### TOASTIES

Cheese R32

Mozzarella and cheddar R40

Ham & Cheese R35

Sliced cooked ham & cheddar R48

Tomato & Cheddar R40

Fresh tomato & cheddar R48

Bacon & Mozzarella R40

Bacon & mozzarella R40

Chicken Mayo R40

Roasted chicken with mayonnaise

### TACOS-PIZZETAS

2 Homemade GF or flour Tortillas with cheese and a tomato sauce

Chicken R60

Pork R65

Beef R70

### NACHOS

Crispy corn nacho chips with melted cheese, tomato salsa and guacamole

Plain R65

Chicken R75

Pork R84

Beef R88

