



Waking up slowly, Breakfast until 14:00

FRESH HEALTHY BOWL R80
Plain yogurt,Granola, fresh fruits & a drizzle of local honey

LIGHT MORNINGS
Served with 2 slices of white or brown toast or 2 home made tortillas (flour or Gluten Free) and organic garden greens with Pico de gallo

RICOTTA CREAM CHEESE R94
Freshly made ricotta cream cheese, thinly sliced red pepper,caramelized onion,calamata black olives & olive oil

SMOKED SALMON R105
A generous portion of smoked salmon with herb cream cheese, lemon wedges & topped with organic sprouts

AVOCADO R96
Sliced avocado sprinkled with toasted seeds & lemon wedges

DUET OF SALMON & AVO R98
Smoked slamon & avocado slices Sliced served with a sprinkled of toasted seeds, cream cheese, lemon wedges and olive oil.

MUSHROOM MELANGE R98
A selection of mushroom sauteed in olive oil, a touch of paprika & topped with panfried tofu slices

EGG-CEPTIONAL
Poached,fried or scrambled eggs served with brown or white toast or gluten free tortillas, butter and homemade marmelade

EARLY BIRD R82
1 Egg, 2 rashers of bacon,sauteed mushrooms,fried tomato & 1 slice of toast

FULL FOREST R165
2 Eggs, 4 rashers of bacon, sauteed mushrooms, fried tomato, Pico de gallo, pulled pork, potato crisps and 2 slices of toast

CLASSIC EGGS & BACON R105
2 Eggs, 4 bacon rashers, 2 slices of toast and a bit of fresh Pico de gallo

EVER-POPULAR EGGS & AVO R110
2 Eggs, sliced avo, 2 slices of toast, lemon wedges & fresh organic greens with Pico de gallo

BENEDICTS
Crispy potato nest, 2 poached eggs, creamy hollandaise, organic greens with Pico de gallo & a slice of toast

ORIGINAL R105
Sliced cooked ham OR bacon

ROYAL R115
Smoked salmon

HEN HOUSE R110
Sauteed mushrooms with a pinch of paprika

TOASTIES
All toasties are seved with organic greens with pico de gallo, home-made crispy chips and a choice of white or brown bread or gluten free tortillas.

TASTY MOMENTS

Cheese (Mozzarella & Cheddar) R60

Cheese & tomato with a crack of black pepper R65

Ham & cheese R73

Chicken mayo R72

Bacon & Mozzarella OR Egg R88

LUX

Chicken mayo, mozzarella cheese, basil pesto & crispy bacon bits R98

Pulled pork with homemade BBQ sauce & mozzarella R94

Shredded beef with Chimichurri & cheddar cheese R120

Aubergene & tofu with sauteed mushrooms, roasted red pepper & Cilantro sauce R98

ADD SOMETHING EXTRA

1 slice toast with butter & home made marmelade R12

Bacon rasher / Sliced ham / tomato R10

Cheddar / Mozzarella / tofu / home-made Ricotta R20

Pulled pork / chicken / smoked salmon R35

Beef R50

Egg R8

Roasted red pepper / mushrooms sauteed / avo / Guacamole R25

Swop salad for chips R15

Side of chips Small R25 / medium R40 / large R60

Home-made tomato based hot sauce or pickled jalepino R10

NACHOS

Crispy corn nacho chips served with our home made tomato salsa, your favourite accompinament listed below, melted cheese, mexican black beans, Guacamole, vegan 'sour cream', pico de gallo, pickled jalapenos and fresh coriander.

Plain R95

Chicken R125

Vegetarian (aubergene, mushrooms & red pepper) R130

Pulled Pork R135

Pan fried beef rump steak R170

TACOS

3 Home made soft shell tortillas, gluten free or flour, your favourite filling listed below topped with Pico de gallo, our home made hot sauce & fresh cilantro and lime halves

Carnitas pulled pork in a slightly sweet tomato sauce & secret taco spice mix R105

Mexican sliced beef rump steak with black beans, chimichurri, tomato salsa, taco spice & kissed by chilli R165

Chicken in salsa Roja with taco spice R95

Aubergene & black bean salsa with mushrooms, red pepper & parsley flavour bomb R115

SALAD BOWLS

HERB R75
A variety of organic garden greens, aromatic herbs, sliced red onion, cucumber, tomato & green apple with a basil dressing

FALAFEL R105
Crispy fried falafel balls, a generous dollop of home made hummus, organic gardens greens, beetroot, carrots, avocado, tomato slivers of red oinion and a tahini dressing

CILANTRO-CHICKEN R102
Roasted chicken with a zesty coriander sauce, organic greens, tomato, cucumber, pineapple, red onion slices with a cilantro vineagrette

SALMON DELIGHT R105
Smoked Salmon strips, fresh organic greens, tomato, cucumber, red onion, sliced avocado, crispy bacon and a lemon & herb vegan cream dressing

HUMMUS R65
A generous portion of home made hummus with crudites (sliced pepper, celery sticks, cumcumber, carrot and greens apple) and 2 crispy gluten free Tortillas

ADD EXTRA (PRICE PER ITEM)

1 Slice Sourdough toast or Home made GF tortilla R7

Add butter & marmelade R12

Poached egg R8

Bacon rasher / fresh tomato / black olives R10

Feta / home made Ricotta / roasted red pepper R20

Sliced Avo / Hummus / sauteed mushrooms R30



Bookings, catering functions & general inquiries, please call us on
071 687 2749 or find us at the Heath, N2 Harkerville

COFFEES & TEAS

	reg/sgl	lrg/dbl
Cafe con leche	R29	
Americano	R32	R38
Cappuccino	R35	R42
Flat White	R38	
Latte	R38	
Espresso	R20	R38
Cortado	R35	
Macchiato	R35	
Bombon	R38	
Cafe Mocha		R48
Iced Coffee		R46
Frappe		R48
Rooibos Cappuccino	R38	R46
Rooibos Latte		R42
Spicy Chai Latte (unsweetened)		R43
Spicy Choc Chai Latte		R45
Tumeric Latte		R42
Tea Bags	R22	
(English, Rooibos, Earl Grey, Green Tea)		

ADD EXTRA (PRICE PER ITEM)

Shot of coffee	R18
Plantbased milk, syrups, pouring cream	R12

MILKY MUGS

Tall Submarine	R48
Milky Hot Chocolate	R42
Melktert Latte	R45
Horlicks	R45
Milo	R45

SMOOTHIES (all 350ml)

R65

GLOWING GREEN

Frozen banana & avo, fresh pineapple,spinach, kale & lemon juiced

CHUNKY MONKEY

Frozen banana, peanut butter, cacao powder, pitted dates & plant based milk

VERY BERRY

Frozen banana & mixed berries with freshly pressed apple juice

MILKSHAKES (all 350ml)

CLASSIC SHAKES

R50

Vanilla, Chocolate, Banana, Bubblegum, Strawberry, Lime, Salted Caramel

HEN HOUSE SHAKES

R60

Choc-Oreo, Coffee-Caramel, Spiced Chai, Peanutbutter

POWER PRESSED JUICES (all 350ml)

R50

GINGER STING

Pineapple, carrot, apple, lemon & ginger

GO GREEN

Apple, spinach, kale, celery, cucumber, mint & lemon

CRIMSON BLISS

Beetroot, cucumber, carrot, apple & lemon

*Amazing Apple / Seasonal press of the day

R45

CHECK OUR FRIDGE FOR

Coke, Coke Zero, Sprite, Fanta,
CreamSoda, Twist Grenadilla, Twist Lemon
Water 500ml bottle
Water 1l bottle
Beers SAB
Cider
Kombucha

R20
R18
R27
R35
R40
R50

CAFECITO SELECTION WINES

White, rosé	R40 / R150
Red	R45 / R170

KIDDIES MENU - BREAKFAST

FRESH HEALTHY BOWL

R60

Plain yogurt with sliced fresh fruits, granola & honey drizzle

EGG-CEPTIONAL

R68

1 egg, 2 bacon rashers, chips, home made tomato sauce, 1 slice of toast with butter or GF tortilla

BENEDICTINE

R65

Crispy potato nest,1 poached egg, home-made cheese sauce, and veggie sticks and a slice of toast.

TOASTED TORTILLA PARCELS

OR Gluten free tortillas, served with chips or fruit and veggie sticks

Cheese (cheddar & mozzarella)	R40
Ham & Cheese	R45
Tomato & Cheese	R42
Chicken Mayo	R47
Bacon & Moza	R56

TACO-PIZZETAS

2 Home made Flour or Gluten-free tacos with toamato sauce, melted cheese and guacamole

Add topping:

Chicken	R60
Pulled Pork	R65
Vegetarian	R70
(Aubergene, mushrooms & red pepper)	
Sliced beef rump steak	R75

NACHOS

Crispy corn nacho chips, tomato salsa, melted cheese, guacamole & pico de gallo

Add topping:

Plain	R65
Chicken	R77
Pulled Pork	R80
Sliced beef rump steak	R90
Vegetarian	R85
(Aubergene, mushrooms & red pepper)	

SMOOTHIES, SHAKES & JUICES All 250ml

PEANUT BUTTER

R40

Frozen banana, honey, peanutbutter & yogurt

BERRY BANANA

R40

Frozen mixed berries,banana, honey & yogurt

MILKSHAKES

R35

Vanilla, Banana, Chocolate, Strawberry, Bubblegum, Lime & Salted Caramel

Freshly pressed Amazing Apple

R35

OR seasonal press of the day

DRINKS

Glass of Farm fresh Milk	R18
Baby Chino	R16
Not-so-hot Chocolate	R30