



DAY MENU

Please Note:
10% service fee added for 6 people or more.



Refreshing drinks

FRESHLY SQUEEZED

Green Detox 65
apple, kale, celery, lemon, cucumber, ginger

Beetle Juice 65
beetroot, pear, pineapple, carrot & ginger
(Loaded with iron and minerals.)

Juice of the Day 55

HEALTH SHOTS

Ginger 35
lemon, apple cider vinegar, turmeric, ginger

Digestive 35
lemon, ginger, aloe vera

Immune Booster 35
orange/apple cayenne, ginger, turmeric

HEALTH DRINKS

Healing Detox Tea 45
lemon, ginger, cayenne, cinnamon, honey, coconut oil, apple cider vinegar and hot water

Slim Down Tonic 55
lemon, apple cider vinegar, ginger, cinnamon, cayenne

Electrolyte Elixir (rehydrate) 55
lemon, coconut water, honey, cayenne

Kombucha 60
(Detoxifies and boosts the immune system. Promotes healthy intestinal flora.)

SMOOTHIES

Skin Glow 70
banana, berries, coconut milk, cinnamon, goji berries, chia seeds, flaxseed, coconut

Green Smoothie 65
banana, coconut water, kale, lemon, cucumber, chia and ginger

Banana Heaven 55
banana, honey, chia seeds, fruit juice, yoghurt

Summer Sunset 60
chia seeds, banana, pineapple, coconut milk, pineapple juice, honey and mint

Pink Berry Crush 60
mixed berries, strawberry juice, yoghurt, chia seeds and goji berries

Energy Booster 65
mango, banana, orange, honey, organic maca powder
(Brain fusion and energy.)

Revitalise 70
pineapple, mixed berries, mango, orange, plus booster camu camu (Depression and anti inflammatory.)

Probiotic Kefir Smoothie 70
banana, strawberries, kefir and kombucha
(Promotes healthy intestinal flora. Rich in vitamin C, potassium and antioxidants.)

JUICES & WATER

Appletizer / Grapetizer 32

Juice per glass - guava, orange, mango 35

Soft Drinks - coke, fanta, sprite, etc..... 25

Cordials - passionfruit / lime 13

Still Water 500ml 24 750ml 45

Sparkling Water 500ml 24 750ml 45

<< Coffees & teas on front

HOT PRESSED

Served on your choice of utopia, ciabatta, rye or gluten free.

Ham, Cheese & Tomato 60

Cheese & Tomato 48

Bacon, Egg & Cheese 70

Chicken Mayo 65

Avocado, Mozzarella and Tomato 70

Bacon & Avo 70

SARMIES

Served on utopia, ciabatta, rye or gluten free.

Madame Monsieur 85

cheese sauce, mustard, hickory ham, mild cheese & fried egg

Smoking Salmon 135

cream cheese, smoked salmon, cucumber, red onion, capers, avo

The "Manwich" 130

beef rump, beer and onion marmalade, basil mayo, mild cheese, tomato & rocket

Pulled Barbeque Pork 110

pulled pork, bbq sauce, rocket, tomato, pickles and mustard mayo

Chicken Schnitzel 110

mild cheese, rocket, tomato, basil mayo and crisp chicken schnitzel

QUESADILLAS / WRAPS

Pulled Pork, Caramelised Onion, Mild Cheese, Coriander and Tomato Salsa 95

Chicken, Mayo, Mild Cheese and Gherkins 90

Crumbed Chicken, Avocado, Cheese, Pepperdew and Garlic Mayo 110

Smoked Salmon, Avo, Cream Cheese, Tomato & Caper Salsa 135

Mexican Mince, Mild Cheese, Tomato and Avocado Salsa 110

Quinoa, Halloumi, Root Roasted Vegetables, Grated Carrot, Seeds, Lettuce and Tomato 105

SHANDY

Rock Shandy 47

Malawi Shandy 52

BAVARIA BEER

Bavaria Shandy 35

Bavaria 0% alc lemon 30

Bavaria Radler lemon / grapefruit .. 30



House Wine White / Red 45 per glass · Bubbly 55 per glass · For more wines and bubbly, please ask for the wine list.

KIDDIES MENU

Crispy Chicken Breast Strips, Fries and Tomato Sauce 60

2 Scrambled Eggs, Bacon and Toast ... 45

Kiddies Toasted Cheese 40

Babychino 10

Milkshake 35

All our ingredients and fresh produce is farmed organically where possible.

All ingredients are subject to availability and will be replaced with something in stock.



SALADS

Halloumi & Quinoa Salad 115
lettuce, cherry tomato, quinoa and halloumi cheese, roast root vegetables and mixed seeds
(add avo 20)

Thai Beef 125
beef rump strips marinated in ginger, soy, coriander and chilli on a bed of radish, cucumber, carrot & red onion

Utopia 85
toasted seeds, feta cheese, cherry tomato, cucumber and red onion
(add seared norwegian salmon 150)

Grilled Mediterranean Chicken 125
greens, olives, cucumber, tomato, red onion, avo, and lemon and herb chicken

BURGERS AND MORE

Beef Lasagne 95

Pure BBQ Beef Burger with Fries 120
mild cheese, bacon, caramelised onion dressed with cucumber pickle, sliced tomato, red onion and topped with rocket and chutney mayo
(add bun less ... 15)

Pulled BBQ Pork Burger with Fries 140

Aged T-bone Steak with Fries 220

Chicken Schnitzel with Fries 135

LUNCH SPECIALS

Ask your waiter for todays specials.



IT'S TIME FOR

BREAKFAST

Please Note:
 10% service
 fee added for
 6 people or
 more.

Breakfast served
 from early morning
 to 12h00.

First things first!



COFFEE

Espresso Single/Double	21/25
Macchiato	25
Cortado	25
Cappuccino/Flat White	28
Americano	25
Café Latte	32
Mochachino	35

RED

Red Espresso	21/25
Red Capuccino	32
Red Latte	40

TEA

Pukka Organic Tea (Ask for our selection)	30
Five Roses Ceylon/Rooibos	22

FLAVOURED LATTES

Chai Tea/Hazelnut	42
Vanilla	42
Turmeric/Beetroot/Matcha	50

HOT CHOCOLATE

Hot Choc	36
Nomu Hot Choc (sugar free)	45
Nutella Hot Choc	45

ICED CHINOS

Chocolate	55
Chocolate & Hazelnut	55
Chai Iced Chino	55
Vienna Style Iced Coffee	55

ICED TEA

Tony Glass Iced Tea	40
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Sugar free option available

MILKSHAKES

Strawberry/Vanilla/Chocolate	48
Oreo/Nutella/Peanut Butter & Banana	55

BREAKFAST COCKTAILS

Mimosa	65
sparkling wine with freshly squeezed orange juice, a sprinkle of thyme and orange zest	
Utopian	75
Sparkling wine, elderflower cordial, soda and lemon peel	

more drinks on back >>

CLASSICS

Café Breakfast	75
2 eggs served on ciabatta with bacon, roast tomato and pork/beef sausage	

The Full Monty	115
2 eggs, country pork/beef sausage, roast tomato, mushrooms, crispy bacon, smoked baked beans, 100g sirloin steak and a basket of bread	

SIGNATURE

BREAKFASTS

Breakfast Toast	50
banana, honey and nut butter	

Smashed Avocado Toast	65
topped with coriander, chilli flakes and lemon	
* Avo is seasonal and subject to availability	
(add a poached egg 10)	

2 Poached Eggs on Rye	50
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Wild Breakfast Bun	65
scrambled egg, bacon, cheese and hot sauce	

Breakfast Burrito	95
scrambled egg, roasted rosa tomato, spicy chorizo sausage, avocado salsa	
hot sauce and fresh coriander	

The Mexican	95
savory mince, on your choice of toast topped with mild cheese and 2 fried eggs	

Breakfast Pan	105
eggs, chorizo, bacon, roasted tomatoes fried up together topped with mild cheese and served in a pan	

Egg Roll	85
smoked salmon, cream cheese, lettuce and cucumber all rolled up in an egg pancake	

Salmon Scramble	115
smoked salmon, scrambled egg, chopped tomato and caper salsa	

FRENCH TOAST

Oh-la-la

Nutella French Toast	85
served with fresh banana sprinkled with nut brittle	

Honey glazed bacon & roast tomato	90
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Cinnamon sugar, lemon & honey	65
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OMELETTES

A 3 egg omelette served with our roast tomato conserve and toast.

Cheese & Roasted Tomato	65
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Bacon, Mushroom, Tomato & Cheese	95
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Smoked Salmon & Cream Cheese	120
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Mexican Style Mince & Cheese	80
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Pulled BBQ Pork, Caramelised Onion and Cheese	95
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Spinach & Feta	65
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You want to add extras?

Choose from bacon (28), egg (12), or smoked salmon (75)

BENEDICTS

2 poached eggs and hollandaise sauce served with roast tomato conserve and your favourite accompaniment

Smoked Salmon	125
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Bacon	95
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HEALTH



Seasonal Fruit Bowl	80
crunchy granola, seeds, natural yoghurt, seasonal fruit topped with honey and chia seeds	

Bananarama	65
banana halved (fresh/fried) yoghurt topped with seasonal fruit & sprinkled with granola	

Applerini	65
natural yoghurt with crunchy granola topped with grated apple, cinnamon and seeds	



CROISSANTS

Croissant with Jam & Cheese	48
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BBC Crispy Bacon, Fried Banana and Camembert Cheese	80
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Scrambled Egg, Bacon and Rocket	75
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Hickory Ham, Mild Cheese and Mustard	75
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Smoked Salmon and Avo	105
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Conferences · Meetings · Seminars
Boardroom to hire!
 Up to 30 people



Find gifts for all occasions
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