



ARTISANAL STONE-OVEN BREADS  
Health, Ciabatta, Sourdough or 70% Rye

## CEREALS, GRAINS & FRUITS

### FARMERS FRUIT BOWL (V)(VG) 70

Season fruit & berries

(Add yoghurt 15 / Add granola 60)

\*OPTIONAL COCONUT YOGHURT\*

### HOUSE GRANOLA (V) 90

Season fruit & yoghurt

### BRULE'ED GRAPEFRUIT (V)(VG) 70

Granola, honey & yoghurt

(Add yoghurt 15)

\*OPTIONAL COCONUT YOGHURT\*

### OATMEAL (V) 70

Amaranth, vanilla, almond, pear & honey

## SWEET TREATS

### BUTTERMILK PANCAKES (V) 85

Lemon crème, lavender meringue & white chocolate crumb  
or

#### PLAIN 75

Butter & honey

### FRENCH TOAST (V) 125

Burnt butter, maple, bacon & crème fraîche  
or

#### PLAIN 90

Butter & maple

## EGGS & THINGS

### TOAST OF CHOICE

70% Rye, Sourdough, Ciabatta or 5 Grain

### LA BELLE BREAKFAST 130

Eggs your way, streaky bacon, beef sausage,  
grilled roma tomato & brown mushroom

### BENEDICTS

Eggs your way, hollandaise & English muffin

### STREAKY BACON 90

### SMOKED SALMON TROUT 120

### SOFT SCRAMBLED EGGS (V) 80

Garden herbs & cream cheese

(Add smoked salmon SQ)

### CHEESE OMELETTE (V) 95

Baby spinach, white cheddar, parmesan,  
gruyère & garden herbs

### MUSHROOM OMELETTE (V) 105

Shallots, garlic thyme, parmesan & garden herbs

### AVOCADO TOAST (V)(VG) 85

Toasted seeds & boiled egg

### SMOKED SALMON TOAST 110

Horseradish, crème fraîche, cucumber & breakfast radish

(Add avocado SQ)

## RAW JUICES

### FRESH JUICE 40

Choice of apple, carrot, orange & pear

### C BREEZE 55

Grapefruit, pineapple, kiwi & raspberry

### CHILLI QUEEN 50

Carrot, chilli, pineapple, lime & coriander

### RED BEAUTY 50

Beetroot, carrot, celery & cucumber

### GREEN PEACE 50

Celery, apple, cucumber & spinach

## SMOOTHIES

### MANGO MAGIC 65

Mango, pineapple & coconut milk

### FRUIT LOOP 60

Raspberry, passion fruit, litchi & strawberry

### BANANA BLISS 60

Banana, raspberry, litchi & low fat yoghurt

### TROPICAL TANGO 60

Pineapple, kiwi & raspberry

### VITAL HIGH 55

Pineapple, apple, banana & hemp seeds

### GOLDEN GLOW 50

Turmeric, banana, ginger, pineapple, lemon juice & almond milk

## MILKSHAKES

### BERRY & WHITE CHOCOLATE 50

### DOUBLE CHOCOLATE 50

### BANANA & PEANUT BUTTER 50

### THE PEPPERMINT CRISP 50

## TEA SELECTION

### BLACK

#### DARJEELING SUMMER GOLD 28

Black tea with a flowery elegance & a deliciously well-balanced aroma from India

#### ASSAM BARI 28

Strong, spicy & malty black tea from a region in India called Assam

#### EARL GREY 28

Autumn darjeeling with the refreshing citrus aroma of bergamot

#### MASALA CHAI 28

Strong blend from assam with its famously exotic & powerfully hot spices

### GREEN

#### GREEN DRAGON 28

Light green tea with a flurry of freshness

#### MOROCCAN MINT 28

Gunpowder green tea melded with fresh Moroccan mint

### HERBAL

#### DARJEELING SUMMER GOLD 28

Lemon balm, anise & a breath of thyme

#### AYURVEDA HERBS & GINGER 28

Ayurveda with ginger, lemongrass & verbena

#### FRUITY CAMOMILE 28

Wholesome infusion of orange petals

#### ROOIBOS CREAM ORANGE 28

Rooibos, vanilla & a taste of ripe oranges

### FRUIT

#### LEMON FRESH 28

Fruit infusion of lemon peels, lemongrass & apple

#### SWEET BERRIES 28

Sweet berry infusion made of local fruits & red berries