



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

## CEREALS, GRAINS & FRUITS

### FARMERS FRUIT BOWL (V)(VG) 95

Seasonal fruit & berries

(Add: yoghurt 15 / granola 60 / coconut yoghurt 30)

### HOUSE GRANOLA (V) 95

Seasonal fruit & yoghurt

### BRÛLÉED GRAPEFRUIT (V) 70

Granola, honey & yoghurt

\*OPTIONAL COCONUT YOGHURT R30\*

### OATMEAL (V) 85

Amaranth, vanilla, almond, pear & honey

## SWEET TREATS

### BUTTERMILK PANCAKES (V) 105

Lemon crème, lavender meringue & white chocolate crumb  
or

### PLAIN 85

Butter & honey

### FRENCH TOAST 95

Butter & maple

(Add bacon 35)

## EGGS & THINGS

### TOAST OF CHOICE

70% Rye, Sourdough, Ciabatta or 5 Grain

### LA BELLE BREAKFAST 135

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

### BENEDICTS

Poached eggs, hollandaise & English muffin

### STREAKY BACON 100

### SMOKED SALMON TROUT 140

### SOFT SCRAMBLED EGGS (V) 90

Garden herbs & cream cheese

(Add smoked salmon SQ)

### CHEESE OMELETTE (V) 105

Baby spinach, white cheddar, parmesan & garden herbs

### MUSHROOM OMELETTE (V) 105

Shallots, garlic, thyme, parmesan & garden herbs

### AVOCADO TOAST (V)(VG) 95

Toasted seeds & boiled eggs

### SMOKED SALMON BAGEL 130

Cream cheese, red onion, capers & lemon

## RAW JUICES

### FRESH JUICE 50

Choice of apple, carrot, orange & pear

### C BREEZE 60

Grapefruit, pineapple, kiwi & raspberry

### CHILLI QUEEN 60

Carrot, chilli, pineapple, lime & coriander

### RED BEAUTY 60

Beetroot, carrot, celery & cucumber

### GREEN PEACE 60

Celery, apple, cucumber & spinach

## SMOOTHIES

### MANGO MAGIC 70

Mango, pineapple & coconut milk

### FRUIT LOOP 65

Raspberry, passion fruit, litchi & strawberry

### BANANA BLISS 65

Banana, raspberry, litchi & low fat yoghurt

### TROPICAL TANGO 70

Pineapple, kiwi & raspberry

### VITAL HIGH 70

Pineapple, apple, banana & hemp seeds

### GOLDEN GLOW 65

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

## MILKSHAKES

### BERRY & WHITE CHOCOLATE 60

### DOUBLE CHOCOLATE 60

### BANANA & PEANUT BUTTER 60

### THE PEPPERMINT CRISP 60

## TEA SELECTION

### BLACK

#### DARJEELING SUMMER GOLD 30

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

#### ASSAM BARI 30

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

#### EARL GREY 30

Autumn darjeeling with the refreshing citrus aroma of bergamot

#### MASALA CHAI 30

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

### GREEN

#### GREEN DRAGON 30

Light green tea with a flurry of freshness

#### MOROCCAN MINT 30

Gunpowder green tea melded with fresh Moroccan mint

### HERBAL

#### DARJEELING SUMMER GOLD 30

Lemon balm, anise & a breath of thyme

#### AYURVEDA HERBS & GINGER 30

Ayurveda with ginger, lemongrass & verbena

#### FRUITY CAMOMILE 30

Wholesome infusion of orange petals

#### ROOIBOS CREAM ORANGE 30

Rooibos, vanilla & a taste of ripe oranges

### FRUIT

#### LEMON FRESH 30

Fruit infusion of lemon peels, lemongrass & apple

#### SWEET BERRIES 30

Sweet berry infusion made of local fruits & red berries