



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 60

Pineapple, apple, banana & hemp seeds

GOLDEN GLOW 60

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