

health.

breakfast

superfood chia pot chia seeds soaked overnight in coconut milk & cinnamon to make a creamy porridge-like consistency served cold with banana, cinnamon, almond flakes & maple syrup *(vegan)* **R58**

carb-free banting breakfast two poached eggs & bacon served on a grilled brown mushroom with hollandaise sauce *(no carb)* **R72**

avo & chunky cottage cheese on toast with spring onion, tomato, sprouts & toasted seeds on 1 slice of wholewheat or rye *(vegetarian)* **R54**

banana & wheatgerm smoothie banana, wheatgerm, honey & low-fat yoghurt **R40**

berry smoothie mixed berries, fresh garden mint, yoghurt, apple juice & honey **R40**

almond milk cappucino **R24**

lunch

vegetarian shroom burger crumbed field mushroom stuffed with brie & topped with garlic mayo & gherkins served with French fries **R89**

banting burger pure beef patty on a field mushroom with bacon, marinated red onion, rocket & tomato, served with leafy green salad *(carb free)* **R90**

power salad organic quinoa, sprouts, fresh avocado, feta, toasted seeds, rocket, baby spinach & mint dressing *(gluten free)* **R95**

vegan chickpea & aubergine curry mild Moroccan curry with coconut milk served with basmati rice & a poppadum **R82**