


**ON THE LIGHTER SIDE**

<b>Old Fashioned Oats</b>	30.00
<i>Rolled oats with roasted almonds and honey</i>	
 <b>Coconut Porridge</b>	34.00
<i>Low carb Coconut porridge with mixed berries and a dash of cream</i>	
 <b>Health Bowl</b>	38.00
<i>Double Thick Creamy Yoghurt with roasted seeds and nuts. Honey on the side.</i>	
<i>Low Fat yoghurt with homemade muesli served with honey</i>	32.00
<i>- add some fruit</i>	12.00
 <b>Flaxseed Crumpet</b>	35.00
<i>Topped with cream cheese, mixed berries and honey</i>	

**SOMETHING MORE FILLING**

<b>Gym Special</b>	38.00
<i>Two eggs and bacon, fresh baked bread</i>	
 <b>Gluten Free Delight</b>	49.00
<i>Fluffy scrambled eggs on avo, topped with feta, roasted pumpkin seeds &amp; mixed leaves</i>	
<i>- add rye bread / Banting bread</i>	8.00
<b>Business Brekki</b>	62.00
<i>Two eggs, bacon, boerewors, mushrooms, tomato, homemade bread with jam &amp; cheese</i>	
<b>French Toast</b>	48.00
<i>Rye bread drenched and fried in egg, with bacon and maple syrup</i>	
 <b>Banting French Toast</b>	52.00
<i>Banting bread drenched and fried in egg, with bacon and honey</i>	
<b>Morning Wrap</b>	38.00
<i>Wrapped with scrambled eggs and tomato relish</i>	
<i>add:  Cauli-wrap 10.00    Bacon 12.00</i>	
 <b>Revolution 3 Egg Omelette</b>	
<i>*Bacon, mushrooms, rocket &amp; feta</i>	55.00
<i>*Gypsy Ham, Cherry Tomato, Pesto and Mozzarella</i>	58.00
<i>*Spinach, mushroom and feta</i>	52.00
<b>Poached Eggs on Rye</b>	42.00
<i>Two poached eggs, served with Hollandaise sauce on Rye toast</i>	
<i>add: Bacon 12.00    Gypsy Ham 18.00    Smoked Trout 25</i>	
 <b>Poached Eggs on Flaxseed Crumpet</b>	48.00
<i>Two poached eggs, served with pan fried spinach &amp; Hollandaise sauce on Flaxseed crumpet</i>	
<i>add: Bacon 12.00    Gypsy Ham 18.00    Smoked Trout 25</i>	

**As It Is**

<i>Healthy muffins and scones</i>	20.00
<i>served with preserves and cheese</i>	28.00
 <i>Banting muffin</i>	25.00
<i>~ add cheese</i>	30.00

**BREAKFAST**

## FOR THOSE BANTING

### SANDWICHES & WRAPS

 + R10 cauli-wrap / R8 banting bread

On homemade Rye bread or in a Wrap.

**Gypsy Ham** 60.00  
*Mozzarella, tomato, rocket and mayo*

**Roast Mushrooms** 58.00  
*with caramelised onions, cream cheese and feta*

**Grilled Chicken Mayo** 62.00  
*avo (when in season)*

**Smoked Salmon** 65.00  
*in creamy yoghurt with chives, lemon and cucumber*

### SALADS

 Dressing on the side

**Bacon Salad** 67.00  
*broccoli and butternut, topped with pecorino shavings*

**Grilled Chicken Strips** 65.00  
*with peppadews, seasonal fruit and flaked almonds*

**Roasted Veggies** 62.00  
*pumpkin seeds and feta*

**Greek Salad** 55.00  
*feta, olives, cucumber, cherry tomatoes and rocket*

### ON THE LIGHTER SIDE OF LIFE

**Revolution Burger** 68.00  
*160gr homemade beef patty on a toasted bun topped with cheddar cheese. Served with chips and onion rings. Tomato relish on the side*

 carb free bun and sweet potato fries 78.00


**Revolution Chicken Burger** 68.00  
*Pan fried chicken breast on a toasted bun topped with honey mayo and feta*

 carb free bun and sweet potato fries 78.00

**Homemade Babotie** 58.00  
*served with yellow rice and salad*

 served with creamy coconut cabbage and salad 78.00

**Chicken Schnitzel** 60.00  
*Moist marinated chicken breast, served with potato chips & side salad*

 served with sweet potato wedges 68.00

 **Marinated Pork Chops** 68.00  
*Topped with apple puree. Served with creamy butternut spinach and salad*

 **Quiche Of The Day** 48.00  
*served with healthy green salad*

### SWEETY PIE

**Apple pie / cake of the day** 30.00  
*served with cream or ice-cream*

**Banting Sweetness** ask your waiter

# SANDWICHES, SALADS & LUNCH

## SMOOTHIES +R8 whey protein

 **Revolution Smoothie** 30.00  
Full fat yoghurt, almonds  
and mixed berries

**Banana Oats** 30.00  
Banana, rolled oats, honey  
and cinnamon

**Green Monster** 32.00  
Spinach, apple, mint,  
pineapple and honey

**Honey - Mango** 28.00  
Mango juice, pineapple  
and honey

**Choc-Peanut Butter** 32.00  
Banana, chocolate, milk,  
peanut butter

**Mix Berry Delight** 30.00  
Mix berries, banana, honey  
and milk

**Chai Delight** 30.00  
Chai, dates, banana, milk  
and ice

## PROTEIN SHAKE

**Always Skinny** 30.00  
Cinnamon, honey,  
low fat milk and ice

**Berry Protein** 40.00  
Mixed berries, pineapple, honey  
low fat milk and ice

**Peanut Butter Bliss** 40.00  
Peanut butter, banana, chocolate  
low fat milk and ice

**Espresso** 35.00  
Espresso, chocolate, banana,  
Whey protein, low fat milk & ice

## MILKSHAKES Made with ice-cream

Chocolate, Strawberry, Banana, Vanilla, Coffee, Berry Blast, Milo & Chai 26.00

## COLD & REFRESHING

Coke, Coke Light, Sprite O 15.00  
Lipton Ice Tea, Lemon & Peach 15.00  
Appetizer and Grapetizer 18.00  
EGA by the glass 22.00  
JUICE, Fruit Cocktail, Mango 15.00

### FRESHLY SQUEEZED JUICE

Orange 20.00  
Apple & Carrot 25.00  
Pineapple, Orange,  
Ginger, Mint & Ega 27.00

## COFFEES & HOT DRINKS

Americano	16.00	Single Espresso	13.00
Macchiato	14.00	Double Espresso	15.00
Cappuccino	18.00	Cafe Latte	20.00



\*\* Decaf available for any of the above - add R2

Milo, Hot Chocolate and Chai Latte 20.00  
Iced Coffee - made with ice and milk 20.00

### TEAS

Rooibos / Ceylon / Green / Earl Grey 14.00  
Rooibos Cappuccino 20.00  
Rooibos Latte 22.00

## WINE

**White Wine** bottle  
Fairview Sauvignon Blanc 80.00  
La Capra Chenin Blanc 60.00

**Red Wine**  
Fairview Shiraz 100.00  
La Capra Malbec 70.00

## BEER

Castle Lite 18.00

### craft beer

Jack Black Lager 20.00  
CBC Amber Weiss 30.00

THIRST  
QUENCHERS

Wraps  
Sandwiches  
Salads  
Lasagne  
Quiche  
Chicken Pie  
& much more

ask in front

**DELI**