

S M O O T H I E S

GREEN HEALER

Orange juice + Spinach + Lemon + Ginger + Chia Seeds +
Dates + Banana Smoothie
R95

CHIA BLUEBERRY KICKER

Plant Milk + Peanut Butter + Chia Seeds + Cinnamon +
Blueberries + Banana
R95

MOON MILK

Plant Milk + Peanut Butter + Dates + Cinnamon + Banana
R95

B R E A K F A S T

7 a m - 1 1 : 3 0 a m

ORDER AT THE BAR

B R E A K F A S T

(C O N T I N U E D . . .)

VEGAN BAGEL

Avo, cucumber ribbons, tomato, red onions & hummus served bagel.
R85

BACON & EGG BAGEL

Fried egg, crispy bacon, lettuce served on a bagel.
R105

SEASONAL YOGURT BOWL

Greek yogurt, homemade cacao granola & fresh fruit.
R 80

BRIOCHE FRENCH TOAST

Decadent brioche French toast served with berry jam + maple glaze.
R130

EGGS BENEDICT

Bacon / Spinach

Brioche roll with your potting choice poached eggs and hollandaise
sause

R130 / R115

CLASSIC EGG ON TOAST

Two eggs poached/ Fried/ Scrambled
R70

ORDER AT THE BAR

B R E A K F A S T

(C O N T I N U E D . . .)

BACON & EGGS ON TOAST

Two free range eggs (scrambled / fried / poached) served with three crispy strips of bacon on sourdough / rye.

R105

FULL ENGLISH BREAKFAST

Two eggs, three rashers of bacon, roasted tomato, garlic mushrooms, chipolata sausages served with sourdough / rye.

R 140

BUILD YOUR OWN THREE EGG OMELETTE

R75

EXTRA'S:

Avo R35 / Bacon R40 / Cheese R25 / Mushrooms R30 / Tomatoes R15

/

Spinach R25

BREAKFAST WRAP

Tortilla filled with cheese, salsa & scrambled egg and bacon. R105

AVO ON TOAST - STRAIGHT UP

Sliced avo served on sourdough / rye.

R 70

GREEN BREAKFAST BOWL

Kale, baby spinach, halloumi cheese, almonds, quinoa, avo finished off with a green goddess dressing & two poached eggs.

R115

EXTRA'S:

:

Avo R30 / Bacon R35 / Cheese R25 / Mushrooms R30 / Tomatoes R15

/

Spinach R25 / Toast R15 / Eggs R30

ORDER AT THE BAR

L U N C H T I M E L O V E R S

1 1 : 3 0 - 1 5 ; 0 0 p m

EVERYDAY RAINBOW SALAD WITH TAHINI & MISO DRESSING
Spinach, beetroot, carrot, steamed broccoli with seeds, avo & a tahini
and miso dressing.

R105

ADD

Chicken R60 / Bacon R35 / Steak R100 / Mushrooms 30 / Falafel R45
Halloumi R65

CARTEL CHICKEN SALAD

Free range chicken, mixed greens, feta, beetroot, cucumber ribbons,
grated carrots & homemade balsamic reduction.

R 145

HEALING BOWL

Brown Rice, Smooth Spiced Sweet Potato, a Red Cabbage Slaw,
Pistachio Dukkah and a Lemon Dressing

R100

ADD

Chicken R60 / Bacon R35 / Steak R100 / Mushrooms R30 / Falafel
R45

Halloumi R65/ Poached Eggs R30

BLACK BEAN BURGER

Black bean burger served with tomato, lettuce, gherkins & vegan
chipotle mayo served with a side of fries.

R135

CARTEL BEEF BURGER

Homemade beef patty, cheese, tomato, lettuce, gherkin, red onion &
chipotle mayo served with fries.

R 145

ORDER AT THE BAR

L U N C H T I M E L O V E R S
(C O N T I N U E D . . .)

CRUMBED CHICKEN BURGER

Crumbed chicken, red cabbage slaw, tomato, gherkin served with fries.
R135

CHICKEN STRIPS

Crumbed chicken strips served with a side of fries or salad and Chipotle mayo
R110

VEGETARIAN QUESADILLA

Tortilla, mushrooms, tomato, cheese & spicy salsa.
R95

CHICKEN WRAP

Grilled chicken, mixed greens, tomato, onion marmalade, avo & tzatziki.
R130

250G SIRLOIN STEAK

Sirloin steak served with herb fries or seasonal vegetables
R220

ORDER AT THE BAR

T O A S T E D S A R M I E S

CLASSIC GRILLED CHEESE & TOMATO

Melted cheese & tomato on toasted sourdough / rye.

R 75

B.L.T SANDWICH

Bacon, lettuce & tomato served with our green goddess dressing on sourdough / rye.

R95

CHICKEN MAYO SANDWICH

Chicken, mayonnaise & slaw served on sourdough / rye.

R90

ORDER AT THE BAR

B U R G E R S & P I Z Z A S
T H U R S D A Y & F R I D A Y
4 p m - 9 p m

PIZZA MARGHERITA

Tomato sauce base, parmesan cheese fresh basil
R115

PROSCIUTTO FUNGHI

Tomato sauce base, mozzarella, gypsy ham, mushroom, parmesan cheese
R140

GAMBERI

Butter prawns, chorizo, mozzarella and fresh chili
R160

GARDEN PIZZA VEGAN

Tomato sauce base, mozzarella, artichokes, grilled aubergines and black
olives
R125

TUSCAN CHICKEN

Tomato sauce base, grilled chicken, peppadews, sun dried tomatoes and
red onions
R145

ORDER AT THE BAR

B U R G E R S & P I Z Z A S
T H U R S D A Y & F R I D A Y
4 p m - 9 p m

BURGERS

BLACK BEAN BURGER

Black bean burger served with tomato, lettuce, gherkins & vegan chipotle mayo served with a side of fries.

R 135

CARTEL BEEF BURGER

Homemade beef patty, cheese, tomato, lettuce, gherkin, red onion & chipotle mayo served with fries.

R145

LOADED BEEF BURGER

Homemade beef patty, cheese, tomato, lettuce, Bacon, Avo red onion & sriracha mayo served with fries.

R 195

BACON BURGER

Homemade beef patty, cheese, tomato, lettuce, Fried Egg, red wine caramelized onions served with fries.

R 175

CHICKEN HALLOUMI BURGER

Chicken Breast, Halloumi, cheese, tomato, lettuce, red onion & chipotle mayo served with fries.

R145

ORDER AT THE BAR

B U R G E R S & P I Z Z A S
T H U R S D A Y & F R I D A Y
4 p m - 9 p m

BURGERS

CRUMBED CHICKEN BURGER

Crumbed chicken, red cabbage slaw, tomato, gherkin served with fries. R
135

SMALL PLATES

Crumbed Chicken Winglets with peri-peri Sauce
R75

Crumbed Chicken Strips With Chipotle Sauce
R85

Trio Of Mini Burgers with Fries (beef, Chicken, Black bean)
R145

Bowl Of Fries
R35

ORDER AT THE BAR

S I P S I P H O O R A Y

DRINK IT HOT:

Americano
R28

Espresso
Single R20 / double R28

Flat White
R34

Cappuccino
R38

Cortado
R34

Spiced Chai Latte
R38

Hot Chocolate
R38

Mocha
R45

Dirty Chai
R60

Selection of Teas:
English Breakfast Tea /
Rooibos Tea / Earl Gray Tea /
Green Tea / Peppermint
R30

Let's get festive

KEEPING IT COOL:

Iced Coffee
R50

Vanilla Iced Coffee
R60

Culture Lab Kombucha - CBD
R35

Culture Lab Kombucha - Ginger + Wild Dugga
R35

Culture Lab Kombucha - Rooibos
R35

Culture Lab Kombucha - Cape Cola R35

Still/Sparkling Water
R30

Coca-Cola
R28

Coke Zero
R26

Grapetiser
R30

Appletiser
R30

ORDER AT THE BAR