

# salt

served from 07h30 to 12h00

## breakfast

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### fruit & muesli parfait

with full cream yoghurt & fresh seasonal fruit, choose from:

#### luxury 48

homemade muesli with dried apricots or cranberries

#### banting 52

homemade muesli cinnamon & coconut crunch

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#### warm oats 39

toasted almond flakes, cinnamon, fresh apple slices & drizzled with honey, served with a choice of hot or cold milk

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#### yoghurt pancakes 55

topped with full cream yoghurt, fresh banana, homemade berry coulis & toasted almond flakes, drizzled with maple syrup

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#### gluten-free delight 56

fluffy scrambled eggs on fresh avo, topped with feta, roasted pumpkin seeds & baby leaves

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#### mushroom stack

black mushrooms layered with grilled tomato, basil pesto & cream cheese

#### vegetarian 78

with fresh avo

#### loaded 80

with bacon & a poached egg

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#### basic breakfast 45

2 eggs made to order (poached, fried or scrambled), bacon & grilled tomato, served with a slice of artisan bread

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#### cheese & preserves 15

add to any breakfast or choice of freshly baked goods

### 3 egg omelette

served with toast, choose from:

#### green omelette 48

spinach, herb pesto & mozzarella

#### gypsy omelette 52

gypsy ham & mozzarella

#### loaded omelette 63

bacon, cheddar & cherry tomatoes

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#### poached eggs on rye 56

2 slices of rye toast, topped with poached eggs, fresh avo, fresh cherry tomatoes, greens & a sprinkle of feta

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#### french toast 59

made with homemade artisanal bread, topped with bacon & pan-fried banana, drizzled with maple syrup

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#### green eggs & ham 58

2 poached eggs served with gypsy ham, pan-fried spinach & melted mozzarella on a slice of rye

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#### cauliflower benedict

2 poached eggs set on cauliflower hashbrowns, topped with a smoked paprika hollandaise. choose between:

#### smoked salmon 89

#### bacon 79

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#### the full monty 89

2 eggs (poached, fried or scrambled), bacon, grilled mushrooms, roasted cherry tomatoes, a beef sausage & artisan bread with cheese & preserves

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#### freshly baked goods

see our selection of scones, muffins & pastries

## smoothies

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#### very berry 47

mixed berries, banana, whey protein, almond milk, full cream yoghurt

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#### peanut butter 45

banana, peanut butter, low fat milk, whey protein, full cream yoghurt

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#### protein smoothie 42

banana, whey protein, low fat milk, full cream yoghurt

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#### funky monkey 37

banana, milo, low fat milk, whey protein, full cream yoghurt

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#### skinny smoothie 35

honey, cinnamon, whey protein, low fat milk, ice

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#### go green 38

banana, spinach, dates, green apple, honey, juice, ice

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#### cheeky kiwi 48

kiwi, banana, strawberries, spinach, water, ice

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#### the beetroot 48

beetroot, ginger, pineapple, spinach, water, ice

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## cold drinks

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### decadent shakes 34

- american coffee shake
- oreo
- peanut butter
- nutella

### classic milkshakes 30

- chocolate
- strawberry
- banana
- vanilla

### bos ice tea 22

*a variety available*

### fresh orange juice 18

### fresh juice of the day sq

*see our blackboard*

### sodas 17

### tizers 23

### mineral water 12

*250ml still / sparkling*

## coffee

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*coffees are served at an average coffee temperature, please specify if you like your coffee extra hot. add R5 for a mug resize*

### americano 22

- mild
- strong

### refill 18

### flat white 24

### cappuccino 24

### espresso 16 / 18

*single / double*

### café latte 26

### chocochino 30

### iced coffee 30

### almond milk +5

*to replace milk in any of the above*

## tea

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### pot of tea 20

- ceylon
- rooibos

### rooibos cappuccino 26

### rooibos latte 26

### chai tea 25

### earl grey 22

### green tea 22

### kombucha 35

*various*

## hot drinks

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### milo 25

### hot chocolate 25

## welcome

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*At Salt we are passionate about good food set in a cosy, scenic environment. Specialising in breakfast & lunch, we prepare & serve food with an edge, ensuring that all ingredients are fresh & sourced locally.*

*We pride ourselves on having some of the best coffee in town.*

*We cater for any event from parties to get-togethers. Let us design a menu shaped to your dreams, taste & pocket.*

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