

salt

served from 07h30 to 17h00

breakfast

breakfast bowls

<i>cinna-oats</i>	<i>oats, banana, almond flakes, low fat milk, cinnamon & honey</i>	41
<i>coconut crunch</i>	<i>banting granola, seasonal fruit, full cream yoghurt & honey</i>	52
<i>luxury parfait</i>	<i>artisanal granola, seasonal fruit, almond flakes, full cream yoghurt & honey</i>	57
<i>vegan yum</i>	<i>goji berries, artisanal granola, chai seeds, honey & almond milk</i>	62
<i>b-fast fruit salad</i>	<i>seasonal fruit, yoghurt & honey</i>	40
<i>health nut</i>	<i>artisanal granola, banana, chai seeds, pumpkin seeds, coconut, almonds & honey</i>	66
<i>+ boost</i>	<i>add a scoop of whey protein to any of the above</i>	20

open omelettes

served with artisanal bread, rye or ciabatta

<i>go-green</i>	<i>pan-fried spinach, herbed pesto & feta</i>	77
<i>comfort</i>	<i>creamy corn, crispy bacon, mushrooms & parsley</i>	92
<i>grana padano</i>	<i>cherry tomatoes, parmesan & rocket</i>	56
<i>gypsy</i>	<i>pan-fried gypsy ham & mozzarella</i>	73
<i>masters</i>	<i>bacon, tomato, mushrooms, boerewors & two cheeses</i>	114
<i>mexi</i>	<i>red kidney beans, coriander, feta, baby spinach & an avo 'n corn salsa</i>	74

breakfast plates

<i>the full monty</i>	<i>eggs, bacon, boerewors, cherry tomatoes, mushrooms, chips, toast & preserves</i>	129
<i>gluten-free delight</i>	<i>eggs scrambled or poached, mixed leaves, avo, feta & toasted pumpkin seeds</i>	59
<i>mediterranean</i>	<i>avo, sundried tomato, pesto, mozzarella & olive oil on a bed of rocket</i>	62
<i>mexi</i>	<i>spicy beef mince, kidney beans, chilli & a poached egg on artisan bread or ciabatta</i>	85
<i>salmon</i>	<i>smoked salmon, avo, cucumber & capers</i>	78

benedicts

2 poached eggs with a smoked paprika hollandaise sauce served on cauliflower hashbrowns or an english muffin

<i>your choice</i>	<i>standard</i>	66
	<i>salmon</i>	100
	<i>bacon or gypsy ham</i>	86

stacks

served on artisanal bread, rye or ciabatta

<i>mushroom stack</i>	<i>truffle infused white mushrooms, tomato, cream cheese, basil pesto & a poached egg</i>	48
	<i>with salmon</i>	82
	<i>with bacon</i>	68
<i>loaded stack</i>	<i>greens, poached egg, bacon, cheese, mushrooms, yoghurt & fried cherry tomatoes</i>	70
<i>french toast</i>	<i>bacon, fried banana & maple syrup</i>	62

lunch

toasties on artisanal bread

<i>add chips or salad</i>		19
<i>simple, yet delicious</i>	<i>bacon & egg</i>	51
	<i>egg & cheese</i>	43
	<i>bacon & avo</i>	61
	<i>cheese & tomato</i>	48
	<i>ham & cheese</i>	54
	<i>ham, cheese & tomato</i>	64
	<i>bacon, avo & feta</i>	78
	<i>chicken mayo</i>	52
	<i>scrambled egg</i>	41
	<i>bacon & mozzarella</i>	52

wraps / open sandwiches

<i>served with chips or salad</i>		
<i>cajun chicken</i>	<i>grilled with red onion, rocket, avo & honey mustard mayo</i>	78
<i>gypsy</i>	<i>pan-fried gypsy ham, cherry tomatoes, green fig preserve, rocket, mozzarella & herb pesto</i>	79
<i>veg stirfry</i>	<i>with a ginger, chilli & soy dressing</i>	73
<i>crumbed chicken strips</i>	<i>with peppered cream cheese, rocket & sweet chilli sauce</i>	75
<i>rare roast beef</i>	<i>with wholegrain mustard butter, homemade apple onion chutney, rocket & manchego cheese</i>	108
<i>grilled chicken</i>	<i>with smoked paprika, honey mustard mayo, rocket, pan-fried apple & toasted sunflower seeds</i>	76
<i>smoked salmon</i>	<i>with zested cream cheese, baby leaves, cucumber, avo, capers & lemon</i>	82
<i>wholesome</i>	<i>chickpeas, lentils, feta, avo, cucumber celery & coriander with minted yoghurt & garam masala</i>	59

salads

<i>grilled honeyed chicken</i>	<i>pan-fried breast on baby leaves with cucumber, cherry tomatoes, feta, red onions, stewed apricots, toasted pecans & crispy croutons dressed with a minted honey vinaigrette</i>	75
<i>smoked salmon</i>	<i>on an orange carpaccio with baby leaves, egg yolk, cucumber ribbons & fresh capers dressed with a creamy dill dressing</i>	97
<i>broccoli</i>	<i>florets with a poached egg, chickpeas, feta, baby leaves, cucumber, deep fried capers & toasted sesame seeds</i>	54
<i>grilled cajun chicken</i>	<i>on rocket with cucumber, cherry tomatoes, avo, feta & red onion dressed with an olive blended vinaigrette</i>	70
<i>caesar</i>	<i>a bed of romaine lettuce with boiled egg, crispy croutons, parmesan shavings dressed with a classic caesar dressing</i>	53
<i>add</i>	<i>bacon</i>	73
	<i>chicken</i>	83

burgers

on a roll with rocket & tomato slices

<i>options</i>	<i>spinach & chickpea patty</i>	68
	<i>100% pure ground beef patty</i>	68
	<i>chargrilled chicken fillet</i>	68
<i>add</i>	<i>chips or salad</i>	19
<i>and</i>	<i>spicy tomato relish</i>	16
	<i>caramalised onion relish</i>	19
	<i>cheese: mozzarella / cheddar / camembert</i>	12
	<i>peppered mushroom sauce / cheddar cheese</i>	29
	<i>chunky guacamole / marish cheese / chilli paste</i>	
	<i>/ creame fraiche / coriander</i>	28

meals

<i>pasta</i>	<i>cajun chicken tagliatelle</i>	91
<i>noodles</i>	<i>oriental asian stirfry</i> <i>add chicken</i>	73 103
<i>pepper crusted sirloin</i>	<i>with a fried egg, rocket, salse verde & balsamic glaze</i> <i>and your choice of chips or salad</i>	112

to share

<i>crunchy mexican bowl</i>	<i>red & yellow peppers, red onion, chickpeas,</i> <i>corn, tomato & onion salsa, avo, crème fraiche,</i> <i>nachos, coriander & spring onions</i>	98
<i>chunky guacamole</i>	<i>loaded guacamole, gluten free nachos, chilli paste</i>	87
<i>cheese & charcuterie</i>	<i>3 local cheeses, 3 cured meats, mini pitas, crackers,</i> <i>marinated olives, apple & onion chutney, herb pesto,</i> <i>preserved figs, exotic nuts, seasonal fruit</i>	130
<i>boerie platter</i>	<i>boerewors, biltong, pineapple salsa,</i> <i>spicy tomato relish, mini pitas, gherkins,</i> <i>mixed olives, wholegrain mustard, marinated peppers</i>	125

sweet treats

<i>salted caramel sundae</i>	<i>ice cream, salted caramel, wafer biscuits &</i> <i>caramel popcorn</i>	39
<i>decadent chocolate brownie</i>	<i>with berry coulis, ice cream & nutella scoop</i>	40
<i>greek yoghurt pancakes</i>	<i>with yoghurt, berry coulis, banana,</i> <i>maple syrup & almond flakes</i>	59
<i>seasonal fruit salad</i>	<i>and ice cream</i>	55
<i>waffles</i>	<i>with maple syrup, ice cream, fresh cream & nutella</i>	62
<i>death by chocolate sundae</i>	<i>oreo biscuits bits, chocolate sauce, choc chips,</i> <i>aero chocolate chunks, ice cream & brownie bits</i>	48

drinks

shakes & cold drinks

<i>shakes</i>	<i>americano coffee shake</i> <i>oreo milkshake</i> <i>peanut butter milkshake</i> <i>nutella milkshake</i>	36
<i>classic milkshakes</i>	<i>chocolate</i> <i>strawberry</i> <i>banana</i> <i>vanilla</i>	33
<i>bos ice tea</i>	<i>a variety available</i>	25
<i>fresh juices</i>	<i>orange juice</i>	23
<i>sodas</i>	<i>a variety available</i> <i>tizers</i>	19 26
<i>mineral water</i>	<i>sparkling / still</i>	12

smoothies

<i>very berry</i>	<i>mixed berries, banana, whey protein,</i> <i>almond milk, full cream yoghurt</i>	48
<i>peanut butter</i>	<i>banana, peanut butter, low fat milk,</i> <i>whey protein, full cream yoghurt</i>	48
<i>protein smoothie</i>	<i>banana, whey protein, low fat milk,</i> <i>full cream yoghurt</i>	46
<i>funky monkey</i>	<i>banana, milo, low fat milk, whey protein,</i> <i>full cream yoghurt</i>	40
<i>skinny smoothie</i>	<i>honey, cinnamon, whey protein, low fat milk, ice</i>	37
<i>go green</i>	<i>banana, spinach, dates, green apple, honey, juice, ice</i>	40
<i>cheeky kiwi</i>	<i>kiwi, banana, strawberries, spinach, water, ice</i>	50
<i>the beetroot</i>	<i>beetroot, ginger, pineapple, spinach, water, ice</i>	50

build your own

toast
2 slices artisan bread,
rye or ciabatta 15

2 eggs
poached / fried / scrambled 19

cheddar 12

mozzarella 12

feta 22

bacon 20

gypsy ham 20

salmon 34

smashed avo 24

tomato – whole sliced 14

mushrooms 26

anchovette 15

peanut butter 20

preserves 21

coffee

americano 22

refill 18

flat white 24

cappuccino 24

espresso single / double 18 / 20

café latte 30

chocochino 33

iced coffee 33

almond milk 10

tea

ceylon / rooibos 22

earl grey 23

rooibos cappuccino 28

rooibos latte 28

chai tea 27

green tea 23

kombucha 35

hot drinks

hot chocolate 28

miló 30