

PLEASE ORDER AT THE COUNTER

(VE) Vegan (GF) Gluten Free
WIFI Password: St@yHumble!

ALL DAY MENU

BREAKFAST

BERRY PORRIDGE (VE)	88
With caramelized banana, stewed blueberries, tahini nut crumble	
HOUSE GRANOLA	88
Homemade granola, Greek yoghurt, berries, lemon curd, honey	
OVERNIGHT OATS (VE)	88
Chocolate peanut butter oats, berry compote, banana, strawberries, toasted almonds, syrup	

FILLED BAGELS

PLAIN (build your own)	36
peanut butter +12 banana +12 cream cheese +25 cucumber +12 scrambled egg +18 avocado +18	
LOX	105
Cream cheese, smoked salmon, red onion, capers	
BABAGANOUSH (VE)	80
Roasted brinjal, sundried tomato, babaganoush	
SMASH (VE)	92
Hummus, smashed avocado, pickled red onion, tomato, sweet chilli, dukkah, rocket	

TOASTIES & WRAPS

Swap for keto bread / GF bread +20
Add a side of handcut chips +20

BREAKFAST BURRITO	98
Scrambled egg, cheddar, mushrooms, baby spinach, avocado in a tortilla wrap	
FALAFEL GYRO (VE)	98
3 Falafel balls, hummus, leaves, cucumber, tomato, red onion, chilli oil, handcut chips, tahini dressing wrapped in a pita	
SPICY BEAN WRAP	98
Chipotle beans, red onion, brown rice, roast peppers, jalapenos, avo, cheddar Vegan option available	
GRILLED CHEESE TOASTIE	78
3 cheese blend on white sourdough Add tomato +8 Vegan option available	
GREEN CHILLI & MANGO TOASTIE	82
Mature cheddar, red onion, mango atchar, pickled jalapeno. Vegan option available	
THE VEGAN TOASTIE (VE)	84
Avocado, roasted peppers & sundried tomato pesto	
CAPRESE TOASTIE	86
Basil pesto, bocconcini mozzarella, balsamic roast tomato & baby spinach	
TUNA MELT TOASTIE	92
Tuna mayo, caramelized onion, mature cheddar & dressed rocket	

SIDES/EXTRAS

Falafel balls (3)	12
Crispy halloumi	22
Sliced avo	18
Poached egg	8
Scrambled egg	18
Smoked salmon	40
Herby mushrooms	18
Sourdough slice	12
Handcut chips (sharing portion)	40

BRUNCH

EGGS ON TOAST	58
Soft scrambled or 2 poached or 2 sunnyside eggs, micro herbs on sourdough Smoked salmon +40 Mushrooms +18 Sliced avo +18	
WHITE BEAN TOAST (VE)	58
Herby cannellini beans, sauteed leeks, garlic, lemon, chives on a piece of white sourdough Poached egg +8	
AVO ON TOAST (VE)	92
Smashed avo, chilli oil, nut & seed sprinkle, on sourdough Poached egg +8 Smoked salmon +40 Crispy halloumi +22	
HUMMUS ON TOAST	98
Hummus, sliced avocado , micro herbs, feta, nuts & seed sprinkle on sourdough	
PANCAKE STACK (VE)	105
Half portion Blueberry flapjacks, coconut cream, fresh berries, compote, granola sprinkle, maple syrup	
FRENCH TOAST	112
Half portion Challah bread, mascarpone cream, berries, lemon curd, tahini nut crumble, honey	
ZUCCHINI FRITTERS (GF & LOW CARB)	96
4 fritters, herby sauce, poached egg on a bed of dressed rocket	

TURKISH EGGS	105
Our take on this classic, whipped feta, 2 poached eggs, sauteed baby spinach, herby mushrooms, chili oil, nut sprinkle Served with buttered sourdough	
BALSAMIC TOMATOES	105
Slow roasted tomatoes, avocado, 1 poached egg, feta & dukkah on a bed of hummus Served with buttered sourdough	
POWER BOWL (GF)	105
Sliced Avo, 3 soft scrambled eggs, smoked salmon, nut sprinkle, micro-herbs Mushrooms +18 Buttered sourdough +12	

All on-toast dishes are available as a single slice. Swap for keto bread / gf bread +20

WEEKEND SPECIAL

BRIOCHE BENEDICT	82
Half portion 2 brioche slices, sauteed baby spinach, poached eggs, hollandaise, chives Smoked salmon +40 Sliced Avocado +18	

Sweet buns and brioche doughnuts
also available on the counter on weekends
- flavour options are always changing

SALADS

NACHO SALAD BOWL (GF)	105
Baby spinach, rocket, avocado, lime crema, nacho chips, chipotle beans, cheddar, pickled jalpenos, coriander	
SALMON POKE BOWL (GF)	105
Smoked salmon, avocado, pickled red cabbage & cucumber, carrot, brown rice, black sesame, sriracha mayo, soy	
FALAFEL BOWL (VE)	105
Hummus, falafel, roasted brinjal, tabouleh, baby spinach, pickled red cabbage, green tahini sauce	

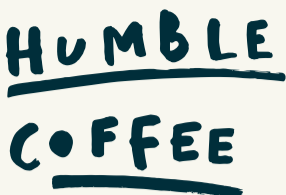
Humble suppliers

Not everything is made in-house - some things are best left to our friends.
Also know that our menu contains no meat, gelatine, alcohol or animal rennets.

Midlands Eggs Free range eggs
The Glenwood Bakery Sourdough & challah
Good Bread & Stuff White sourdough & brioche
Bushhill Cheese Cheese & yoghurt



Daily specials & salads - please take a look at the board or deli fridge
Please inform us of any allergies. We regret, no menu alterations during busy times.



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HOT DRINKS



ESPRESSO	26	
CORTADO	34	
FLAT WHITE	38	
LONG BLACK	30	
BATCH BREW	30	
CAPPUCCINO	36	40
LATTE		38
MOCHACCINO	38	42
RED CAPPUCCINO	36	40
HOT CHOCOLATE	36	40
CHAI LATTE	36	40
DIRTY CHAI	38	42
FIVE ROSES/ROOIBOS/GREEN	17	

SPECIALITY HOT DRINKS All 350ml

GOLDEN SPICED LATTE	38
Turmeric, cinnamon & ginger	
MYSTIC MESQUITE LATTE	40
Caffeine free coffee alternative, wild harvested in the karoo	
MATCHA LATTE	42
Exceptional grade pure matcha	
SALTED CARAMEL HOT CHOCOLATE	44
Served with vegan marshmallows	
LOOSE LEAF TEA	
Served in a 550ml pot	
Earl grey	25
Moroccan mint green	25
Sticky pineapple & ginger rooibos	25
Strawberry hibiscus rooibos	25

COLD DRINKS

BERRY CRUSH (VE)	38
Cloudy lemon, blueberry & blackcurrant crushed ice	
THE MOIRA ROSE (VE)	38
Peach & rose infused tea over ice	
ROOI IS MOOI (VE)	38
Rooibos extract, red orange & agave over ice	
ELDERFLOWER COFFEE FIZZ (VE)	38
Batch brew, elderflower syrup, sparkling water, lemon over ice	
ICED MATCHA	48
Pure Matcha, vanilla syrup, milk over ice	
STRAWBERRY ROSE MATCHA (VE)	65
Strawberries, matcha, oat milk, rose over ice	
CHAI FREEZO	42
Chai, milk, & crushed ice with cinnamon	
AERO MINT FREEZO	42
Choc, milk, mint, crushed ice	
KIWI CUCUMBER CRUSH (VE)	38
Cloudy lemon, kiwi & cucumber crushed ice	
STRAWBERRIES & CREAM MILKSHAKE	52
Strawberries & white chocolate	

KIDDIES

DRINKS	
BABYCCINO	8
KIDS HOT CHOCOLATE	26
Served with vegan mallows (200ml)	
KIDS SMOOTHIE	48
Strawberry, banana, mango, apple (250ml)	
MILKSHAKE	35
Strawberry or Chocolate (250ml)	
ORANGE OR APPLE JUICE	40
Freshly squeezed (250ml)	

ICED COFFEE All 350ml

ICED FLAT WHITE (Unsweetened)	38
Double espresso, milk, poured over ice cubes, choc sprinkle	
COFFEE FREEZO	44
Single espresso, milk & crushed ice	
ICED BLONDIE	48
Single espresso, white chocolate syrup, milk & crushed ice	
ICED MOCHA	48
Single espresso, dark chocolate, milk and crushed ice	

EXTRAS	
Milk alternatives	8
Almond/Coconut/Macadamia/Oat	
Syrups	10
Toasted hazelnut	
Sticky caramel	
Vanilla pod	

FRESH JUICES

FRESH ORANGE	52
PINEAPPLE CRUSH	52
Pineapple & fresh orange	
FLOO JUICE	52
Carrot, orange, apple, ginger	
GREEN DETOX	52
Spinach, cucumber, apple, lemon, ginger	
RUBY RED	52
Beetroot, apple, lemon, ginger	

SMOOTHIES

(VE) All vegan	
NUTTY DATE	65
Banana, peanut butter, dates, macmilk	
CHOC-MOUSSE	75
Cocoa macadamia butter, banana, avocado, chocolate oat milk	
MANGO LASSI	75
Mango, coconut, syrup, cinnamon	
GREEN MACHINE	65
Spinach, mango, lemon, apple	
PINA COLADA	65
Pineapple, banana, mango, agave, coconut	
SUNSHINE	65
Mango, pineapple, orange	
BERRY BLISS	65
Strawberry, blueberry, banana, apple	
HAZELNUT MOCHA	68
Banana, chocolate, hazelnut & almond milk	



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