

Breakfast

ORGANIC OATS

Peanut butter, honey & milk

Almond milk 6

Honey and almonds 15

Fresh banana slices and mixed seeds 12

Protein oats (whey protein) 16

45 EGG ON TOAST

2 eggs poached/ fried/ scrambled
with two slices of low GI/ Rye toast

36

Add ons

FRESH FRUIT SALAD V Vegetarian

38

Low fat plain yoghurt & wheat free muesli

16

Mixed berry coulis

12

The whole shebang

58

EXPRESS HEALTH BREAKFAST V Vegetarian

45

Rye toast, hummus, rocket, avocado and poached eggs

EXPRESS BREAKFAST

40

1 egg, bacon, fresh tomato and toast

NEW ENGLISH BREAKFAST

68

2 eggs of choice, beef sausage, bacon and fresh tomato

Avocado

14

Lean mince or chicken strips

24

LEAN MINCE ON TOAST

38

Scrambled of fried eggs

14

Avocado or rocket

14

THREE EGG OMELETTE OR SCRAMBLED EGGS

36

EGG WHITE OMELETTE or

WHITE EGG WHITE SCRAMBLED EGGS

42

Selection of fillings or toppings

Ham or bacon, mushrooms, caramelised onion and peppers

68

Lean mince, spinach and feta

68

Chicken strips, mushrooms and peppers

70

Ham, cheese and fresh tomato

68

Meals

Salads

FRESH GOURMET GREEN

60

Baby lettuce leaves, cucumber, cherry tomatoes, carrots ribos, grated beetroot, mixed peppers, sprouts, toasted seeds and cranberry mix

Avocado

14

Feta

18

Add ons

FREE RANGE CHICKEN BREAKFAST SALAD

72

Fresh green salad, lemon & herb chicken breast, avocado with honey and mustard dressing

GRASSED BEEF BILTONG SALAD

76

Fresh green salad, beef biltong, caramelised onions, pecorino shavings, avocado and balsamic glaze

Feta

18

Halloumi

18

Add ons

CHICKEN, BROWN RICE AND BROCCOLI

70

Free range chicken, brown rice, corn, sundried tomato, feta and broccoli

TUNA NISCOISE SALAD

66

Fresh green salad, shredded tuna, boiled eggs, green beans with a yoghurt herb dressing

Tramezzini's

BACON/ MINCE

50

CHICKEN MAYO

50

100g chips

8

Add ons

PASTA

74

Free range chicken strips with creamy white wine mushroom sauce and sun dried tomato presto

From The Grill

Served with one side order and a fresh side salad

HERBED GRILLED HAKE 78

Served with a fresh green salad

SIRLOIN STEAK

80

Green peppercorn glaze and creamy mushroom sauce

LEMON & HERB FREE RANGE CHICKEN

74

Free range chicken breast grilled to perfection and served with brown rice

Smoothies

GINGA NINJA 40	VERY BERRY SMOOTHIE 40
Banana, ginger, pineapple, carrot juice, chia seeds, lemons, honey, turmeric, water	Berries, banana, cranberry juice, ice blended
Klap gym 40	STRAWBERRY SMOOTHIE 40
Almonds, banana, chia seeds, cinnamon, peanut butter, honey, whey protein, yoghurt	Strawberry, banana, cranberry juice blended
GREEN MAMBA 40	MANGO SMOOTHIE 40
Cucumber, ginger, kiwi, lemon, spinach, celery, mint, honey	Mango, banana, cranberry juice, ice blended
HULK 40	PEANUT BUTTER DELIGHT 40
Banana, ginger, spinach, cardamon, peanut butter, honey, whey protein, water	Whey protein, milk, ice, honey, peanut butter. Ask for a milk alternative for R5 more
HALIE BERRY 40	HANGOVER CURE 40
Almonds, mixed berries, honey, yoghurt	Mixed berries, watermelon, chia seeds, lemon juice, mint

Shakes

WHEY PROTEIN PREMIUM SHAKE 35	BCAA POST WORKOUT 35
per single serve. Available in vanilla, strawberry banana & chocolate	Stimulant free. Per single serve
CHOCOLATE BASED PROTEIN 35	DIET SHAKE 35
Per serve. Vegan, no sugar & the best tasting plant protein shake around	High fibre, low GI meal replacement
PRE WORKOUT BOOST 35	
Per single serve	

Bring your own SHAKER and get R2 OFF.
R16 for an EXTRA SERVE.
R6 For your preferred milk alternative

Something cold 300ml

COLD BREW 29	RED ICED TEA 29
Double espresso poured over ice, topped with cold milk. For a sweeter version - we add a dollop of condensed milk first for an extra R2	A shot of red espresso poured over ice & cranberry juice
FROZEN LATTE 38	ICED GREEN TEA 29
Frozen latte, ice and water blended into a slushy	Chilled tea with lemon, lime ice and fresh mint



Menu

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