

BREAKFAST

CASSETTE

BIG CASSETTE BREAKFAST	72
Choice of eggs, baked beans, chicken sausage, sautéed potatoes and onions, beef bacon with herbed sautéed mushrooms, tomatoes and toasted bread.	
CLASSIC BENEDICT (D)	57
Two poached eggs, baby spinach and beef bacon on english muffin topped with orange hollandaise.	
EGGS FLORENTINE (D)	57
Two poached eggs, baby spinach and smoked salmon on english muffins topped with orange hollandaise.	
NO CARB BENEDICT (KETO) (VE)	65
Two poached eggs with avocado, mixed lettuce, orange hollandaise and choice of smoked salmon or beef bacon.	
SUPER GREEN OMELETTE (VE)	52
Three egg omelette with baby spinach, zucchini topped with parmesan and creme cheese and brown sourdough toast on the side.	
EGG CROISSANT (VE)	45
Scrambled eggs on toasted croissant, goat cheese crumble, fresh baby rocket, herbs and smoked maldon salt.	
SAVOURY WAFFLE DUCK	78
CONFIT (D)*WEEKENDS ONLY	
Confit duck leg with beef bacon, maple syrup and poached egg.	

ACAI POWER BOWL (V)(DF)(N)	52
Acai puree blended with banana, maple syrup, blueberries and almond milk. Topped with banana, wildberries, cacao nibs and homemade granola (coconut, agave and pecan).	
PITAYA BOWL (V)(DF)(N)	55
Dragon fruit puree blended with banana, coconut milk and mango. Topped with banana, chia seeds, toasted oats, desiccated coconut, kiwi and maple syrup.	
AVOCADO SMASH (VE/V)	55
Crushed avocado on sourdough toast with chilli flakes, feta crumble, pomegranate, lemon juice and tomato salsa.	
SWEET POTATO HASH (VE)	58
Pan fried sweet potato, red and yellow bell peppers, onions, two baked eggs. Topped with cherry tomato, avocado, parmesan, feta and cream cheese.	
VEGAN FRENCH TOAST (V)	55
Country loaf, chia seeds, agave nectar, almond milk, cinnamon, vanilla, strawberries and coconut cream.	
FRESH FRUIT BOWL (N)	40
Seasonal fruits with yoghurt sorbet and homemade granola (coconut, agave and pecan).	

PAIN PERDU (VE)	44
French toast served with pan roasted strawberries, vanilla ice cream and maple syrup.	
VEGAN OAT PANCAKES (GF)(V)	55
Made from oats, gluten free flour and almond milk. Topped with wild berries, maple syrup and berry compote.	
BUTTER MILK PANCAKES	52
Classic butter milk pancakes served with choice of bacon and maple syrup or blue berries and chocolate sauce.	
OATS PORRIDGE (V)	50
Made with choice of milk, topped with banana, fresh berries, candied almonds and maple syrup.	

//BREAKFAST SIDES

BACON	//12
AVOCADO	
SMOKED SALMON	
CHICKEN SAUSAGE	//16
EXTRA EGG	// 8
BAKED BEANS	
SAUTÉED POTATO	
SAUTÉED MUSHROOMS	
SPINACH	

SALADS

AVOCADO & CHICKEN SALAD (GF/D)	59
Seared chicken breast, mixed lettuce, cherry tomatoes, avocado, asparagus and honey mustard dressing.	
KALE SALAD	55
Crispy kale salad with bacon, cherry tomatoes, feta and roasted tomato dressing.	
ROASTED GOLDEN BEETROOT SALAD (V)	56
Roasted golden beet, french lentil, shaved fennel, red onion, rocket, blood orange with blood orange dressing.	
CAULIFLOWER SALAD (N)(VE)	48
Cauliflower oven roasted, toasted pine seeds, herb dressing, rocket and feta cheese.	
ARUGULA AND GRILLED PEAR SALAD	55
Mixed lettuce with goat cheese crumble, pomegranate, toasted pine nuts, pears and pomegranate dressing.	

SOUP

ASK FOR CHEF'S	36
SOUP OF THE DAY	

MAINS

ATLANTIC SALMON (GF)	79
Pan seared salmon with sauce vierge, pea puree, purple potato puree and lemon sauce.	
PAN SEARED CHICKEN (GF)	75
Pan seared chicken breast with brown butter garlic, tomato sauce, baby spinach, rustic thyme and parsley crushed baked potato.	
WILD MUSHROOM QUINOTTO (GF)(VE)	70
White quinoa, wild mushrooms, asparagus, radish, cream cheese, parmesan, truffle oil and chives.	
SEARED SEABASS (GF)	78
Pan seared sea bass, sautéed tomato, olives, new potato, sweet corn puree with lemon cream sauce.	
BUTTER CHILLI PRAWNS (SF)	82
Pan fried butterflied prawns marinated in chilli butter with homemade garlic aioli and choice of fries or salad.	
STEAK AU POIVRE (GF) 200 GRAMS	90
Beef fillet with creamy green pepper corn sauce, skinny fries, cassette spice and rocket tomato salad.	
RACK OF LAMB (GF)	115
Lamb rack with honey glazed carrots, wilted baby spinach, rosemary, baby potatoes and lamb jus.	

BURGERS/SANDWICHES

CASSETTE BURGER	68
Homemade beef patty, red leicester cheese, iceberg lettuce, sliced tomato, caramelized onions, pickles and house sauce on potato bun with choice of side.	
CHICKEN BURGER	62
Chicken breast, iceberg lettuce, sliced tomato, pickled jalapeño, caramelized onions, mango-jalapeño sauce and mayonaise on potato bun with choice of side.	
VEGGIE BURGER (V)(VE)	62
Homemade patty made of sweet potato, asparagus, quinoa and mushroom with iceberg lettuce, tomato, caramelized onions and smoked beet ketchup on vegan homemade bun with choice of side. *MADE A LA MINUTE	
FRENCH BEEF DIP SANDWICH	68
Braised beef and mature cheddar on toasted baguette served with beef au jus and choice of side.	

//SIDES

SKINNY FRIES	//16
SWEET POTATO FRIES	
HOUSE SALAD	
PARMESAN TRUFFLE FRIES	//20

//ADD-ONS

AVOCADO	//12
CHEESE	
BEEF BACON	



SMOOTHIES

//32

COBANA (G)

Superfood-baobab fruit, combined with oatmeal to fuel your day and turmeric for good digestion.

GREEN STARTER

Kale, avocado, banana and ginger blend with orange juice and pineapple chunks.

ENERGY BERRY (N)

Acai puree, chia, banana and almond milk.

PUMPKIN BLISS

Pumpkin, mango, chia seeds, vanilla, spinach and orange.

SPECIAL JUICES

//32

ABC

Apple, beetroot, carrot and celery.

SPICE GREEN

Kale, green apple, lime, cucumber and a dash of cayenne.

RECOVERY BOOST

Orange, spinach, celery, ginger and kiwi.

BREWED TEA

//21

ENGLISH BREAKFAST

EARL GREY

CHAMOMILE

FAR EAST

JASMINE PEARL

ROOIBOS ORANGE CACTUS

CACAO NIBS



HOT DRINKS

ESPRESSO	16/18
MACCHIATO	16/18
AMERICANO	18
CAPPUCCINO	21
CAFÉ AFFOGATO	24
CAFÉ LATTE	21

COLD COFFEE

COLD MINT	24
LATTE	21
COLD BREW	20
SHAKERATO	21
SPANISH	24
BLACK ICE	18

MILKSHAKES

//28

GREEN MATCHA (D)

Matcha green tea, mint syrups, vanilla ice cream and milk.

NAUGHTY SALTY (D/N)

Salted caramel, vanilla ice cream and milk.

NUT N EASY (N)

Vanilla ice cream, peanut butter and almond milk.

LUCUMA (DF)

Lucuma, dairy free ice cream and coconut milk.

FRESH JUICES

//24

ORANGE

GREEN APPLE

CARROT

GRAPEFRUIT

ICED TEA

//23

PLUM THYME

LEMON PEACH

PASSION FRUIT

LEMONADE

//23

LAVENDER LEMONADE

GINGER SPICED ORANGE

CUCUMBER MINT LEMONADE

GRAPEFRUIT CARDAMON

FLAT WHITE	21
CAFÉ MOCHA	24
FRENCH PRESS	18
BULLETPROOF LATTE	24
HOT CHOCO	22

SPECIAL LATTES

//24

SPANISH
BEET
GOLDEN
MATCHA
ROOIBOS



MOCKTAILS

//28

DAILY FIT

Tropical pitaya with fresh carrots and strawberry puree.

PINEAPPLE MOJITO

Lime, pineapple chunks, pineapple juice, mint and soda water.

MULLED POMEGRANATE PUNCH

Pomegranate juice, apple juice, blackberries, agave, cinnamon, star anise, cloves, peppercorn and orange.

VIRGIN MARY

Housemade tomato juice, celery, lime, worcestershire, tabasco, salt & pepper.

LIFELINE SHOOTERS

//16

LIVER ME BAD

Apple cider, apple juice and ginger.

THE STIMULANTS

Beetroot, lemon and turmeric.

KAMIKAZE

Ginger, lemon and turmeric.

DESSERTS

CLASSIC CRÈME BRÛLÉE (GF)..... 45

Gluten free crème brûlée with fresh berries.

STICKY TOFFEE PUDDING..... 42

Dates, toffee sponge, toffee sauce, vanilla ice cream and maple syrup.

ICE CREAM/SORBET..... 10

Please ask for our selections.

PAIN PERDU (VE) 44

French toast served with pan roasted strawberries, vanilla ice cream and maple syrup.

PASSION CHEESECAKE (N)..... 42

Passionfruit glaze, cream cheese and hazelnut crust.

VEGAN LEMON MERINGUE (DF)(GF)(V)..... 45

Lemon curd, lime gel, blueberry colie, sweet pastry crust served with meringue.

CHOCOLATE MOUSSE (DF)(GF)(V)..... 42

Chocolate mousse, cocoa tuile, passion gel, chocolate soil and cocoa sauce.

VEGAN FRENCH TOAST (V)..... 55

Country loaf, chia seeds, agave nectar, almond milk, cinnamon, vanilla, strawberries and coconut cream.

DONT MISS OUR ADDITIONAL TREATS AT THE COUNTER!