

BREAKFAST

CASSETTE

BIG CASSETTE BREAKFAST.....78
Choice of egg, portobello mushroom, beef bacon, baked beans, sautéed potatoes, chicken sausage, grilled tomatoes and choice of bread.
***VEGAN OPTION AVAILABLE**

CLASSIC BENEDICT(D).....58
Two poached eggs, baby spinach and beef bacon on english muffin topped with orange hollandaise.

EGGS FLORENTINE(D).....59
Two poached eggs, baby spinach and smoked salmon on english muffin topped with orange hollandaise.

LOW CARB BENEDICT (KETO)(VE)(D).....65
Two poached eggs with avocado, mixed lettuce, orange hollandaise and choice of smoked salmon or beef bacon.

SUPER GREEN OMELETTE (VE)(D).....56
Three egg omelette with baby spinach, zucchini topped with parmesan and creme cheese and brown sourdough toast on the side.

BREAKFAST CROISSANT(G)(D).....52
Baked croissant with scrambled eggs and chive cream cheese. Topped with smoked salmon roses.

SAVOURY WAFFLE DUCK.....78
CONFIT(D)*WEEKENDS ONLY
Confit duck leg with beef bacon, maple syrup and poached egg.

SALADS

CAESAR THE VEGAN SALAD(V)(G).....59
Kale, asparagus, avocado, fresh mint and dill, Unsberg lettuce, sourdough croutons, coconut bacon and vegan caesar dressing.

***CAULIFLOWER SALAD(VE)(G)(D)(N)**56
Oven roasted purple cauliflower, toasted pine seeds, herb dressing, rocket, crispy onions and feta cheese.
***VEGAN OPTION AVAILABLE**

***BURRATA AND PEACH SALAD(VE)(D)**.....65
Cassette mixed lettuce, rocket, peach, cherry tomato and creamy burrata with date balsamic dressing.

CASSETTE CHICKEN SALAD(GF)(DF).....62
Cassette mixed lettuce, seared chicken, sundried tomato, olives, red onions, grapes, celery mixed with a honey mustard dressing.

BRIE AND PEAR SALAD(VE)(D)(N).....59
Cassette mixed lettuce with radish, green beans, fresh pears, toasted walnuts, brie cheese and walnut dressing.
***VEGAN OPTION AVAILABLE**

THE BERRY SALAD(VE)(D)(N).....59
Cassette mixed lettuce with feta, strawberries, blueberries, red onions, pecan nuts mixed with a strawberry vinaigrette.
***VEGAN OPTION AVAILABLE**

ACAI POWER BOWL(V)(DF)(N).....55
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).....56
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)(D).....56
Crushed avocado on sourdough toast with chilli flakes, feta crumble, pomegranate, lemon juice and tomato salsa.
***VEGAN OPTION AVAILABLE**

SWEET POTATO HASH(VE)(D).....58
Pan fried sweet potato, onions, red and yellow bell peppers, two baked eggs. Topped with avocado, cherry tomato, parmesan, feta and cream cheese.

VEGAN FRENCH TOAST(V)(G)(DF)(N).....55
Country loaf, chia seeds, agave nectar, almond milk, cinnamon, vanilla, strawberries and coconut cream.

TRUFFLE POTATO LYONNAISE(D).....59
Pan fried baby new potato, parsley, caramelized onions, chopped bacon and choice of poached or fried egg. Topped with truffle infused hollandaise.
***ADD ON SMOKED SALMON/BACON/EGG**

MAINS

ATLANTIC SALMON(GF)(D)(SF).....79
Pan seared salmon with sauce vierge, pea puree, purple potato puree and lemon sauce.

***PAN FRIED SEABASS(GF)(D)(SF)**.....80
Pan fried sea bass, shaved fennel, roasted purple cauliflower puree with a chili mint vinaigrette.

BUTTER CHILLI PRAWNS(GF)(D)(SF).....85
Pan fried butterflied prawns marinated in chilli butter with homemade garlic aioli. Served with fries and salad.

WILD MUSHROOM QUINOTTO(VE)(GF)(D).....74
White quinoa, wild mushrooms, asparagus, radish, cream cheese, parmesan, truffle oil and chives.
***VEGAN OPTION AVAILABLE**

PAN SEARED CHICKEN(GF)(D).....76
Pan seared chicken breast with brown butter garlic, tomato sauce, baby spinach, rustic thyme and parsley crushed baked potato.

BEEF FILLET MIGNON(GF)(D).....90
Beef fillet with mashed potato, creamy green peppercorn sauce. Served with a house salad.

//ADD-ONS

AVOCADO //12
CHEESE
BEEF BACON

VEGAN BREAKFAST SKILLET(V)(DF)(GF)...55
Baby new potato, red onions, button and portobello mushrooms, red peppers, baby spinach, paprika, cherry tomatoes, parsley and fresh lemon.
***ADD ON SMOKED SALMON/BACON/EGG**

BEETROOT VEGAN PANCAKES(V)(GF)(DF)(N)...55
Made from beetroot, gluten free flour and almond milk. Topped with wild berries, coconut cream and berry compote.

BUTTER MILK PANCAKES(G)(D).....54
Classic butter milk pancakes served with choice of bacon and maple syrup or berry compote and whipped cream.

HEALTHY PORRIDGE BOWL(VE)(G)(D)(N).....50
Made with choice of milk, orange, raspberry chia jam, oats, banana, peanut butter, chia seeds and goji berries.
***VEGAN OPTION AVAILABLE**

BERRY BOWL.....45
Berries with coconut sorbet.

//BREAKFAST SIDES

BACON	//12	EXTRA EGG	//8
AVOCADO		BAKED BEANS	
SMOKED SALMON		SAUTÉED POTATO	
CHICKEN SAUSAGE	//16	SAUTÉED MUSHROOMS	
EXTRA BREAD	//4	SPINACH	

SOUP

ASK FOR CHEF'S.....36
SOUP OF THE DAY

BURGERS/SANDWICHES

CASSETTE BURGER(G)(D).....70
Homemade beef patty, red leicester cheese, Unsberg lettuce, tomato, pickles, caramelized onions, and house sauce on a potato bun. Served with a salad or choice of fries.

CHICKEN BURGER(G)(D).....65
Chicken breast, Unsberg lettuce, tomato, pickled jalapeño, caramelized onions, mango-jalapeño sauce and mayonaise on a potato bun. Served with a salad or choice of fries.

PORTOBELLO MUSHROOM BURGER(VE)(G)(D)...62
Marinated portobello mushroom with red Leicester cheese, Unsberg lettuce, tomato and homemade pickles on a potato bun. Served with a salad or choice of fries.
***VEGAN OPTION AVAILABLE**

FRENCH BEEF DIP SANDWICH(G)(D).....70
Braised beef with cheddar cheese and homemade pickled jalapeño on a toasted baguette, topped with beef au jus. Served with a salad or choice of fries.

COUNTRY CHICKEN SANDWICH(G)(D).....64
Seared chicken, swiss cheese, Unsberg lettuce, fried shallots, avocado and a maple mustard sauce in a white country loaf. Served with a salad or choice of fries.

//SIDES

SKINNY FRIES	//18	PARMESAN TRUFFLE	//20
SWEET POTATO FRIES		FRIES	
HOUSE SALAD		MASHED POTATO	



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(V)

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.

GOLDEN IMMUNE FIX

Ginger, turmeric, orange, mango and pineapple juice.

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
ESPRESSO TONIC	21

MILKSHAKES //28

GREEN MATCHA(D)

Matcha green tea, vanilla ice cream and milk.

NAUGHTY SALTY(D/N)

Salted caramel, vanilla ice cream and milk.

NUT N EASY(D)(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

RED ROOIBOS

LEMONADE //23

LAVENDER LEMONADE

GINGER SPICED ORANGE

CUCUMBER MINT LEMONADE

GRAPEFRUIT CARDAMON

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

SPECIAL LATTES //24

SPANISH

BEET

GOLDEN

MATCHA

ROOIBOS

SAFFRON



MOCKTAILS //28

DAILY FIT

Tropical pitaya with fresh carrots and strawberry puree.

VIRGIN MARY

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

POMME VANILLE

Green apple juice, mint leaves, vanilla syrup and soda water.

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)(D).....45

Gluten free crème brûlée with fresh berries.

STICKY TOFFEE PUDDING(G)(D).....42

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

PAIN PERDU(VE)(G)(D).....48

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

KETO CHEESECAKE(GF)(D)(N).....42

Compote, cream cheese, lemon zest, sour cream, vanilla and hazelnut almond crust.

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

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

APPLE ALMOND TART(G)(D)(N).....42

Puff pastry, crème de monde, apple, caramel sauce and vanilla ice cream.

LIME & COCONUT PANNA COTTA(V)(GF)(DF)....40

Coconut milk, cream, agar, maple honeycomb, mixed fresh berries and lime zest.

CHOCOLATE BROWNIE(G)(D)(N).....55

Chocolate brownie, hazelnut and coriander mousse, chili orange ganache, almond dacquoise and candied orange.

DONT MISS OUR ADDITIONAL TREATS AT THE COUNTER!