

BREAKFAST

BIG CASSETTE BREAKFAST (G)(D).....79
Choice of egg, sautéed mushrooms, beef bacon, baked beans, sautéed potatoes, chicken sausage, hot tomatoes salsa sauce and choice of bread.
***VEGAN OPTION AVAILABLE**

EGGS BENEDICT (G)(D).....60
Two poached eggs, baby spinach and choice of smoked salmon or beef bacon on english muffin topped with orange hollandaise.

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

SUPER GREEN OMELETTE (VE)(G)(D).....58
***EGG WHITE OPTION**64
Three egg omelette with baby spinach, zucchini, parmesan, creme cheese and brown sourdough toast on the side.

BREAKFAST CROISSANT (G)(D).....54
Baked croissant with scrambled eggs and chive cream cheese. Topped with choice of smoked salmon roses or beef bacon.

VEGAN FRENCH TOAST (V)(G)(DF)(N).....57
Country loaf, chia seeds, agave nectar, almond milk, cinnamon, vanilla, strawberries and coconut cream.

SAVOURY WAFFLE DUCK CONFIT (G)(D).....80
Confit duck leg with beef bacon, maple syrup and poached egg.
***WEEKENDS ONLY**

SALADS

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

LEMONEY CHICKPEA SALAD (V)(GF)(DF).....58
Quinoa, red onion, chickpeas, cucumber, dill, yellow pepper, cherry tomatoes, kalamata olives, parsley, radish with lemon dressing.

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

AVOCADO CHICKEN SALAD (GF)(D).....62
Cassette mixed lettuce, sautéed chicken strips, avocado, asparagus, feta, cherry tomatoes with a honey mustard dressing.

SMOKED SALMON AND ARUGULA SALAD (GF)(DF)(SF).....62
Baby rocket, microgreen, smoked salmon, avocado, pears and red onions with lemon dressing.

BERRY SPINACH SALAD (VE)(GF)(D)(N).....59
Baby spinach with goat cheese, strawberries, blueberries, raspberries, red onions, pecan nuts mixed with a raspberry vinaigrette.
***VEGAN OPTION AVAILABLE**

BEETROOT AND FETA SALAD (VE)(GF)(D)(N).....58
Cassette mixed lettuce with roasted beetroot, rocket, avocado, feta, and toasted walnuts with a dijon maple dressing.

ACAI BOWL (V)(G)(DF)(N).....56
Acai purée blended with banana, mixed berries and coconut milk. Topped with raspberries, strawberries, chia seeds peanut butter, coconut flakes and homemade granola.

PITAYA BOWL (V)(GF)(DF)(N).....58
Dragon fruit purée blended with banana, orange juice and mixed berries. Topped with shelled pumpkin seeds, raspberries, dragon fruit and walnuts.

AVOCADO SMASH (VE)(G)(D).....56
Crushed avocado on sourdough toast with chilli flakes, feta crumble, lemon juice, pomegranate and tomato salad.
***VEGAN OPTION AVAILABLE**

SWEET POTATO HASH (GF)(VE)(D).....60
Pan fried sweet potatoes, onions mixed bell peppers, two baked eggs. Topped with avocado, cherry tomatoes, parmesan, feta and cream cheese.

TRUFFLE POTATO LYONNAISE (GF)(D).....62
Pan fried baby new potatoes, parsley, caramelized onions, chopped bacon and choice of poached or fried egg. Topped with truffle infused hollandaise and parmesan.
***ADD ON SMOKED SALMON/BACON/EGG**

BERRY BOWL (GF)(DF).....45
Berries with coconut sorbet.

MAINS

ATLANTIC SALMON (GF)(D)(SF).....80
Pan seared salmon with sauce vierge, pea purée, purple potato purée and butter lemon sauce.
***PAN FRIED SEABASS (GF)(D)(SF)**.....84
Pan fried seabass, sweet potatoes and sweet corn purée, baby potatoes, black olives, cherry tomatoes and a lemon butter cream.

BUTTER CHILLI PRAWNS (GF)(D)(SF).....86
Pan fried butterflied prawns marinated in chilli butter with homemade garlic aioli. Served with fries and salad.

WILD MUSHROOM QUINOTTO (VE)(GF)(D).....76
White quinoa, wild mushrooms, asparagus, radish, cream cheese, parmesan, truffle oil and chives.
***VEGAN OPTION AVAILABLE**

PAN SEARED CHICKEN (GF)(DF).....78
Pan seared chicken breast with sweetcorn purée, chicken jus and garnish with oyster mushrooms, confit garlic and beetroot powder.

STEAK FRITES (GF)(D).....95
***ADD ON PEPPERCORN OR MUSHROOM SAUCE**...10
Homemade herb butter and 250gr tenderloin. Served with fries and salad.

//SIDES

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

CASSETTE

VEGAN BREAKFAST SKILLET (V)(DF)(GF).....58
Baby potatoes, red onions, button and portobello mushrooms, red peppers, baby spinach, paprika, cherry tomatoes, parsley and fresh lemon.
***ADD ON SMOKED SALMON/BACON/EGG**

GLUTEN FREE VEGAN PANCAKES (V)(GF)(DF).....57
Gluten dairy and dairy free mix. Topped with fresh raspberries, raspberry compote and coconut cream.

BUTTER MILK PANCAKES (G)(D).....56
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).....52
Made with choice of milk, orange, oats, raspberry chia jam, banana, peanut butter, chia seeds and goji berries.
***VEGAN OPTION AVAILABLE**

//BREAKFAST SIDES

BACON	//16	EXTRA EGG	//8
SMOKED SALMON		BAKED BEANS	
CHICKEN SAUSAGE	//14	SAUTÉED POTATO	
AVOCADO		SAUTÉED MUSHROOMS	
EGG WHITES	//10	SPINACH	
EXTRA BREAD	//2	GLUTEN FREE BREAD	//4

SOUP

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

BURGERS/SANDWICHES

CASSETTE BURGER (G)(D).....72
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.

CRISPY CHICKEN BURGER (G)(D).....68
Fried buttermilk-soaked chicken breast with cabbage, carrots, honey mayo slaw, red Leicester cheese and fresh jalapeño on a toasted potato bun. Served with a house salad or choice of fries.

VEGAN LOBSTER ROLL (V)(G).....64
Heart of palm, spicy vegan mayo sauce (chives, red onion, dill) on a toasted multiseed burger bun. Served with a house salad and choice of fries.

FRENCH BEEF DIP SANDWICH (G)(D).....72
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).....66
Seared chicken, swiss cheese, Unsberg lettuce, fried shallots, avocado and a maple mustard sauce in multiseed baguette. Served with a salad or choice of fries.

//ADD-ONS

BEEF BACON	//16
AVOCADO	//14
CHEESE	//12

SMOOTHIES //32

COBANA (G)(D)

Superfood-baobab fruit, oatmeal and turmeric.

GREEN STARTER

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

ENERGY BERRY(N)

Acai puree, chia, banana and almond milk.

PUMPKIN BLISS(V)

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

TROPICAL PITAYA(V)(N)

Almond milk, pitaya, banana, mango and lime.

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.

FRESH JUICES //24

ORANGE	CARROT
GREEN APPLE	GRAPEFRUIT

LEMONADE //24

LAVENDER LEMONADE
GINGER SPICED ORANGE
CUCUMBER MINT LEMONADE
GRAPEFRUIT CARDAMON

HOT DRINKS

ESPRESSO	16/18
MACCHIATO	17/18
AMERICANO	19
CAPPUCCINO	21
CAFÉ AFFOGATO	25
CAFÉ LATTE	21

COLD COFFEE

COLD MINT	24
ICE LATTE	21
COLD BREW	20
SHAKERATO	21
ICE SPANISH	24
BLACK ICE	20
ESPRESSO TONIC	21

MILKSHAKES //30

GREEN MATCHA(D)

Matcha green tea, vanilla ice cream & milk.

NAUGHTY SALTY(D)(N)

Salted caramel, vanilla ice cream & milk.

NUT N EASY(D)(N)

Vanilla ice cream, peanut butter & almond milk.

LUCUMA(D)(F)

Lucuma, dairy free ice cream & coconut milk.

ROOIBOS(D)

Rooibos, coconut milk, vanilla ice cream, mint leaves & grated coco beet.

LIFELINE SHOOTERS //18

LIVER ME BAD

Apple cider, apple juice and ginger.

THE STIMULANTS

Beetroot, lemon and turmeric.

KAMIKAZE

Ginger, lemon and turmeric.

ICED TEA //24

PLUM THYME
LEMON PEACH
PASSION FRUIT
RED ROOIBOS

BREWED TEA //22

ENGLISH BREAKFAST
EARL GREY
CHAMOMILE
FAR EAST
JASMINE PEARL
JAPANESE GREEN SENCHA
ROOIBOS ORANGE CACTUS
CACAO NIBS



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

SPECIAL LATTES //24

SPANISH
BEET
GOLDEN
MATCHA
ROOIBOS
SAFFRON



MOCKTAILS //30

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 and vanilla syrup.

DESSERTS

CLASSIC CRÈME BRÛLÉE(GF)(D).....35
Gluten free crème brûlée with fresh berries.

STICKY TOFFEE PUDDING(G)(D).....42
Dates, toffee sponge, toffee sauce, vanilla ice cream and physalis.

PAIN PERDU(VE)(G)(D).....48
French toast served with pan roasted strawberries, vanilla ice cream and maple syrup.

***KETO CHEESECAKE(GF)(D)(N)**.....46
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.

***VEGAN CHOCOLATE MOUSSE(V)(DF)(GF)**.....42
Chocolate mousse, cocoa tuile, passion gel, chocolate soil and cocoa sauce.

CHOCOLATE BROWNIE(G)(D)(N).....55
Chocolate brownie, hazelnut and coriander mousse, chili orange ganache, almond dacquoise and candied orange.

APPLE TARTIN(V)(G)(D).....46
Granny smith apple caramelized and baked with puff pastry. Served with vanilla ice cream and smoked salt.

CARROT CAKE(VE)(G)(D)(N).....30
Carrot cake with carrot purée and cream cheese icing. Topped with roasted walnuts and carrot shavings.

CHOCOLATE RASPBERRY TART(G)(D)(N).....36
Almond chocolate pastry shell, raspberry compote, milk chocolate ganache and fresh raspberries.

CHOCOLATE CAKE(VE)(GF)(D).....39
Gluten free flour and eggs. Served with chocolate sauce and coconut cream.

VEGAN BANANA BREAD(V)(GF)(DF)(N).....36
Gluten and dairy free banana cake with almond flour. Served with a sprinkle of icing sugar.

DONT MISS OUR ADDITIONAL TREATS AT THE COUNTER!