

BIG CASSETTE BREAKFAST (G)(D).....84
Choice of egg, sautéed mushrooms, beef bacon, baked beans, sautéed potatoes, half sliced tomatoes, choice of chicken or beef sausage and choice of bread.
***VEGAN OPTION AVAILABLE**

EGGS BENEDICT (G)(D).....64
Two poached eggs, baby spinach and choice of smoked salmon or beef bacon on english muffin topped with orange hollandaise.

LOW CARB BENEDICT (KETO)(GF)(D).....69
Two poached eggs with avocado, mixed lettuce, orange hollandaise and choice of smoked salmon or beef bacon.
***VEGETARIAN OPTION AVAILABLE**

SUPER GREEN OMELETTE (VE)(G)(D).....63
***EGG WHITE OPTION**.....69
Three egg omelette with baby spinach, zucchini, parmesan, creme cheese and brown sourdough toast on the side.

TRUFFLE EGG CROISSANT (VE)(G)(D).....59
Baked croissant with white truffle infused cream cheese, scrambled eggs and sautéed oyster mushroom.
***ADD ON SMOKED SALMON/BACON/AVOCADO**

VEGAN FRENCH TOAST (V)(G)(DF)(N).....58
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, Unsborg lettuce, sourdough croutons, coconut bacon and vegan caesar dressing.

HERBY CAULIFLOWER SALAD (V)(G)(DF).....59
Roasted cauliflower florets, cooked chickpeas, pickled red onions, chilli flakes, parsley, dill, rocket and lemon dressing.

***BURRATA AND NECTARINE SALAD (VE)(D)**.....67
Fresh burrata, mixed heirloom tomatoes, ripe nectarine, basil, steamed beets, sliced red onion and balsamic dressing.

AVOCADO CHICKEN SALAD (GF)(D).....66
Cassette mixed lettuce, asparagus, sautéed chicken strips, avocado, feta and cherry tomatoes with a honey mustard dressing.

PRAWN ASPARAGUS AND AVOCADO SALAD (GF)(D)(SF).....63
Pan seared prawn, asparagus, sliced avocado, baby spinach, lettuce mix and spring onion with lemon pan dressing.

ARUGULA AND ASPARAGUS SALAD (VE)(GF)(D).....59
Sautéed asparagus, cherry tomatoes, fresh arugula, red onion, cucumber, radish, parmesan and olive oil.

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)(DF)(N).....58
Acai purée blended with blueberries, banana, maple syrup and almond milk. Topped with banana, wildberries, cacao nibs and homemade granola (date syrup, coconut, agave, oats, almond flakes and pecan).

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).....60
Crushed avocado on sourdough toast with chilli flakes, feta crumble, lemon juice, pomegranate and cherry tomatoes.
***VEGAN OPTION AVAILABLE**

SWEET POTATO HASH (GF)(VE)(D).....64
Pan fried sweet potatoes, onions, mixed bell peppers and two baked eggs. Topped with avocado, cherry tomatoes, parmesan, feta and cream cheese.

TRUFFLE POTATO LYONNAISE (GF)(D).....66
Pan fried baby new potatoes, parsley, caramelized onions, chopped bacon and choice of poached or fried egg. Topped with parmesan and truffle infused hollandaise.
***ADD ON SMOKED SALMON/BACON/EGG**

VEGAN BREAKFAST SKILLET (V)(DF)(GF).....60
Baby potatoes, red onions, button and portobello mushrooms, paprika, red peppers, baby spinach, parsley, cherry tomatoes and fresh lemon.
***ADD ON SMOKED SALMON/BACON/EGG**

MAINS

ATLANTIC SALMON (GF)(D)(SF).....84
Pan seared salmon with sauce vierge, pea purée, purple potato purée, crispy capers and butter lemon sauce.
***PAN FRIED SEABASS (GF)(D)(SF)**.....89
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).....87
Pan fried shell on 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)(D).....79
Pan seared chicken breast with brown butter garlic, tomato sauce, baby spinach, rustic thyme, parsley, parmesan and crushed baked potato.

BEEF FILLET ARTICHOKE-POTATO HASH AND GRILLED ASPARAGUS (D)(GF).....115
Pan seared beef tenderloin, artichoke heart-potato hash, grilled asparagus, garlic, caramelized onion purée and creamy peppercorn sauce.

//SIDES

PARMESAN TRUFFLE FRIES //22	HOUSE SALAD //19
SKINNY FRIES //19	SAUTÉED ASPARAGUS //16
SWEET POTATO FRIES	

GLUTEN FREE VEGAN PANCAKES (V)(GF)(DF).....60
Gluten and dairy free pancake mix. Layered with fresh banana and berry compote. Topped with maple caramelized banana, vegan blueberry compote and coconut cream.

BUTTER MILK PANCAKES (G)(D).....59
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).....55
Made with choice of milk, maple syrup, orange, oats, raspberry chia jam, banana, peanut butter, chia seeds and goji berries.
***VEGAN OPTION AVAILABLE**

BERRY BOWL (GF)(DF).....46
Berries with coconut sorbet.

//BREAKFAST SIDES

SMOKED SALMON //19	OYSTER MUSHROOMS //11
BEEF SAUSAGE //17	EGG WHITES //10
BEEF BACON //16	EXTRA EGG //8
CHICKEN SAUSAGE //14	BAKED BEANS
AVOCADO	SAUTÉED POTATO
GLUTEN FREE BREAD //4	BUTTON MUSHROOMS
EXTRA BREAD //2	SPINACH

SOUP

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

BURGERS / SANDWICHES

CASSETTE BURGER (G)(D).....74
Homemade beef patty, red leicester cheese, Unsborg lettuce, tomato, pickles, caramelized onions and house sauce on a potato bun. Served with a salad or choice of fries.
***ADD ON BEEF PATTY/BACON/EGG**

CRISPY CHICKEN BURGER (G)(D).....70
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 BURGER (V)(G).....68
Heart of palm, spicy vegan mayo sauce (chives, red onion, dill) on a toasted multiseed burger bun. Served with a house salad or choice of fries.

FRENCH BEEF DIP SANDWICH (G)(D).....78
Braised beef with cheddar cheese, Dijon mustard mayo and homemade pickled jalapeño on a toasted baguette. Served with beef au jus and a salad or choice of fries.

CHICKEN TAHINA SANDWICH (G)(D).....68
Pan grilled chicken strips, avocado, sliced tomatoes, spring onions, lemon mayo and tahina sauce on a sourdough baguette. Served with a salad or choice of fries.

//ADD-ONS

BEEF BACON //16	BEEF PATTY & CHEESE //24
AVOCADO //14	CHEESE //12

SMOOTHIES //32

COBANA (G)(D)

Superfood-baobab fruit, oatmeal, yogurt, turmeric, banana, honey & coconut milk.

GREEN STARTER (V)

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

ENERGY BERRY (N)(V)

Acai puree, chia, banana, mix berries and almond milk.

PUMPKIN BLISS (V)

Pumpkin, mango, chia seeds, vanilla vegan protein, 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 & 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 CARDAMOM

SHOOTERS //19

SEVEN GREENS

Lime, kale, spinach, mint, cucumber, apple and celery.

KAMIKAZE

Ginger, lemon and turmeric.

SPICE

Green tea, turmeric, apple cider, pepper, cinnamon and orange.

ICED TEA //26

MANGO MINT	PASSION FRUIT
LEMON PEACH	RED ROOIBOS

BREWED TEA //24

ENGLISH BREAKFAST

EARL GREY

CHAMOMILE

FAR EAST

CACAO NIBS

JASMINE PEARL

JAPANESE GREEN SENCHA

ROOIBOS ORANGE CACTUS



MILKSHAKES //32

GREEN MATCHA (D)

Matcha green tea, vanilla ice cream & milk.

NAUGHTY SALTY (D/N)

Salted caramel ice cream and milk. Topped with salted caramel sauce.

NUT N EASY (D)(N)

Vanilla ice cream, peanut butter and almond milk.

LUCUMA (DF)(V)

Lucuma, coconut sorbet & coconut milk.

BANANA COFFEE MILKSHAKE (D)(G)

Banana, espresso, vanilla ice cream, cookies and milk.

//ADD ON VEGAN PROTEIN 30G //11

HOT DRINKS

ESPRESSO	16/19
MACCHIATO	17/19
AMERICANO	20
CAPPUCCINO	22
CAFÉ AFFOGATO	26
CAFÉ LATTE	22

COLD COFFEE

COLD MINT	24
ICE LATTE	22
COLD BREW	20
SHAKERATO	21
ICE SPANISH	24
BLACK ICE	20
ESPRESSO TONIC	21

DESSERTS

*BURNT ORANGE CRÈME BRÛLÉE (GF)(D).....	37
Vanilla & orange crème brûlée with orange sugar & dehydrated orange.	
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 strawberry compote, vanilla ice cream, mint leaves, fresh strawberry and maple syrup.	
*KETO CHEESECAKE (GF)(D)(N).....	46
Blueberry compote, cream cheese, lemon zest, sour cream, vanilla & hazelnut almond crust.	
VEGAN KEY LIME & RASPBERRY TART (G)(DF)(N).....	45
Key lime raspberry tart, chilli mango salsa, raspberries, coconut cream, almonds, raspberry coulis & lime zest.	
*VEGAN CHOCOLATE MOUSSE (V)(DF)(GF).....	42
Chocolate mousse, cocoa tuile, passion gel, chocolate soil and cocoa sauce.	
VEGAN BANANA BREAD (V)(GF)(DF)(N).....	36
Gluten & dairy free banana bread with almond flour and chocolate chips. Served with berry compote.	
APPLE TARTIN (VE)(G)(D)	46
Granny smith apple caramelized and baked with puff pastry. Served with vanilla ice cream and smoked salt.	

MOCKTAILS //32

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.

BASIL MOJITO

Basil, lime, passion fruit purée and chamomile drops with sparkling water.

NON ALCOHOLIC //35

BIÈRE DES AMIS

Premium Belgian beer

FLAT WHITE	21
CAFÉ MOCHA	26
FRENCH PRESS	21
BULLETPROOF COFFEE.....	26
HOT CHOCO	26
CORTADO.....	20

SPECIAL LATTES //24

SPANISH
BEET
GOLDEN
MATCHA
ROOIBOS
SAFFRON



SOFT SERVE ICE CREAM (G)(D)	20
Vanilla or dark chocolate ice cream. Served in a cup or cone.	



//ADD-ON TOPPINGS

CINNAMON CRUMBLE (VE)(G)(D)	//2.5
RASPBERRY CRUNCH (V)(GF)(DF)	//5
CANNOLO (VE)(G)(D)	//5

*SMORE'S CHOCOLATE BROWNIE (G)(D)(N)(VE).....

55 Dark chocolate brownie, peanut butter cream, crumbed cinnamon cookie, chocolate ganache and roasted mini marshmallow. Served with peanut butter ice cream.

CARROT CAKE (VE)(G)(D)(N)

38 Carrot cake, 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.

*ESPRESSO MOUSSE (VE)(G)(D)(N)

40 Espresso mousse, dark chocolate sponge, milk chocolate ganache, espresso jelly and coffee glaze. Served with caramel glaze, candied hazelnut, candied orange peel and raspberry crunch.