

**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 (G)(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.