

BREAKFAST

BIG CASSETTE BREAKFAST (G)(D).....86
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).....69
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).....70
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).....66
***EGG WHITE OPTION**.....72
Omelette with baby spinach, zucchini and parmesan. Topped with avocado, cherry tomatoes and radish with brown sourdough toast on the side.

CREAMY SPINACH CROISSANT (VE)(G)(D).....62
Baked croissant with creamy spinach, parmesan, crushed chilli, micro herbs and fried egg.
***ADD ON SMOKED SALMON/BACON/AVOCADO**

VEGAN FRENCH TOAST (V)(G)(DF)(N).....60
Country loaf, chia seeds, agave nectar, almond milk, cinnamon, vanilla, strawberries and coconut cream.

SAVOURY WAFFLE DUCK CONFIT (G)(D).....85
Confit duck leg with beef bacon, maple syrup and poached egg.
***WEEKENDS ONLY**

SALADS

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

HERBY CAULIFLOWER (V)(G)(DF).....60
Roasted cauliflower florets, cooked chickpeas, pickled red onions, chilli flakes, parsley, dill, rocket and lemon dressing.

***BURRATA AND NECTARINE (VE)(D)**.....69
Fresh burrata, mixed heirloom tomatoes, ripe nectarine, basil, steamed beets, sliced red onion, mixed lettuce and balsamic dressing.

AVOCADO AND TOMATO CHICKEN (GF)(DF)(S).....68
Sautéed chicken breast, avocado, heirloom tomato, cucumber, radish, pomegranate, micro herbs, fresh chives, chilli flakes, sesame pumpkin seeds and mixed leattuce with sesame dressing.

PRAWN ASPARAGUS AND AVOCADO (G)(D)(SF).....69
Pan seared prawn, asparagus, sliced avocado, baby spinach, lettuce mix and spring onion with lemon pan dressing.

FRENCH COUNTRY SALAD (VE)(GF)(D)(N).....59
Roasted beets, asparagus, pecun nuts, goat's cheese and arugula with lemon dijon vinaigrette.
***VEGAN OPTION AVAILABLE**

COUNTRY QUINOA (V)(GF)(DF)(N).....66
Cucumber, mix peppers, blueberry, quinoa, pine nuts, heirloom tomato, chickpeas, lemon wedge and herbs with a maple mustard dressing.

ACAI BOWL (V)(DF)(N)(G).....60
Acai purée blended with mix berries, banana and soy milk. Topped with wild berries, toasted coconut, chia seeds, agave and homemade granola (ghee, date syrup, brown sugar, coconut, agave, oats, almonds & pecan)

MANGO BOWL (V)(GF)(DF).....58
Mango purée topped with dragon fruit, kiwi, fresh raspberry and pumpkin seeds.

AVOCADO SMASH (V)(G)(DF)(S).....62
Smashed avocado on sourdough toast with mango salsa, red onion, chilli flakes, redpeppers, cilantro, lemon juice, black sesame seed, pomegranate, pumpkin seed, radish and cherry tomatoes.
***ADD ON SMOKED SALMON/BACON/EGG**

SWEET POTATO & KALE HASH (GF)(VE)(D).....66
+Pan fried sweet potatoes, curly kale, garlic, caramelised onions, cumin, coriander, smoked paprika, feta, cream cheese, avocado, oregano, chilli, cherry tomato, lemon wedge and eggs of choice.
***VEGAN OPTION AVAILABLE**

TRUFFLE POTATO LYONNAISE (GF)(D).....70
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**

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

MAINS

+ROASTED SALMON WITH BRAISED LENTILS (GF)(D)(SF).....90
Pan seared salmon fillet, braised lentils, lemon wedge and thyme with lemon caper sauce.

+CRISPY SKIN SNAPPER AND SALSA VERDE (GF)(D)(SF).....95
Pan seared red snapper, parsley, basil, mint, anchovies, capers, lemon juice, potato, cherry tomato, garlic, lemon wedge and asparagus.

+CREAMY GARLIC PRAWNS (G)(D)(SF).....90
Prawns marinated in spice butter with cream, lemon juice, micro herbs, oven baked crushed potato, black olives, chilli and cherry tomatoes.

+RISOTTO DE QUINOA À LA PROVENÇALE (VE)(GF)(D)(N).....82
Quinoa, parmesan, black olives, shallot, chives, sundried tomato, pine nuts, micro basil, truffle oil, tomato, veg stock and asparagus.
***VEGAN OPTION AVAILABLE**.....82

+CRISPY CHICKEN SUPREME (GF)(D).....82
Chicken supreme with slow roasted tomatoes, confit garlic pommes purée and herb oil.

+STEAK AU POIVRE (D)(GF).....125
Beef fillet with a Café de Paris entrecôte sauce, butter fried baby potato and asparagus spears.

//SIDES

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

CASSETTE

VEGGIE BREAKFAST SKILLET (VE)(DF)(GF)...68
Baby potatoes, onions, portobello mushrooms, mix peppers, oregano, baby spinach, lemon wedge, and lemon juice. Two pouched eggs
***ADD ON SMOKED SALMON/BACON/EGG**
***VEGAN OPTION AVAILABLE**

GLUTEN FREE VEGAN PANCAKES (V)(GF)(DF).....62
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).....62
Classic butter milk pancakes served with choice of bacon, fried egg, chilli flakes and maple syrup or raspberry compote, maple syrup, orange zest and vanilla cream.

HEALTHY PORRIDGE BOWL (VE)(G)(D)(N).....59
Made with choice of milk, maple syrup, orange, oats, raspberry chia jam, banana, peanut butter, chia seeds and goji berries.
***VEGAN OPTION AVAILABLE**

//BREAKFAST SIDES

SMOKED SALMON //20	EGG WHITES //12
BEEF SAUSAGE //17	EXTRA EGG //8
BEEF BACON //18	BAKED BEANS
CHICKEN SAUSAGE //16	SAUTÉED POTATO
AVOCADO	BUTTON MUSHROOMS
GLUTEN FREE BREAD //4	SPINACH
EXTRA BREAD //2	

SOUP

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

BURGERS/ SANDWICHES

CASSETTE BURGER (G)(D).....78
Homemade beef patty, red leicester cheese, Unberg 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).....76
Fried buttermilk-soaked chicken breast with cabbage, carrots, maple mayo slaw, red Leicester cheese and fresh jalapeño on a toasted potato bun. Served with a house salad or choice of fries and mustard mayo.

VEGAN LOBSTER BURGER (V)(G).....72
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).....82
Braised beef with raclette cheese, Dijon mustard mayo and homemade pickled jalapeño on a toasted baguette. Served with beef au jus and a salad or choice of fries.

SMOKED CHICKEN SANDWICH (G)(D)(N).....70
Smoked chicken with parsley pesto and crisp gem lettuce on a toasted baguette. Served with a house salad or choice of fries and mustard mayo.

//ADD-ONS

BEEF BACON //18	BEEF PATTY & CHEESE //24
AVOCADO //14	CHEESE //12

SMOOTHIES

COBANA (G)(D)	36
Superfood-baobab fruit, oatmeal, yogurt, turmeric, banana, honey & coconut milk.	
GREEN STARTER (V)	32
Kale, avocado, banana and ginger blend with orange and pineapple chunks.	
ENERGY BERRY (N)(V)	35
Acai puree, chia, banana, mix berries and almond milk.	
PUMPKIN BLISS (V)	35
Pumpkin, mango, chia seeds, vanilla vegan protein, spinach and orange.	
TROPICAL PITAYA (V)(N)	32
Almond milk, pitaya, banana, mango and lime.	

SPECIAL JUICES

ABC	36
Apple, beetroot, carrot and celery.	
SPICE GREEN	36
Kale, green apple, lime, cucumber and a dash of cayenne.	
RECOVERY BOOST	32
Orange, spinach, celery, ginger & kiwi.	
GOLDEN IMMUNE FIX	34
Ginger, turmeric, orange, mango and pineapple juice.	

FRESH JUICES //26

ORANGE	CARROT
GREEN APPLE	GRAPEFRUIT

LEMONADE

LAVENDER LEMONADE	24
GINGER SPICED ORANGE	24
CUCUMBER MINT LEMONADE	28
GRAPEFRUIT CARDAMOM	26

SHOOTERS //21

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

MANGO MINT	26	LEMON PEACH	28
RED ROOIBOS	26	PASSION FRUIT	30

BREWED TEA //24

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



MILKSHAKES

//34

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	24
ICE SPANISH	24
BLACK ICE	20
ESPRESSO TONIC	25

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)	50
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)	49
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	28
FRENCH PRESS	21
BULLETPROOF COFFEE	26
HOT CHOCO	28
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.	