



BONJOUR!

OMELETTE Cheese, tomato, bacon, onion + mushrooms with home-baked bread + condiments.	Petit R85 Grand R105	BREAKFAST WAFFLE With syrup, egg + bacon	R80
TRADITIONAL Bacon, 2 eggs, boerewors or Travalia's cheese griller with home-baked bread + condiments	R105	BREAKFAST WRAP Karushi ancient grain tortilla with scrambled eggs, bacon + cheese	R80
BREAKFAST EXTRAS Boerewors Cheese Griller Tomato Onion Caramelized Cheese Bacon (2 pieces) Mushroom Home Baked Bread (Rye or Sourdough) Store-bought Bread	R30 R30 R10 R15 R20 R30 R20 R15 R8	HOT OATMEAL PORRIDGE BISCOFF OATS BOWL with chia + banana FRENCH TOAST + Bacon - syrup or honey + Cinnamon, sliced banana, Nutella + Cinnamon, full cream yoghurt + berries FRESH FRUIT PARFAIT Full cream yoghurt, seasonal fruit + muesli	R30 R55 R80 R70 R70 R70

HIGH NOON

LASAGNA With oven-roasted vegetables, potato wedges or a salad	R120	JAFFLES (Spicy Mince) Add optional extras	R35
MA WILLA'S BOBOTIE With Basmati rice + oven-roasted vegetables or potato wedges	R120	SOUP (Please enquire) Choice of bread	R60
THERESA'S CHICKEN WRAP Karushi ancient grain tortilla with free range Karoo chicken + home-made Karoo Melange salad dressing	R105	TOASTED SANDWICHES Rye, sourdough, white home-baked, white or brown. Chicken Mayo Egg, Bacon, Cheese+Tomato Bacon + Cheese Bacon + Egg Cheese+Tomato Cheese	R65 R65 R60 R60 R45 R40
QUICHE Spinach + feta or biltong with salad + homemade Karoo Melange salad dressing (add optional lunch extras)	R85	LUNCH EXTRAS Oven Roasted Potato Wedges Oven Roasted Vegetables Salad Side salad	R30
THERESA'S CHICKEN SALAD Free range karoo chicken with home-made Karoo Melange salad dressing	Half portion R70 Full Portion R120		



HOT DRINKS

COLD DRINKS

REGULAR COFFEE		R30
CAPPUCCINO	Regular	R32
	Mega	R42
LATTE	Single	R32
	Double	R37
AMERICANO	Regular	R30
	Tall	R38
ESPRESSO	Single	R28
	Double	R35
TEA		R26
Assorted - bottomless		
MATCHA		R35
Ceremonial grade with milk foam		
CARMEN ROOIBOS CHAI LATTE		R35
RED CAPPUCCINO		R35
HOT CHOCOLATE	Small	R30
	Large	R40
<i>Please enquire about milk alternatives</i>		
ADD TO YOUR HOT DRINK:		R15
Lion's Mane		
Ashwaganda		

WATER		R20
Still or sparkling		
APPLETISER / GRAPETISER		R35
ICE TEA CARMEN		R35
Berry Hibiscus, Tangerine Grapefruit or Geranium Mint		
JUICE		R30
CULTURE LAB KOMBUCHA		R35
Buchu Rooibos, Lemongrass, Wild Dagga + Ginger or Lion's Mane + Reishi + Cordyceps		
SOFT DRINKS		R30
MILKSHAKES	Small	R40
	Large	R55
Nutella, Strawberry, Chocolate, Peanut Butter, Bubblegum or Banana		
SODA FLOATS		R40
ZOETEBAKKERIJ		R20
Lemon or Grapefruit Syrup		
ADD TO YOUR DRINK:		
Rusks(2)		R15
Coffee Biscuit Cookies (2)		R15
Ginger Snap Cookies (3)		R15
Large Gourmet Cookie		R20
Pecan Nut Tartlet		R10

BON BON

CAKE	Please enquire	
SALTED CHOCOLATE BROWNIE		R55
Cream or Ice-cream		
APPLE TART		R45
Cream or Ice-cream		

SWEET WAFFLES		R50
Syrup with cream or ice-cream syrup		
Cinnamon, sliced banana, Nutella syrup		R55
Cinnamon, full cream yoghurt, ice-cream or cream + berries		R55
EXTRA CREAM OR ICE-CREAM		R20