



ALL-DAY MENU TILL 3 PM

Sourdough, Multigrain, Rye, Gluten-free, Fruit Toast – with Butter, Jam, Vegemite, Nutella (V) (GFO) 10

Free range eggs – eggs your way on toast (V) (GFO) 13

Eggs Benedict 22

Perfectly poached eggs topped with hollandaise sauce and wilted spinach, paired with your choice of Bacon, Ham, or Salmon on sourdough toast or a brioche bun. A classic indulgence redefined.

Big Breakfast (GFO) 25

Your way eggs on sourdough toast, accompanied by bacon, mushrooms, sausage, chakalaka baked beans, blistered cherry tomatoes, and spinach. A hearty morning feast.

Veggie Big Breakfast (V) ((V)) (GFO) 25

Customize your morning with eggs your way, avocado, spinach, mushrooms, cherry tomatoes, house chakalaka baked beans, and crispy hash browns—all on sourdough toast.

Smashed Avocado (V) 23

Savor smashed avocado on sourdough toast with Persian feta, poached eggs, and grilled cherry tomatoes. Enhanced by dukkha, fig vincotto, and beetroot relish. Add smoked salmon or bacon for extra delight.

Chilli Scrambled (V) 23

Indulge in house-made chili scrambled eggs with spinach and cherry tomatoes, adorned with parmesan cheese and crispy shallots on sourdough bread. Opt for extra delight with smoked salmon, bacon, or halloumi at an additional cost.

Organic Sunrise Porridge Bowl (V) ((V)) 22

Kickstart your morning with organic porridge, topped with bananas, strawberries, chia seeds, coconut flakes, honey, and cinnamon. Add a twist with alternative milk options.

Protein Pancakes (V) 23

Savor our protein-packed pancakes crafted with organic oats, banana, cinnamon, chia seeds, almond milk, almond meal, whey protein, and egg whites. Topped with grilled banana, seasonal berries, maple syrup, and a decadent scoop of ice cream.

Crispy Calamari Delight 23

The perfection of deep-fried salt and pepper calamari, accompanied by a vibrant salad mix. Drizzled with zesty lime and Kewpie Mayonnaise.

Nourishing Poke Bowl (V) ((V)) 24

Elevate your taste experience with a vibrant mix of rice, avocado, edamame, cucumber, shredded carrots, and halloumi. Choose between smoked salmon or grilled chicken, all harmonized with a touch of spicy mayo.

Zucchini and Corn Fritters (V) 23

Savor Zucchini and Corn Fritters accompanied by smashed avocado, rocket, infused Persian feta, and a poached egg. Topped off with a sprinkle of dukkha. Enhance your experience with optional Bacon or Smoked Salmon at an extra cost.

The Chicken Sanga 22

Enjoy the flavors of grilled house-marinated free-range chicken tenderloins, avocado, spicy slaw, and kewpie mayo, all nestled between sourdough toast. Served with a side of our signature chunky chips with tomato sauce.

Vietnamese Chicken Salad 22

Experience the vibrant blend of Vietnamese mint, bean shoots, crispy shallots, coriander slaw, and Asian-infused grilled free-range chicken. A refreshing delight for your taste buds!

Grilled Atlantic Salmon 26

Savor our perfectly grilled salmon paired with supercharged steamed brown rice infused with tomatoes, onions, beans, chick-peas, peas, mushroom powder, basil, and oregano. Accompanied by a refreshing side salad. A wholesome feast for your palate!

Chicken Burger (GFO) 24

Indulge in our Southern fried spicy chicken burger featuring house slaw and kewpie mayo, nestled in a brioche bun. Accompanied by a side of our signature chu nky chips and tomato sauce.

Acai Bliss Bowl ((V)) 22

Energize your day with our organic Acai Smoothie—crafted from a blend of acai berries, almond milk, and banana. Topped with seasonal fruits, granola, and coconut flakes for a burst of flavor and vitality.

For Our Little Ones

Free Range on Toast \$9

Toasted Cheese Sandwich \$9.00

Kids Chicken burger with chips \$12

Chicken Nuggets & Chips \$10

Mini Pancakes with Ice Cream \$12.00

Cold Press Fresh Juice \$6.00

Milk Shakes \$5.00

South African Street Food

South Africa has its own street food. We have a little taste of the flavorsome fare on our menu. Go on! Give it a try!

Aussie Style Boerie Roll \$22

Experience the delight with our Boerewors-inspired* sausage nestled in a freshly baked roll. Enhanced with bacon, American mustard, tomato sauce, caramelized onion, and cheddar cheese. Served with a side of our signature chunky chips.

Spiced Roti Wrap (V) 21

2 Roti's served with potato and eggplant (marinated with turmeric, coriander, and masala) with a side of cucumber raita (cucumber, carrot, and cumin marinated in yogurt). Authentic Chicken Curry 20 Spicy chicken curry marinated with turmeric, curry (masala), and coriander powder served with either rice, roti, or bread with a side of cucumber raita (cucumber, carrot, and cumin marinated with yogurt).

Authentic Chicken Curry 23

Indulge in our Spicy Chicken Curry, marinated with turmeric, masala, coriander powder, and cumin seeds. Served with your choice of rice or roti, accompanied by a side of refreshing cucumber raita.

African Delight: Chakalaka Baked Eggs (V) (GFO) 23

Savor the Essence of Africa with our Chakalaka Baked Eggs— a spicy blend of onions, tomatoes, beans, and eggs baked in-house. Topped with shallots and served with toast.

Spicy Egg, Hash brown & Bacon Brioche 22

Indulge in a fried egg, crispy bacon, spinach, hash brown, and spicy mayo on a soft brioche bun. Served with a side of our signature chunky chips.

Something extra?

Mushrooms//House Chakalaka/ Cherry Tomatoes **4.00**

Extra Toast/Extra egg **3.50**

Sausage/Potato Rosti/Halloumi/Avocado/Smoked Salmon & Bacon **5**

Bowl of bad boy chips with tomato sauce **11**

Bowl of sweet potato chips with spicy mayo **12**

(V): Vegetarian ((V)): Vegan GF:Gluten Free GFO: Gluten Free Option



THE GRINDER'S STORY

Drinks Menu

COFFEE

Espresso/Short black 3.50

Double Espresso 4.00

Long black 4.00 / Lrg 4.50

Flatwhite/Latte/Cappuccino 4.5/ Lrg 5

Short Macchiato 4.00

Long Macchiato 4.50

Affogato 7.00

Magic Latte 5.00

Chai Latte 5.00/ Lrg 5.50

Sticky Chai 6.00/ Lrg 6.50

Vanilla Chai 5.00/ Lrg 5.50

Hot Chocolate 4.5/5

Organic Tea By Tea Drop 6.50

English Breakfast

served in a pot with milk, a morning ritual for all blissful Souls.

Green Tea

Taste of sun & sea

Supreme Earl grey

classic grey with a subtle twist of Marigold & citrus

Lemongrass & Ginger

citrus overtone with a subtly spicy finish

Chamomile Blossom

A perfect blend of Chamomile flowers rose petals, and Lavender buds

South African Rooibos tea

Indigenous to the Cederberg Mountains in South Africa to soothe your stress and keep your heart happy.

Smoothies 11

THE MORNING BLISS

2 Shots of Coffee, Goji Berries, Whey Protein, Bananas, Chia seeds, Yogurt & Whole Milk

GO BANANAS

Whey Protein, Whole Milk, Bananas, Oats, Peanut butter, Chia Seeds and Yogurt & Honey

BERRY BANANA DELIGHT

Vanilla Whey Protein, Almond Milk, Bananas, Blueberries, Chia seeds, Honey, Oats

CHOC ALMOND BUTTER

Vanilla Whey Protein, Almond Milk, Organic Cacao Powder, Dates, Chia Seeds, Bananas and Golden Flaxseeds

BODY BLISS

Vanilla Whey Protein, Almond Milk, Strawberries, Goji Berries, Avocado, Dates & Chia seeds

GREEN GODDESS

Vanilla Whey Protein, Almond Milk, Banana, Dates, Spinach, Chia Seeds and Organic Supergreens Blend Powder

ON-THE-GO BREAKFAST

Vanilla Whey, Whole milk, Banana, Oats, Honey, Chia seeds

EXTRAS Vegan Whey Protein 1.5

Maca Powder 1.5

Extra Protein Whey 1.5

Organic Goji Berries 2

Shot of Coffee 1.5

Organic Super Greens Blend 1.5

Cold Drinks

Milkshakes 7

vanilla, chocolate, caramel, banana, or strawberry

Iced drinks 7

Iced coffee, iced chocolate, iced chai, or iced mocha

Iced latte 6.5

Iced long black 6

Cold Drinks 5.80

Coke, Fanta, Ginger Beer, Sprite, Lemonade, Mountain Dew, Pepsi, Coke Zero, Energy Drinks Red Bull, Powerade

Fresh Cold Press Juices

Kids 6.00 | Regular 11

PINE AND APPLE CRUSH

Pineapple, Orange & Apple

SUNSET CHILL

Pineapple, Watermelon & Apple

TROPICAL SUNSHINE

Pineapple, Orange & Carrot

GREEN DETOX

Apple, Kale, Lemon, Ginger & Celery

BACK TO ROOTS

Beetroot, Apple, Ginger, Watermelon and Lemon

BEAUTY BOOSTER

Beetroot, Carrot, Orange & Apple

MIND REFRESHER

Mint, Watermelon, Apple & Orange

CREATE YOUR OWN FRESH JUICE!

Kids 6

Regular 11

CHOOSE YOUR BASE:

WATERMELON, APPLE OR ORANGE

Pick as many ingredients as you like:

Watermelon/kale/spinach/mint/apple/carrot/
orange/ginger/lemon/ pineapple