

COFFEE

	SMALL	LARGE
flat white	5	6
cappuccino	5	6
latte		6
latte glass		6
latte bowl		7.5
mochaccino	5.5	6.5
long black	4.5	
short black	4.5	
americano		4.5
piccolo	4.5	
vienna	6.0	
macchiato	5	

EXTRAS

decaf	.50
extra shot	.50
GF soy milk	.50
GF almond milk	.50
oat milk	.50
GF coconut milk	.50
fluffy	2.5
monin syrup / caramel	
vanilla / hazelnut	1.0

JUICES

fresh squeezed juices

Your choice of orange / apple / carrot / celery / beetroot / ginger **9.0**

fresh green juice

cucumber, green apple, celery & basil **9.0**

juices

orange / apple / feijoa / grapefruit / tomato / pineapple / cranberry **7.0**

HOT DRINKS

	SMALL	LARGE
hot chocolate	5.0	6
raw cacao hot chocolate		7.0
sante bar hot chocolate		7.5
white sante bar hot chocolate		7.5
peppermint sante bar hot chocolate		7.5
dark ghana 72% sante bar hot chocolate		7.5
hot lemon, honey & ginger		7.0
hot lemon & honey		6.5
hot blackcurrant		5.5
chai latte <i>sweet or spicy</i>		6.5
turmeric latte		6.5

COLD DRINKS

smoothies	8.0
banana / strawberry / berry / passionfruit / orange & mango / feijoa / espresso / spirulina / non dairy berry / peach, raspberry, chia & apple add protein	2.0
iced drinks	
iced chocolate / iced mocha / iced coffee	8.0
iced latte	6.5
iced americano	5.5
traditional milkshakes	
lime / caramel / strawberry	8.0
chocolate / vanilla / banana	

TEA

dilmah english breakfast	4.8
dilmah earl grey	4.8

SPECIALTY TEAS



the med

ALL 5.8

special breakfast blend

blend of premium quality large leaf ceylon and assam orange pekoe tea for a medium strength taste.

earl grey special

not your average earl grey! contains citrus pieces, lemongrass, cornflowers and jasmine flowers, a medium strength.

japanese lime green tea

green sencha tea flavoured with lime, lemon and daises, a mild but cleansing tea to be drunk without milk.

japanese sencha 'kakegawa' green tea

finest green sencha tea from the kakegawa tea estate in japan.

sweet sunday

rhubarb, peach, strawberry and rose petals.

grans garden fruit infusion

all fruit blend of elderberry, blackberry, strawberry, raspberry and blackcurrant with a basket full of berries flavour, contains no caffeine or tannin.

grapefruit & bitter lemon fruit infusion

all fruit blend of rosehip, hibiscus, grapefruit and lemon pieces, contains no caffeine or tannin for lovers of all things citrus.

nepal masala

cinnamon and clove flavours with ginger, cardamom and orange peel.

pure peppermint herbal infusion

nothing but pure peppermint to soothe and relax, contains no caffeine or tannin.

pure chamomile herbal infusion

whole chamomile flowers from egypt to comfort and calm, contains no caffeine or tannin.

FOR THE KIDS

bacon & free range eggs any style on your choice of bread	12.5
vanilla bean buttermilk pancakes (Ask for GF or V option)	
with bacon, banana and maple syrup	14.5
with vanilla icecream and maple syrup	12.5
chicken nuggets with fries and tomato sauce	10.5
fish bites with fries and tomato sauce	10.5
GF fresh fruit salad with greek yoghurt	10.5
ham & cheese panini with fries (Ask for GF option)	13.5
GF fries with tomato sauce	8.0
seasoned potato wedges with bacon, cheese and sour cream	13.0
chocolate sundae	10.5
banana split	10.5

OUT CATERING
AVAILABLE

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