

MENU

067 279 2260

Rise & Shine

OFFICE BOWL (V)
Creamy yoghurt layered with crunchy granola, seasonal fresh fruit, sweet dates, a sprinkle of dukkah, and a drizzle of honey

BUTTERMILK PANCAKES (V)
Served with butter blocks & syrup.
Add Nutella / Ice-cream / Fresh fruit ... + R20 each

BERRY BANANA SMOOTHIE
Yogurt, mixed berries, banana with honey

Breakfast

| EGGS ON TOAST | 60 |
|--|------------|
| Two eggs your way, on toast | |
| COURTYARD BREAKFAST Two eggs served your way, with golden crumbed mushrooms, slow-roasted balsamic tomatoes, creamy avocado, and feta, served with toast | 120 |
| TOAST BREAKFAST | <u>125</u> |
| Two eggs, grilled mushroom & tomato, streaky lamb rashers OR sausage, fries, served with toast. | |
| TOAST OMELETTE | <u>130</u> |
| Three eggs with, cheddar, mushroom, lamb rashers, tomato & chilli, served with toast | |

Toasties

Choice of White, Brown or Sourdough

| CHEESE & TOMATO (V) | <u>R60</u> |
|--|---------------|
| A blend of mozzarella & gouda on artisanal bread, | |
| served with a slice of tomato | |
| CHILLI SHROOM (V) Cheese, sautéed mushroom, aubergine, onion & fresh | <u>R80</u> |
| chilli for a priority kick | |
| PERI-PERI CHICKEN MAYO | <u>R80</u> |
| Shredded chicken in zesty peri-mayo, signed for flavour | |
| CAJUN CHICKEN MAYO | <u>R80</u> |
| Cajun-spiced chicken folded through creamy mayo, ready f | for dispatch. |
| • | |

Sandwiches

115

| SANDWICH | |
|--|----------|
| Tenderised steak with house BBQ & honey-mustard | |
| sauces, topped with mutton chilli salami and chips | |
| inside — sealed with a crunch | |
| CRUMBED CHICKEN | 105 |
| SANDWICH | |
| Crumbed chicken, fresh greens, cheese, jalapeno, peri mayo - | -toasted |

SIGNED-AND-SEARED STEAK

to perfection

7am-9am

| THE MORNING TOAST | <u>R80</u> |
|--|------------|
| Two eggs, grilled tomato, lamb sausage, toast | |
| RISE Yoghurt, granola, seasonal fruit, dates, dukkah & honey | <u>R60</u> |
| ADD A GRIND | R20 |
| Cappuccino, Flat white, Cafe latte or Americano | |

Bagels

| NUTELLA & STRAWBERRY (V) | 85 |
|---|------------|
| Nutella-smeared bagel piled with fresh strawberries; special delivery from our sweet department | |
| CREAM-CHEESE SHMEAR (V) | 65 |
| Generous cream-cheese shmear on a toasted bagel | |
| SMOKEY BREAKFAST BAGEL | 95 |
| Smokey lamb rashers, fried egg, caramelised onion, cheddar & a nibble of chips | |
| GO-TO SALMON BAGEL | 115 |
| Smoked salmon, cream cheese, red onion & capers — a post-coastal classic | |
| CAJUN CHICKEN, AVOCADO, CREAM CHEESE, JALAPEÑO & SWEET-CHILLI MAYO. | 115 |
| Cajun chicken, avocado, cream cheese, jalapeño & sweet-chilli mayo | |
| THE EARTH IS ROUND CRISPY CHICKEN BAGEL | <u>125</u> |
| Crumbed chicken, sliced cheese, mayo slaw & kimchi | |
| on a New York bagel—round-the-world flavour, no postage required | |

Salads

| GRILLED CHICKEN & PINEAPPLE SALAD | 125 |
|--|-----|
| Portuguese-spiced grilled chicken strips, charred pineapple, avocado, and feta tossed on fresh greens. | |
| VILLAGE SALAD (V) Chunky tomatoes, cucumbers, olives, and onion, topped with a generous slab of feta, dressing | 105 |



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147 GORDON ROAD MORNINGSIDE, DURBAN



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Trammezini

VEG TRAMEZZINI (V)

130

Roasted vegetables, mozarella cheese, hummus, feta

CHICKEN TRAMMEZINI

130

Cajun chicken, avocado, cheese, jalapeno

STEAK TRAMEZZINI

140

Seared steak strips, cheese, jalapeno, caramalised onions, peppadew and honey mustard mayo

LOADED +R25

Plates

FALAFEL (V)

125

Falafel balls, served with pita, hummus, tzatziki,

chopped salad, sweet potato chips

CRUMBED CHICKEN STRIPS

125

AND CHIPS

Crumbed chicken strips and chips with sweet chilli sauce

GRILLED CHICKEN

<u>125</u>

Portuguese grilled chicken strips served with pita, tzatziki, chopped salad, sweet potato chips

SHARING PLATTER

200

Grilled chicken strips, falafel balls, served with pita, hummus, tzatziki and middle eastern salad, sweet potato chips

Wraps

| FALAFEL WRAP (V) Falafel, tzatziki, middle eastern salad | <u>105</u> |
|--|------------|
| TIKKA CHICKEN | <u>105</u> |
| Chicken, avocado, cheese, jalapeno, peri mayo, and | |
| mixed greens | |
| LOADED TIKKA | 110 |
| Tikka chicken, chips, cheese, peri mayo and mixed | |
| greens | |
| LOADED CRUMBED | <u>110</u> |
| Crumbed chicken, cheese, jalapeno sweet chilli sauce. | |

Rollin Secul HALAL KOREAN FOOD JU

avocado and chips

| STICKY CHICKEN Delicious chicken breast piece, coated with our unique Korean pepper paste with egg fried rice |
|--|
| BULGOGI 135 |
| Marinated Beef with fried rice |
| TTEOKBOKKI (V) Chewy rice cakes in a spicy sauce, topped with sesame, seeds, spring onions. A Korean street food classic |
| RAMEN Spicy Shin Ramen topped with rich marinated shiitake mushroom, boiled egg, and a selection of flavourful banchan (Korean side dishes) |
| OKGYE WINGS Honey, soy, garlic flavoured fried chicken wings topped with chillies with chips |
| YANGNYAM WINGS 120 |
| Crispy Golden-Fried Wings coated in sticky, sweet, and spicy |
| Gangjeong sauce with chips |
| HALF & HALF Okgye, Yangnyam Set with chips and banchan 200 |

() n a roll

SEARED STEAK STRIPS ON A 135 FOOTLONG

Seared steak strips, cheese, jalapeno, caramalised onions, peppadew and honey mustard mayo

LOADED +R25

Masala chips, salami

Sides

| CHIPS | 50 |
|--------------------------------|----|
| SIDE SALAD | 50 |
| SWEET POTATO CHIPS | 50 |
| SALMON | 50 |
| KIMCHI | |
| YELLOW RADDISH | |
| EGG FRIED RICE | 40 |
| FALAFEL BALLS | 40 |
| GRILLED PINEAPPLE | 40 |
| CRUMBED OR GRILLED MUSHROOM | 30 |
| LAMB RASHERS | 35 |
| SAUSAGE | 35 |
| AVO | 30 |















From our fresh Bagel Box and hearty Sandwich Box to the indulgent Mezze Box, our sharing platters are perfect for any gathering. Each box contains a dozen beautifully prepared selections, offering a mix of flavors to suit every taste. Whether you're craving classic favorites, our platters are designed to bring people together.

PRE ORDER 1 DAY IN ADVANCE

BAGEL BOX

R415

12 PIECES

SALMON & CREAM CHEESE
CREAM CHEESE SHMEAR, DATES, NUTS, DUKKAH
CAJUN CHICKEN & AVO IN DARK SEEDED BAGEL

SANDWICH BOX

R300

12 PIECES

CHICKEN & MAYO STEAK SANDWICH CRISPY CHICKEN SANDWICH

WRAP BOX

R415

MEZZE BOX

R415

12 PIECES

4003 CRUMBED CHICKEN 4004 SPICY CHICKEN 4009 LAMB KEBAB 4010 FALAFEL WRAP CRISPY FALAFEL, JUICY KEBABS, WARM PITAS, CREAMY DIPS, ROASTED AUBERGINE, AND HALLOUMI



TRAMEZZINI BOX R415

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12 PIECES

SLIDER BOX

R415

12 PIECES

4051 CHICKEN
4052 ROASTED MEDITTERANEAN VEG
4053 STEAK

CLASSIC BEEF SLIDER' – JUICY GRILLED BEEF PATTY WITH MELTED CHEESE, CARAMELIZED ONIONS, AND A SIGNATURE SAUCE ON A SOFT BRIOCHE BUN.

POST TOAST BOX R400

8 OKGYE WINGS, CRUMBED MUSHROOMS, COLESLAW, CHIPS, 4 GOLDEN CRUMBED CHICKEN SLIDERS COATED IN A STICKY, SWEET-SAVORY GANGJEONG SAUCE

CRISPY CHICKEN SLIDER – CRUMBED CHICKEN ON A TOASTED BUN.

FRUIT PLATTER

R300

BEST FRUIT OF THE SEASON ON A PLATTER