MENU



ALL DAY BREAKFAST

fancy bacon roll free-range crispy bacon, a free-range poached egg, caramelised onions, chilli jam, hollandaise mayo in a toasted bun	70
halloumi & smashed avo on toast V smashed avocado and grilled halloumi on 1 slice of toast topped with a poached free-range egg served on your choice of sourdough, ciabatta, rye or croissant	70
fully loaded breakfast waffle a savoury waffle filled with cheese, sweetcorn & spinach topped with crispy free-range bacon, avo, baby tomatoes & a fried free-range egg	95
fire eggs V aubergine, baby marrow & tomato shakshuka topped with 2 poached eggs & fresh herbs. Served with one slice of toast swap eggs for baby spinach Vg	80
smashed avo V 1 slice of toast topped with smashed avo seasoned with lemon juice & sea salt. Choose from toasted ciabatta, sourdough or rye	55
eggs V 2 free-range eggs poached, fried or scrambled with roast balsamic tomatoes served on 1 slice of buttered toast choose from ciabatta, sourdough or rye bread	55
omelette a 2 free-range egg omelette with a choice of 2 fillings; continental ham, mature cheddar cheese, free-range crispy bacon, mushrooms, tomato	70
breakfast burrito scrambled egg, bacon, herby mushrooms, avocado, cheddar cheese, mozzarella, baby tomatoes in a tortilla wrap. Swap bacon for sweetcorn V	85
french toast with bacon, maple syrup, a dollop of creme fraiche & a sprinkle of nuts	75
add caramelised banana	12
granola bowl V homemade granola with Greek yoghurt, seasonal fruit & a drizzle of honey	80
bakerycroissant with butter and seasonal jamchocolate or almond croissantcakes-please ask for today's selectionV = Vegetarian Vg = V	35 35 Vegan



MENU

TOASTED SANDWICHES

Choose from ciabatta, sourdough or rye bread. Add hand-cut chips or a side salad +R10		
mature cheddar cheese & Dargle Valley continental ham	50	
chicken mayo with gherkins	50	
mozzarella, pesto & tomato V	50	
free-range bacon & egg	55	
free-range bacon & cheddar cheese	55	
double decker club	75	

chicken mayo, bacon, cheddar cheese, mozzarella, fried egg, 3 slices of toast

WRAPS

crunchy chicken panko free-range chicken fillets, mature cheddar cheese, tomato, baby leaves, pineapple salsa, sweet chilli mayo	30 90 30		
chicken & avocado grilled free-range chicken fillets, bacon, tomato, baby leaves, avocado, ranch dressing	10		
falafel & tzatziki V homemade herb & chickpea falafel, caramelised onions, cucumber, red peppers, pesto mayo, tzatziki			
BURGERS			
Served in a toasted bun with onion rings, hand cut chips or a side salad Swap the bun for baby leaves +R5			
cheeseburger grass-fed beef patty with mozzarella, mature cheddar cheese, pickled cucumber, baby leaves & chilli jam			
chicken grilled or panko-crumbed free-range chicken breast with red cabbage slaw & sweet chilli mayo	95		
crispy halloumi burger V g in a panko crumb, chilli jam, baby leaves & pesto mayo extras	95		
crispy bacon 20 mature cheddar 10)		
fried egg 10 halloumi 25	5		
avocado 15 V = Vegetarian Vg = Veg	an		





LITE BITES

buffalo cauliflower bites V crispy cauliflower lightly coated in a spicy batter with a creamy ranch dip	55
sweetcorn fritter bites V cheesey sweetcorn fritters with sweet chilli mayo	55
loaded nachos stir-fried red cabbage, peppers, mushrooms, topped with melted cheddar cheese, guacamole, salsa & coriander yoghurt	60
add grass-fed beef mince	15
quiche of the day homemade shortcrust pastry quiche with a mixed leaf, cucumber & baby tomato salad	85

SIDES

hand-cut chips	20
sweet potato fries	25
salad - baby leaves, cucumber, tomato	15

MENU

E



SALADS

	crispy chicken noodle panko & black sesame seed free-range chicken breast, egg noodles, baby leaf, pickled carrot, sesame, soy, ginger & chilli dressing	95
-W	protein boost GF grilled free-range chicken, avocado, boiled free-range egg, baby tomatoes, cucumber, salad leaves, sunflower seeds, lemon juice & olive oil	90
	brunch GF crispy bacon, a free-range poached egg, avocado, baby tomatoes, cucumber, baby leaves, crumbled feta, French dressing	90
	mediterranean veg bowl Vg GF roasted peppers, baby marrow, aubergine, cauliflower, red onion, quinoa, pineapple salsa, toasted pumpkin seeds, dukkah, apple & mint vinaigrette	85
	asian crispy noodle salad V shredded raw veg, coriander, crispy noodles, Thai dressing (contains fish sauce, vegetarian alternative available) & salted peanuts	95
	add chicken add avocado	25 15
	DESSERTS	
	waffle served with vanilla ice-cream & Bar One sauce Peppermint Crisp sauce Berry compote & fresh berries Cinnamon sugar	60 60 60 55
	warm chocolate brownie served with vanilla ice-cream	55
	Salt Rock Gelato tubs ask for today's flavours	35

cakes-please ask for today's selection

KIDS MENU



Smaller portions for the under 10s	Smaller	portions	for the	under	10s
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eggs OR avo on toast 2 free-range eggs poached, fried or scrambled OR smashed avo on 1 slice of toast. Choose from white or brown V	40
bacon & egg sandwich free-range bacon & fried free-range egg choose from white or brown toast or bread	45
french toast with crispy bacon & syrup with cinnamon sugar	45 40
two pancakes cinnamon & sugar V lemon & sugar V Bar One or Peppermint Crisp V	35 35 40

TOASTED SANDWICHES

Choose from white or brown bread. Add hand-cut chips +R10 cheese cheese & tomato cheese & ham chicken mayo

ANYTIME MEALS

pizza 20cm	
margherita V	40
with ham	55
with mushrooms V	55
spaghetti bolognese 7 veggies hidden inside the sauce	50
homemade free-range chicken strips with hot buttered veg or salad veg & chips	55
kids' beef burger a grass-fed beef patty served in a white burger bun with hand cut chips no garnish, no sauce!	70
add cheese	10

40

40

40

40