

HOT BEVERAGES

BUT FIRST, COFFEE



ESPRESSO

SINGLE. 25
DOUBLE. 30

CORTADO

espresso mixed with
hot milk
SINGLE. 32
DOUBLE. 37

MACCHIATO

espresso & foamed milk
SINGLE. 32
DOUBLE. 37

AMERICANO

espresso & hot water
SINGLE. 32
DOUBLE. 37
BIG SHOT. 42

FLAT WHITE

espresso & steamed milk
SINGLE. 37
DOUBLE. 42

MANNABREW. 35

Add cream | plant
based milk | caramel /
hazelnut syrup +10

CAPPUCINO

espresso, steamed
milk, milk foam
SINGLE. 37
DOUBLE. 42
BIG SHOT. 47

LATTÉ

espresso, glass of
steamed milk, micro
foam
SINGLE. 38
DOUBLE. 43
BIG SHOT. 48

LUNGO

espresso served
with hot water on
the side
SINGLE. 32
DOUBLE. 37

MOCHA

espresso, chocolate,
glass of steamed
milk, micro foam
SINGLE SHOT. 48
BIG SHOT. 53

COMFORT IN A MUG

Hot Chocolate. 48

White Hot Chocolate. 48

Chai White Hot Chocolate. 50

Chai Latte. (Original OR Lite). 50

Choc Chai Latte. 55

Chaicoffsky. 50

Chai latte (Original OR Lite) with a shot of espresso

Chai Coconut Dream. 56

Chai latte (Original OR Lite) with coconut milk & topped with cream

SERENI.TEA

BLACK. 38

Five Roses
English Breakfast
Earl Grey
Ceylon Spiced Chai
Decaffeinated Black Tea

RED.

Rooibos. 38
Red Cappucino. 45

GREEN. 38

Pure Ceylon Green
Jasmine Green
Moroccan Mint Green

OOLONG. 38

HERBAL & FYNBOS INFUSIONS. 35

AFRICAN BUCHU RHINO BUSH CANCER BUSH SNOW BUSH
MINT PELARGONIUM CHAMOMILE HONEYBUSH
LIVELY LIME & ORANGE FUSION TANGERINE ROSE & GRAPEFRUIT
BERGAMOT ORANGE, PEPPERMINT & LEMON ROOIBOS, MANGO, GINGER & BLACK PEPPER
GREEN ROOIBOS, LEMONGRASS & SPEARMINT
GREEN ROOIBOS WITH HOLY BASIL, GINGER, LEMON & LEMONGRASS
ROOIBOS WITH CHOCOLATE, TURMERIC, GINGER & ALMOND



MENUCHA

COFFEE & CRAFTS

SOMETHING COLDER

NATURALLY FERMENTED

Tea of Life Kombucha

original | rose geranium | ginger | hemp | buchu
lemon | rooibos lemongrass. 340ml. 35
nootropic flavours. 40

Kombakurious Kombucha

apple-pear | apple-cinnamon | blueberry |
mixed berry | lemon-ginger | passionfruit |
pineapple-mint | pomegranate | strawberry |
honey-rooibos
250ml. 38 | 500ml. 60 | 750ml. 80

Kombakurious Kefir Water

blueberry | buchu | lemon-ginger | pineapple |
pomegranate | strawberry | lemon-ginger
500ml. 55 | 1L. 70

MILKSHAKES. 45

berry | bubblegum | caramel | chocolate cookie |
cookies & cream | chai | chocolate | coffee | lime
| milo | milkart | popcorn | salted caramel |
vanilla

KIDDIES SHAKE. 30

WATER

still 440ml. 20 | 750ml. 35
sparkling 440ml. 25 | 750ml. 40

SUPERFOOD SMOOTHIES. 60

Pretty in Pink

mixed berries, banana, nut
butter, acai berry, yoghurt, honey

Chocolate Protein

cacao, chia seeds, protein powder,
Carmien rooibos collagen superfood,
dates, sugar-free peanut butter, banana

KIDDIES SMOOTHIE. 40

FRUIT SHAKE. 55

SODA FLOAT. 50

FIZZY DRINKS

appletiser | grapetiser 330ml. 30
sodas 300ml - assorted. 25
fitch & leedes non-alc 300ml. 25.

DILMAH ICED TEA. 35

black tea elixir ginger & apple
black tea elixir with lychee
black tea spicy berry elixir
black tea peach & almond elixir

JUICE.

Freshly pressed. 50
orange | carrot | apple | cucumber | ginger
dependent on seasonal availability
Other. 30
Enquire about flavours

CORDIALS. 20

buchu & granadilla | passion fruit |
cola | watermelon rose | elderflower |
pina colada | pomegranate

MIXES. 20

200ml. lemonade | tonic | soda water

Tropic Thunder

mango, orange, yoghurt,
honey, turmeric, rooibos

Green Machine

apple, mint, cucumber, Carmien
green smoothie superfood blend,
banana, spinach/kale, nut butter



CRÊPES

SWEET

Spiced honeybush sugar. 25

Berry compote & cream. 60

Darling toffee spread, banana & cream/ice cream. 65

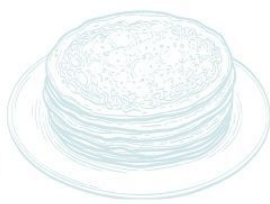
Choc hazelnut spread, banana & cream/ice cream. 65

SAVOURY

Chicken mayo. 65

Mince curry. 65

Add salad / kraut / shoestring fries. +25



ALL DAY BREAKFAST

Luxury granola, fynbos infused yoghurt and seasonal fruit pot. 55

ON TOAST: Free range eggs the way you like them. 65

Smashed avo with red rooibos beetroot hummus (vegan). 70

3 Egg rooibos omelette with cheese. 75 | add toast +10

Mountain sage haloumi, rhino bush mushrooms & red rooibos hummus on toast. 75

Toasted breakfast bagel with bacon OR avo, scrambled rooibos egg & tomato pesto. 75

Poached egg with buchu chicken livers on toast. 85

Breakfast wrap | pancakes with rooibos eggs, bacon/macon, sliced avo, greens & tomato. 85

Eggs florentine with nutmeg pelargonium spinach & mushrooms. 110. 1/2 portion available

Eggs benedict with Ollies' bacon & nutmeg pelargonium mushrooms. 110. 1/2 portion available

Keto-friendly option: Replace english muffin with a brown mushroom

FRENCH TOAST: bacon/macon, rhino bush mushrooms & buchu tomato relish. 85

banana, bacon/macon & maple syrup. 85

the BIG Menucha breakfast: 2 free-range eggs, Ollies' bacon & sausage (100% beef OR pork)

OR Elgin chicken chipolatas, rhino bush mushrooms, tomato & 2 toast. 115

Optional extras

Cheese | Fried Mushrooms | Egg (poached | scrambled | fried | boiled) 15

Ollies' Bacon | Macon | Ham | Ollie's Sausage (100% beef / pork) | Elgin chicken chipolatas | Smoked chicken |

Fairview vegan cheese. 25

Avocado (seasonal availability). 25 | Smoked salmon. 35

BAGELS

select white / multigrain

Living on the Veg (V)

tomato, avo, basil pesto, cucumber, vegan mayo, lettuce (V). 70

Lox of Love

smoked salmon, fynbos cream cheese. 85

Lox with Extra Love

fynbos cream cheese, greens, smoked salmon, avo, pickled red onion. 95

Hamela Anderson

ham, greens, tomato, pickles, mayo, dijon mustard. 75

Plant-powered BarbieQ Beauty (V)

flame-grilled BBQ tenders, plant-based cheese, red-pepper pesto, greens & pickled red onion. 75

BAKERY

CAKE GLORIOUS CAKE

On display / check with waiter
option of a full slice / a sliver for
tasting or sharing.

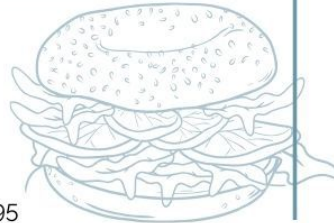
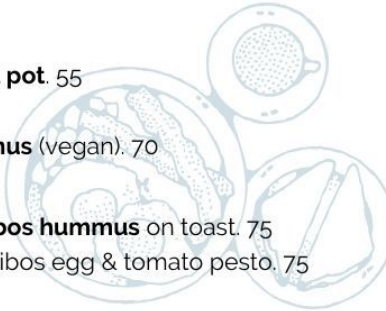
ENGLISH SCONES

cream, mixed berry compote OR jam. 55

cheddar & seasonal jam. 50

MUFFINS & PASTRIES

On display / check with waiter



Bread options:

Sourdough | 60% Rye | 50% Multiseed Rye | Seeded wholewheat | Brown |

White | Plain Bagel | Multigrain Bagel

Gluten-free or Croissant + 10

GRILLED TOASTIES

select from bread options

basil pesto, tomato, mozzarella. 55

cheese, tomato, onion. 55

ham, cheese, pickles & mustard. 60

ham, cheese & tomato. 60

Add: Slaw / Taco kraut / Fries +25



bacon / macon & egg. 60

bacon/macon, egg & cheese. 70

chicken mayo & red onion. 70

smoked chicken / plant-powered

chicken & avo. 75

OPEN SANDWICHES

select from bread options

The Rocket Man

avo, rocket, homemade hummus, tomato and vegan cheese drizzled with balsamic glaze (vegan). 75

Salami Get This Straight

fresh tomato, salami, rocket and mozzarella drizzled with a balsamic glaze. 70

The Unbeetable

homemade red rooibos beetroot hummus topped with sliced avo, pickled red onion, tomato and greens (vn) 70

WRAPS

Add: Salad / Kraut / Fries +25

Smoked chicken & avo. 90

wholewheat tortilla wrap filled with home-smoked chicken, siracha mayo, slaw, pickled onions, sweet pepper, lettuce, sliced avocado and toasted sesame seeds. Vegan option available.

Falafel wrap. 75

wholewheat tortilla wrap filled with Falafel King falafels, kraut, tomatoes, avocado, grated carrots, cucumber, pickled onions, cashew mayo and roasted seeds. (vegan)

Carrot salmun & avo . 75

wholewheat tortilla wrap filled with carrot salmun, slaw, avocado, cucumber, hummus and roasted seeds. (vegan)



SALADS

Smoked chicken OR plant-based BBQ tenders & avo. 90

Greens with smoked chicken, avocado, cucumber, salad dressing, slaw, pickled onions, toasted seeds

Beetroot & feta 80

Greens with roasted beetroot, feta, chick peas, cucumber, salad dressing, pickled onions, toasted seeds

PIES. 65

bobotie | curry steak | chicken |

steak & kidney | pepper steak |

venison | spinach & feta

QUICHE. 65

spinach & feta | bacon & cheese |

butternut & spinach | chicken & mushroom



served with slaw / taco kraut / fries

MENUCHA

COFFEE & CRAFTS

PLEASE INFORM US OF ANY DIETARY REQUIREMENTS AS WE DO NOT LIST ALL INGREDIENTS IN ANY OF THE MEALS