

# HOT BEVERAGES



# MENUCHA

COFFEE & CRAFTS

## 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



## 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

appetiser | 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

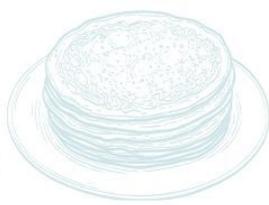
## SWEET

- 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

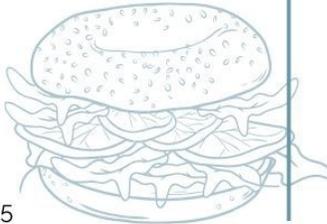
fynbos cream cheese, greens, smoked salmon, avo, pickled red onion. 95

## 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



- bacon / macon & egg. 60
- bacon/macon, egg & cheese. 70
- chicken mayo & red onion. 70
- smoked chicken / plant-powered chicken & avo. 75

Add: Slaw / Taco kraut / Fries +25

# 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