



Cakes

Individually wrapped, round, generous baby cakes

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|---------------------------------------|-----|
| • Apple & apricot nut crumble | R65 |
| • Chocolate cake | R55 |
| • Chocolate ginger cake - Gluten free | R65 |
| • Macadamia nut brownie - Gluten free | R35 |
| • Classic baked cheesecake | R65 |
| • Coconut & lemon cheesecake | R70 |
| - Sugar free & gluten free | |
| • Carrot Cake - Wheat free | R65 |
| • Beetroot & Berry - Vegan | R60 |
| - Vegan & Gluten Free | R70 |
| • 3 Scoops of all natural ice cream | R60 |
| • 1 Scoop ice cream or cream | R25 |
| • 1 Scoop Vegan ice cream | R30 |

Our menu relies heavily on Avocado, some months it is not available.

We will find a substitute!



Free Range Chicken



Our super foods are Fresh Herbs



Grass Fed Beef / Clean



FREE WIFI

Mango Ginger

COFFEE SHOP AND BAKERY

FEEDING YOUR DESIRE FOR WHOLENESS

MangoGingerObservatory mango.ginger 083 961 0299

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Freshly Ground & Frothy

- | | |
|--------------------|-------------------------|
| • Espresso | Single R25 / Double R32 |
| • Macchiato | Single R28 / Double R38 |
| • Americano | Single R28 / Double R38 |
| • Flat White | Single R32 / Double R42 |
| • Latte | Single R38 / Double R48 |
| • Large Cappuccino | R48 |
| • Large Americano | R42 |
| • Decaf | Add R3 |
| • Chocochino | R55 |

No Caffeine, Thanks

- | | |
|------------------|-----|
| • Chai Latte | R45 |
| • Hot Chocolate | R45 |
| • Red Cappuccino | R38 |
| • Red Latte | R45 |
| • Turmeric Latte | R55 |

Pot of Tea

- | | |
|---------------------------------|-----|
| • Ceylon, Rooibos | R22 |
| • Green, Earl Grey | R25 |
| • Herb Teas - see our selection | R32 |

- | | |
|--------------------------|------------------------|
| • Oat, Almond, Rice Milk | Single R5 / Double R10 |
| • Honey | R10 |

Cold & Refreshing

- | | |
|---------------------------------|-----------|
| • Juices - Mango / Orange 250ml | R28 |
| • Water - Still / Sparkling | R15 |
| • Soft Drinks | R22 |
| • Tizers | R35 |
| • Kombucha | R35 / R45 |
| • Iced Teas / Iced Americano | R35 |

Fresh & Fabulous Juices

- PRESSED TO ORDER

Small (250ml) R45 Large (450ml) R58

- Apple, Carrot & Ginger
- Mint, Apple & Lemon
- Beetroot, Orange & Carrot
- Apple, Cucumber & Celery
- Pineapple, Pear & Apple
- Apple, Carrot & Beetroot
- Tomato, Carrot & Celery
- Orange, Carrot & Pineapple



ALL GOODNESS IN A GLASS Smoothies

Made with yoghurt & honey 450ml

- | | |
|---------------------------|-----|
| • Mango & Granadilla | R58 |
| • Strawberry & Banana | R58 |
| • Granadilla & Strawberry | R58 |
| • Banana & Mango | R58 |
| • Peanut Butter & Banana | R58 |
| • Assorted Berries & Mint | R65 |
| • Avo, Mint & Spinach | R70 |

Old school Shakes

All natural vanilla ice cream 350ml
- Vegan Ice cream



add R10

- | | |
|--|-----|
| • Chai Shake | R55 |
| • Iced Coffee | R60 |
| • Chocolate Shake | R55 |
| • Fruit Shake - choose from flavours above | R55 |
| • Assorted Berries & Mint | R68 |

Cake menu on the back page!

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SUGAR FREE • GLUTEN FREE • WHEAT FREE • VEGETARIAN • VEGAN • CARB FREE • DAIRY FREE

From The Bakery

- Croissants - Plain 25 / Choc R35 / Almond / R40
- Cinnamon & Apple Glazed Bun R38
- Muffin of the day R35
- add Jam / Marmalade R8 / Butter R10

CHOICE OF HOMEMADE BREADS

To accompany any meal, breakfast or toasties.

- Ciabatta / Brown Seed Loaf / 100% Rye
- Gluten free Roll add R22
- Carb free Roll add R26
- Plain Croissant add R22

Breakfasts

- Served all day -

- Oat Porridge with fresh banana, cinnamon & honey R55
- add coconut & seeds R70
- made with dairy free milk add R15
- Health in a glass: Layers of gingered apricots, full cream yoghurt, homemade granola & honey R80
- Fresh and fruity - Seasonal fruits topped with granadilla & mint R55
- add Yoghurt R12 / Granola R18 / Honey R10
- Small & Strong: Poached egg, sliced avo & rocket on toast Single 45 / Double R90
- Perfectly scrambled eggs with roasted rosa tomatoes and your choice of bread R65
- add Mushrooms R20 / Bacon R30
- add Avo R20 / Salmon R40
- Croissant French Toast R75
- Fried banana with honey or syrup R95
- Crispy bacon, honey or syrup add R22
- Gluten free option

A LUXURIOUS CHOICE

Eggs Benedict!

2 poached eggs served on an English muffin, with classic hollandaise sauce on a bed of rocket
- Gypsy ham R100 / Bacon R110 / Mushrooms R100 / 60g Smoked Salmon R130

3 Large Crumpets

Mixed berries & rose petal syrup R110
Glazed banana & honey / syrup R100
Crispy bacon & honey / syrup R120

Choose how you prefer your eggs:
Poached / Scrambled / Fried



Heavenly hungry Omelettes

3 Egg Omelette with bread of your choice & butter R110

- Chevin, rocket & mushrooms
- Bacon, cheddar & tomato
- Caramelised onion, feta & sun-dried tomato
- Bacon, spring onion & avo
- Cheddar, avo & tomato
- Salmon, cream cheese & spinach add R30

Homely Toasties

See all our bread options:

BREAKFAST BONANZA

- Bacon, melted mozzarella, pesto & tomato R85
- add an egg R90

REGULAR & RELIABLE

- Cheese, tomato & lettuce R35
- Roasted free range chicken with homemade mayo, gherkin & lettuce R70
- Hummus with roasted aubergine, sun-dried tomato pesto & rocket R68
- Brie cheese with onion marmalade & lettuce R65
- Gypsy ham with gherkin, mustard mayonnaise & lettuce R68
- Chevin with tomato, sweet chilli sauce & lettuce R68

SENSUOUS & SPECTACULAR

- Roasted free range Chicken with sliced avo, rocket & a honey & mustard dressing R72
- Brie, Bacon, lettuce & tomato R80
- Smoked Salmon with cream cheese & lettuce R100

Super Steak Sandwich

- 140g Sirloin steak with caramelised onion, rocket & pesto-mayonnaise R130

Wheat-free wholesome Pies

- Free Range Chicken & leek pie R60
- Venison, butternut & apricot pie R60
- Lentil & baby veg pie R55
- Vegetarian quiche of the day R55

SIDES

- Crispy potato wedges and homemade mayo R30
- Sweet potato wedges, homemade mayo R35
- Sassy side salad - all colours of nutritious, sprinkled with sprouts & seeds. R45



Burgers to Cry for!

- Plant based - our perfect vegan burger with all things yummy: Beans, almonds, seeds, veg, tahini, served with tomato, rocket & avo R80
- Free range warm chicken fillet, well seasoned & served with gherkin, homemade mayo & lettuce R90
- 200g Pure beef patty with tomato, gherkin & lettuce. R90

Toppings & Extras

- Mushroom & Port sauce R30
- Cheddar, Mozzarella, Parmesan, Feta R25
- Bacon, Chicken, Ham R30
- Homemade fiery chilli sauce R12
- Homemade mayo R12
- Avocado (seasonal) R20
- Caramelised onion R18
- Pesto R25
- Root veg crisps R45

Wraps

23cm Tortilla - served with gingered sherry syrup, beetroot & sweet potato crisps

Gluten free Chickpea Pancake add R22

- Honey, ginger & soya marinated free range chicken strips with julienned carrots, mange tout, spring onion, lettuce & honey mustard dressing R110
- Teriyaki marinated beef cubes with chilli butternut, mange tout, spring onion, lettuce & homemade chilli mayonnaise R120
- Hummus, feta, roasted veg strips: aubergine, courgette, red pepper & sun-dried tomato pesto & lettuce - Replace feta with avo R110
- Bacon, avo, mozzarella with tomato, lettuce, julienned carrots & homemade pesto mayonnaise R120
- Smoked salmon, capers, cucumber strips, mange tout, spring onion, lettuce & cream cheese R150

Soups

Vegetarian - See the board for the Soup of the Day served with bread of your choice and butter.

- Full meal with 2 slices & butter R75
- Starter portion, 1 slice & butter R60

Not doing Carbs?

- Served with Salad & Seed Crackers

- Chicken strips R125
- Sirloin steak 140g R150
- Smoked salmon, cream cheese & avo R180
- Scrambled egg, mushrooms, cheddar R125

TOSSED WITH LOVE & HAPPINESS

The Salad Bar



- Honey, ginger & soya marinated free range chicken strips with toasted cashew nuts on a large salad with avo, seeds & sprouts - 1/2 Salad R125
- Back bacon, feta, mange tout & avo on on a large salad with avo, seeds & sprouts - 1/2 Salad R90
- Creamy Goat's Chevin, roasted chilli butternut cubes & avo on on a large salad with avo, seeds & sprouts - 1/2 Salad R110
- Homemade parsley hummus on a bed of greens with sun-dried tomato pesto, avo, cucumber, julienned carrots, rosa tomatoes, seeds, sprouts & toast wedges (Rye or Seed Bread) - 1/2 Salad R85
- R125
- R90
- R125
- R90
- R110
- R85
- R110
- R85

Bounty Bowls



Served on a bed of brown rice or carb-free cauliflower mash add R15

- The Vegan Chickpea tikka patties, cucumber ribbons, butternut cubes, avo, pickled ginger & tahini mint dressing R120
- The Vegetarian Humus, feta, roasted veg strips, carrot noodles, avo & sprouts R120
- The Chicken Marinated chicken strips, red cabbage, fried mushrooms, avo & sprouts R130
- The Beef Teriyaki beef cubes, cucumber ribbons, pickled ginger, red cabbage, avo & courgette & pepper strips R130
- The Salmon Smoked salmon roses, cucumber ribbons, capers, avo, spinach and sprouts R150