



FREE WiFi



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Key to Symbols:

- Sugar Free
- Gluten Free
- Wheat Free
- Vegetarian
- Vegan
- Carb Free
- Dairy Free

ALL FOOD AVAILABLE FOR TAKE-AWAY

SEE OUR FREEZER MEAL SELECTION

# Mango Ginger

## COFFEE SHOP AND BAKERY

### FEEDING YOUR DESIRE FOR WHOLENESS

27 Lower Main Road, Observatory. Tel: 021 448 2500

#### HOT BEVERAGES

COFFEES:

|                   |     |
|-------------------|-----|
| Espresso          | R25 |
| Double Espresso   | R32 |
| Machiato          | R28 |
| Cappuccino        | R32 |
| Decaf Cappuccino  | R34 |
| Double Cappuccino | R42 |
| Large Cappuccino  | R48 |
| Americano         | R28 |
| Decaf Americano   | R30 |
| Double Americano  | R38 |
| Large Americano   | R42 |
| Latte             | R40 |
| Decaf Latte       | R42 |
| Double Latte      | R50 |
| Choccochino       | R55 |

CAFFEINE FREE alternatives:

|                |     |
|----------------|-----|
| Hot Chocolate  | R45 |
| Chai Latte     | R45 |
| Red Cappuccino | R38 |
| Red Latte      | R45 |
| Tumeric Latte  | R55 |

TEAS:

|           |     |
|-----------|-----|
| Ceylon    | R22 |
| Rooibos   | R22 |
| Earl Grey | R25 |
| Green     | R25 |

HERB TEAS - see our selection R32

LACTOSE FREE options:

|                          |  |         |
|--------------------------|--|---------|
| - Oat Milk / Almond Milk |  |         |
| Single unit (100ml)      |  | add R5  |
| Double unit (200ml)      |  | add R10 |

EXTRAS: - Honey R10

#### COLD BEVERAGES

|                            |           |
|----------------------------|-----------|
| JUICES - Orange / Mango    | R28       |
| Water - still / sparkling  | R15       |
| Soft Drinks                | R22       |
| Tizers                     | R35       |
| Kombacha                   | R35 / R45 |
| Iced Teas / Iced Americano | R35       |

#### FRESHLY PRESSED JUICES some fruit is seasonal

|                              |                   |
|------------------------------|-------------------|
|                              | Large (450ml) R58 |
|                              | Small (250ml) R45 |
| ~ Apple, Carrot & Ginger     |                   |
| ~ Mint, Apple & Lemon        |                   |
| ~ Beetroot, Orange & Carrot  |                   |
| ~ Melon, Mint & Mango        |                   |
| ~ Apple, Cucumber & Celery   |                   |
| ~ Pineapple, Pear & Apple    |                   |
| ~ Apple, Carrot & Beetroot   |                   |
| ~ Tomato, Carrot & Celery    |                   |
| ~ Orange, Carrot & Pineapple |                   |

#### SMOOTHIES made with low fat 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 |

#### SHAKES made with all natural vanilla ice cream 350ml

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

ALL FOOD AVAILABLE FOR TAKE-AWAY

## BREAKFAST

|  |           |      |
|--|-----------|------|
| Oat & Banana Porridge  | <b>V</b>  | R55  |
| Berry, Nut, Date & Yoghurt stack                                 | <b>V</b>  | R100 |
| Granola, Yoghurt, Apricot & Ginger stack                         |           | R80  |
| Fruit Salad  | <b>Ve</b> | R55  |
| - with muesli, yoghurt & honey                                   | <b>V</b>  | R80  |
| 3 Large Crumpets   |           |      |
| - with mixed berries drizzled with a rose petal and ginger syrup | <b>V</b>  | R110 |
| - with fried banana & honey                                      | <b>V</b>  | R100 |

|                                     |  |     |
|-------------------------------------|--|-----|
| Toastie                             |  |     |
| - Mozzarella, bacon, tomato & pesto |  | R80 |
| - add a fried egg                   |  | R85 |

|  |          |      |
|--|----------|------|
| Scrambled Egg & Roasted Rosa Tomatoes on your choice of homemade bread |          |      |
| - with mushrooms   | <b>V</b> | R75  |
| - with bacon   |          | R95  |
| - with salmon  |          | R125 |

|   |          |      |
|---|----------|------|
| Eggs Benedict   |          |      |
| 2 poached eggs on an English muffin, with rocket & hollandaise sauce and your choice of topping |          |      |
| - gypsy ham   |          | R100 |
| - mushrooms   | <b>V</b> | R100 |
| - bacon   |          | R110 |
| - salmon  |          | R130 |

|                             |          |     |
|-----------------------------|----------|-----|
| Croissant French Toast      |          |     |
| - with bacon & honey        |          | R95 |
| - with fried banana & honey | <b>V</b> | R75 |

|                                 |          |     |
|---------------------------------|----------|-----|
| Quesadillas                     |          |     |
| Garnished with leaves & sprouts |          | R85 |
| - ham, cheese & peppadews       |          |     |
| - feta, mushroom & olives       | <b>V</b> |     |

|  |          |      |
|--|----------|------|
| 3 Egg Omelette with bread of your choice     |          | R110 |
| - chevin, asparagus & sage                   | <b>V</b> |      |
| - bacon, cheddar & tomato                    |          |      |
| - rocket, ricotta & mushroom                 | <b>V</b> |      |
| - caramelised onion, sun-dried tomato & feta | <b>V</b> |      |

## FROM OUR BAKERY

|                                     |  |     |
|-------------------------------------|--|-----|
| Plain Croissant                     |  | R25 |
| - Croissant with cheese & preserves |  | R70 |
| Almond Croissant                    |  | R40 |
| Chocolate Croissant                 |  | R35 |
| Cinnamon & Apple Snail Bun          |  | R38 |
| Muffin of the day                   |  | R35 |

## LIGHT LUNCHES

|  |                       |     |
|--|-----------------------|-----|
| Vegetarian Soup of the Day with your choice of our homemade bread ~ starter portion with one slice | <b>V</b>              | R75 |
| Vegetarian Quiche of the day   | <b>W/F</b> <b>V</b>   | R55 |
| Free Range Chicken & Leek Pie  | <b>W/F</b> <b>D/F</b> | R60 |
| Lentil & Baby Veg Pie  | <b>W/F</b> <b>Ve</b>  | R55 |
| Venison, Butternut & Apricot Pie   | <b>W/F</b>            | R60 |

## SIDE DISHES

|                     |          |     |
|---------------------|----------|-----|
| Side Salad          | <b>V</b> | R45 |
| Potato Wedges       |          | R30 |
| Sweet Potato Wedges |          | R35 |

## SANDWICHES

|                                       |            |         |
|---------------------------------------|------------|---------|
| CIABATTA, BROWN SEED LOAF OR 100% RYE |            |         |
| - Gluten free roll                    | <b>G/F</b> | add R22 |
| - Carb free roll                      | <b>C/F</b> | add R26 |
| - Croissant                           |            | add R22 |

|   |  |     |
|---|--|-----|
| Roasted free range Chicken with sliced avo, rocket & a honey & mustard dressing |  | R70 |
|---|--|-----|

|  |          |     |
|--|----------|-----|
| Brie Cheese with onion marmalade & lettuce | <b>V</b> | R65 |
|--|----------|-----|

|  |           |     |
|--|-----------|-----|
| Hummus with roasted aubergine, sun-dried tomato & rocket | <b>Ve</b> | R65 |
|--|-----------|-----|

|  |          |     |
|--|----------|-----|
| Chevin with tomato, sweet chilli jam & baby leaves | <b>V</b> | R68 |
|--|----------|-----|

|  |  |     |
|--|--|-----|
| Gypsy Ham with gherkin, mustard mayonnaise & lettuce |  | R68 |
|--|--|-----|

|   |  |     |
|---|--|-----|
| Roasted free range Chicken with homemade mayo & lettuce |  | R68 |
|---|--|-----|

|   |  |      |
|---|--|------|
| Smoked Salmon with cream cheese & lettuce |  | R100 |
|---|--|------|

|                               |  |     |
|-------------------------------|--|-----|
| Brie, Bacon, lettuce & tomato |  | R80 |
|-------------------------------|--|-----|

|   |  |      |
|---|--|------|
| Super Steak sandwich 150g sirloin steak with caramelised onion, rocket & pesto-mayonnaise |  | R130 |
|---|--|------|

## BURGERS

See BURGER TOPPINGS Roll Options

|  |           |     |
|--|-----------|-----|
| Vegan Burger with rocket, avo & tomato               | <b>Ve</b> | R80 |
| Free range Chicken Burger                            |           | R90 |
| Chicken breast with gherkin, homemade mayo & lettuce |           |     |
| Pure Beef Burger 200g                                |           | R90 |
| Tomato, gherkin & lettuce                            |           |     |

## WRAPS

23CM WRAP - SERVED WITH BEETROOT & SWEET POTATO CHIPS AND A BOWL OF GINGERED SHERRY SYRUP.

Gluten free chickpea pancake **G/F** 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, Danish Feta, roasted veg strips, aubergine, courgette, red pepper & sun-dried tomato pesto & lettuce | <b>V</b>  | R110 |
| ~ Replace Feta with Avo  | <b>Ve</b> |      |

|  |          |      |
|--|----------|------|
| Feta, Ricotta, roasted red pepper, spring onion, cucumber, julienned carrots & lettuce with a honey-mustard yoghurt dressing | <b>V</b> | R100 |
|--|----------|------|

|  |  |      |
|--|--|------|
| 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 |
|--|--|------|

## BURGER TOPPINGS & EXTRAS

|                                     |           |     |
|-------------------------------------|-----------|-----|
| Mushroom & Port Sauce               | <b>V</b>  | R30 |
| Cheddar, Mozzarella, Parmesan, Feta | <b>V</b>  | R25 |
| Bacon, Chicken, Ham                 |           | R30 |
| Homemade fiery Chilli Sauce         | <b>Ve</b> | R12 |
| Homemade Mayo                       | <b>V</b>  | R12 |
| Avocado Pear (seasonal)             | <b>Ve</b> | R20 |
| Caramelised Onion                   | <b>Ve</b> | R22 |
| Pesto                               | <b>V</b>  | R25 |
| Root Veg Crisps                     |           | R45 |

## SALAD MEALS

|  |  |      |
|--|--|------|
| Honey, ginger & soya marinated free range Chicken Strips with toasted cashew nuts on a large salad with avo, seeds & sprouts |  | R125 |
| ~ 1/2 Salad  |  | R90  |

|   |  |      |
|---|--|------|
| Back Bacon, Feta, mange tout & avo Salad on a bed of greens topped with seeds & sprouts |  | R125 |
| ~ 1/2 Salad   |  | R90  |

|  |          |      |
|--|----------|------|
| Creamy Goat's Chevin, avo & roasted chilli butternut cubes on a large garden salad, garnished with seeds & sprouts | <b>V</b> | R110 |
| ~ 1/2 Salad  | <b>V</b> | R85  |

|  |           |      |
|--|-----------|------|
| 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) | <b>Ve</b> | R110 |
| ~ 1/2 Salad  | <b>Ve</b> | R85  |

## CARB FREE MEALS

**C/F**

~ Served with Salad & Seed Crackers

|                                   |          |      |
|-----------------------------------|----------|------|
| Chicken Strips                    |          | R125 |
| Sirloin Steak 150g                |          | R150 |
| Smoked Salmon, Cream Cheese & Avo |          | R180 |
| Scrambled Egg, Mushrooms, Cheddar | <b>V</b> | R125 |

## CAKES

|   |                       |     |
|---|-----------------------|-----|
| Apple & Apricot Nut Crumble                           |                       | R65 |
| Chocolate Cake  |                       | R55 |
| Chocolate Ginger Cake - gluten free                   | <b>G/F</b>            | R65 |
| Macadamia Nut Brownie - gluten free                   | <b>G/F</b>            | R35 |
| Classic Baked Cheesecake                              |                       | R65 |
| Coconut & Lemon Cheesecake - sugar free + gluten free | <b>S/F</b> <b>G/F</b> | R70 |
| Carrot Cake - wheat free                              | <b>W/F</b>            | R65 |
| Beetroot & Berry - vegan                              | <b>Ve</b>             | R60 |
| 3 Scoops of all Natural Ice Cream                     |                       | R60 |
| 1 Scoop Ice Cream or Cream                            |                       | R25 |