

Bacon & Egg Roll_R35

Grilled bacon, 2 fried eggs, chipotle mayo.

Mill & Press Morning Oats_R45

Freshly grated apple, dried cranberries, seeds, cinnamon, honey.

Filled Omelets_R55

- Bacon, caramelized onions, cheese, cherry tomatoes.
- Sautéed mushrooms, cherry tomatoes, cheese, caramelized onions.

Breakfast Wrap_R55

Scrambled eggs, bacon, baby spinach, chipotle mayo, tomato.

Egg & Bacon Croissant_R60

Scrambled eggs, English spinach, aioli, tomato, bacon **OR** mushroom.

Smoothie Bowl_R65

Wazoogles Protein Powder (plant based), banana, almond milk, berries, coconut, chia seeds, nuts, dried cranberries, seeds.

Homemade Granola Fruit Bowl/Cup_R45

Homemade granola, Greek yoghurt, seasonal fruit, cinnamon, honey.

Brown Seed Avocado Toast_R50

Seeded toast, soft poached eggs, avocado, rocket, seeds, lemon.

Croissants / Plain_R20 / Chocolate_R25



BREAKFAST

SERVED FROM 7AM TILL 11AM

DIY Breakfast - Make up your own

Eggs (scrambled, fried, poached) R12
Grilled tomato – R10
Bacon – R18
Rocket – R8
Avocado – R18
Cheddar / Feta – R10
Mushrooms – R15
Smoked Salmon Trout - R25
Toast (Seed/Sourdough) – R7



LUNCH



FRIES TO GO

Skinny Fries:
 small/large **_R18/25**
 Sweet Potato Fries:
 small/large **_R22/35**

TOASTED WRAPS

LOTUS Asian Wrap (V) **_R55**
 With Grilled Chicken or
 Falafel **_R65**
 Pickled cabbage, cucumber, fresh
 coriander, Japanese mayo, sweet
 chilli paste.
 Mediterranean Wrap (V) **_R60**
 Add Chicken **_R10**
 Roast aubergine, hummus, tzatziki,
 cucumber, baby spinach, lemon.

TACO'S

Crispy Chicken Tacos **_R80**
 Crispy chicken tacos, red
 cabbage, salsa, chipotle mayo,
 pickled red onion, coriander.
 Falafel Tacos (V) **_R80**
 Vegetarian Falafel, red cabbage
 and tomato salsa, chipotle mayo
 and fresh coriander.
 Pulled Pork Tacos **_R80**
 6hr braised pork, avocado, red
 cabbage, green sauce, pickled
 red onion, coriander.
 Smashed Beef Taco Salad **_R85**
 Grilled beef sirloin, avocado, crispy
 hard-shell corn tacos, rocket, herbs,
 sweet corn, tomato, red onion, chili
 and chimichurri dressing.
 Falafel option available.

Pasta of the week
 (Please ask your waiter or
 see the Specials board)

Quiche of the Day / Large Slice (V) **_R30**
 (Please ask your waiter or see the
 Specials board). Add daily salad + R25.

EASY TOASTIES

Toasted Cheese **_R28** Cheese & Tomato **_R30**
 Ham, Cheese, Tomato **_R35** Chicken Mayo **_R40**
 Add side Salad or Fries **_R15** Add Bacon **_R18**
 Add Rocket **_R8** Add Avocado **_R18**

GOURMET PRESSED SANDWICHES

The Pesto Press (V) **_R55**
 Herb pesto, grilled aubergine, tomato, mozzarella, peppers, rocket.
 M&P Reuben Sandwich **_R55**
 Slow cooked brisket, cheddar and pickles.
 Pulled Pork Cubano Sandwich **_R55**
 Pork shoulder, mozzarella, apple chutney, rocket and tomato.
 Choice of Italian ciabatta or wholewheat

HEALTH SALADS

Grilled Broccoli & Quinoa Salad **_R70** / Add Chicken **_R18** / Avo **_R18**
 / Falafel (V) **_R20**
 Red and white quinoa with herb pesto, grilled broccoli, cherry
 tomatoes, baby spinach, feta and toasted seeds.

Falafel Salad Bowl (V) **_R85**
 Chickpea and quinoa falafel with sumac yoghurt, balsamic roasted
 beetroot, carrot, rocket, grilled cherry tomatoes, bean sprouts, almonds,
 avocado, honey mustard dressing and za'atar spice.

Caesar Salad **_R80**
 Cos lettuce, croutons, parmesan, Caesar dressing served with a crispy
 crumbed poached egg, (Choice of one, chicken/bacon/avo).

Grilled Halloumi Salad (V) **_R80** / Add Falafel **_R18**
 Grilled Halloumi, green peas, baby spinach, baby tomatoes,
 toasted nuts, honey mustard dressing.

BURGERS

Crumbed Chicken Roll **_R45** / Add Fries **_R60**
 Crispy chicken breast with chipotle mayo, tomato and rocket.

Beef Burger **_R80** / Add Cheese **_R10** / Bacon **_R18** / Avo **_R18**
 100% pure beef patty served with tomato, rocket, pickles, aioli and
 fries (Sub for sweet potato fries + R10).

Pulled Pork Bun **_R50** / Add Fries **_R65**
 Marinated pulled pork and crunchy Asian slaw served on a sesame
 seed bun.

Falafel Burger (V) **_R85**
 Pan fried quinoa and chickpea patty, sumac carrots, homemade
 beetroot chutney, rocket, tomato and sweet potato fries.

Prego Steak Roll **_R85**
 Sirloin steak served on a ciabatta roll with Prego sauce, pickled
 carrots, tomato, rocket and fries.

Soup of the day (V) **_R60**
 (Please ask your waiter or see the
 Specials board). Add Chicken + R18.



≡ PLEASE SEE ≡
SPECIALS BOARD

PLEASE NOTE:
 ALL TAKE-AWAY PACKAGING HAS A R2
 SURCHARGE & IS ECO-FRIENDLY.

ALL ITEMS ARE SUBJECT TO AVAILABILITY. DISHES MAY CONTAIN NUT/NUT DERIVATIVES. ALL OUR FOOD IS FRESHLY PREPARED AND COOKED TO ORDER, IF YOU HAVE ANY ALLERGENS PLEASE INFORM/ASK A MEMBER OF STAFF WHO WILL ADVISE OF ALL INGREDIENTS USED.