



## EGGS

Your choice of ciabatte – sourdough – health loaf – rye

<b>EARLY BIRD</b> .....	65
1 Egg (poached, fried or scrambled) cherry tomatoes, 2 rashers bacon & toast	
<b>SALMON BREAKFAST</b> .....	130
Smoked salmon, scrambled egg, wilted spinach, heirloom tomatoes, avocado, feta, capers, spring onions & zucchini fritters	
<b>STACKED BREAKFAST</b> .....	90
Grilled black mushroom, charred heirloom tomatoes, crispy bacon, poached eggs & romesca sauce	
<b>ENCHILADA OMLETTE</b> .....	87
Cheddar cheese, wilted spinach, mushrooms, red onions & heirloom tomatoes with pimento puree & toast	
<b>ENGLISH BREAKFAST</b> .....	105
The Full Monty - mushrooms, bacon, pork sausage, heirloom tomatoes, 2 eggs (poached, scrambled or fried)	
<b>SALMON SCRAMBLED CROISSANT</b> .....	115
Toasted croissant, scrambled egg, smoked salmon, spring onions & feta	
<b>STACKED BURGER</b> .....	130
Beef patty, grilled mushroom, grilled cheese & fried egg on zucchini fritter with romesca sauce	
<b>SHAKSHUKA</b> .....	90
Egg poached in spiced sauce of tomatoes, peppers & onions	
<b>EGGS BENEDICT (WITH A TWIST)</b> .....	115
Crispy bacon, two poached eggs on a zucchini fritter served with hollandaise sauce	
<b>SALMON BENEDICT</b> .....	130
Smoked salmon with spinach on a zucchini fritter served with hollandaise sauce	

## FRENCH TOAST

Kitka bread soaked in egg vanilla custard, toasted golden brown, cinnamon dust & lemon curd

<b>LEMON CURD &amp; HONEY</b> .....	70
<b>BACON, BANANA &amp; MAPLE SYRUP</b> .....	85
<b>DEUS MONTE CRISTO</b> .....	105
With a twist, French toast filled with bacon, brie, berry compote & drizzled with maple syrup	
<b>HOT OATS</b> .....	70
Creamy oats with almond milk, grilled banana, berries, cinnamon & honey	
<b>CREPES &amp; LEMON CURD</b> .....	70
Crepes filled with Chantilly mascarpone cheese, lemon curd and dazzled with berry compote	

## BAGELS

Filled with cream cheese & baby rocket leaves

<b>SALMON BREAKFAST BAGEL</b> .....	85
Fried egg, bacon & grilled heirloom tomatoes	
<b>AVOCADO &amp; FETA</b> .....	70
<b>ROASTED VEG, AVOCADO &amp; FETA</b> .....	85

## BREAKFAST OPEN SANDWICHES

<b>SMASHED AUBERGINES</b> .....	95
Grilled halloumi, hummus, grilled black mushrooms, roast tomatoes, sliced avocado on health loaf	
<b>SMOKED SALMON</b> .....	130
Smashed avocado, cream cheese, glazed heirloom tomatoes, capers, edamame beans, spring onions on zucchini fritter & dill yoghurt sauce SWOP FRITTER FOR HEALTH BREAD	
<b>MUSHROOMS &amp; TOAST</b> .....	95
Sautéed mushrooms, dash of basil and cream, poached egg, crispy bacon on ciabatta	
<b>SMASHED AVOCADO</b> .....	90
Grilled heirloom tomatoes, feta, red onions, edamame beans on zucchini fritter SWOP FRITTER FOR TOAST	
<b>GRILLED AUBERGINE</b> .....	90
Smashed aubergines, hummus spread, spicy chickpeas, dill yogurt sauce on health bread	

## BANTING HEALTH BOWLS

<b>BALI</b> .....	95		
Chia pudding, goji berries, roast granola, thick yoghurt, berry compote & banana			
<b>IBIZA</b> .....	95		
Fruit balls, thick yoghurt, mixed nuts, drizzled honey & roast granola			
<b>SÃO PAULO</b> .....	95		
Banana halves (grilled or fresh) peanut butter, yoghurt & roast granola			
<b>FRIED RICE</b> .....	115		
Fried organic rice, 2 fried eggs, mushrooms, spinach, sesame seeds, avocado & cherry tomatoes			
<b>OPTIONAL EXTRAS</b>			
TOAST .....	7	BACON (2 RASHERS) .....	30
CHERRY TOMATO .....	15	BRIE CHEESE .....	35
MUSHROOMS .....	25	SMASHED AUBERGINES .....	20
HEIRLOOM TOMATOES .....	15	HALLOUMI .....	35
EGGS (POACHED, FRIED OR SCRAMBLED) .....	10	SLICED AVOCADO .....	30
WILTED SPINACH .....	25	CRUMBLLED FETA .....	30

## JUICES .....

<b>DETOX</b> .....	59
Beetroot, spinach, celery, lemon & ginger	
<b>ENERGY</b> .....	
Green apple, spinach, cucumber, celery & mint	
<b>IMMUNE BOOSTER</b> .....	
Pure orange juice & ginger	
<b>CALMING</b> .....	
Carrot, apple & orange	

## SHOTS .....

<b>PROTEIN</b> .....		<b>ANTI-INFLAMMATORY</b> .....	
Wheatgrass, ginger, mint & apple		Ginger, apple, lemon & orange	
<b>SLIMMING</b> .....		<b>VITAMIN BOOST</b> .....	
Turmeric, lemon & orange		Spinach, lemon & apple	
		<b>GINGER</b> .....	
		Straight up	

## DEUS COFFEE

<b>ESPRESSO</b> [SINGLE] .....	29		
<b>MACCHIATO</b> .....	33		
<b>CORTADO</b> .....	35		
<b>FLAT WHITE</b> .....	38		
<b>AMERICANO</b> .....	32		
<b>CAPPUCCINO</b> .....	38		
<b>RED CAPPUCCINO</b> .....	36		
<b>LATTE</b> .....	39		
<b>VANILLA LATTE</b> .....	42		
<b>HAZELNUT LATTE</b> .....	42		
<b>CHAI LATTE</b> .....	39		
<b>DIRTY CHAI LATTE</b> .....	49		
<b>TEA</b> .....	23		
<b>FREEZOS</b> .....	59		
<b>STRAWBERRY FREEZO</b> .....			
<b>APPLE MINT FREEZO</b> .....			
<b>COFFEE FREEZO</b> .....			
<b>CLASSIC MILKSHAKES</b> .....	49		
<b>VANILLA</b> .....		<b>BANANA</b> .....	
<b>CHOCOLATE</b> .....		<b>BUBBLEGUM</b> .....	
<b>STRAWBERRY</b> .....		<b>LIME</b> .....	
<b>OREO</b> .....			

## GOURMET MONSTER MILKSHAKES ...

<b>BLUEBERRY VANILLA CHEESECAKE</b> .....	85
<b>CHOCOLATE BROWNIE</b> .....	
<b>LEMON MERINGUE</b> .....	
<b>RASPBERRY RED VELVET</b> .....	

## SMOOTHIES .....

<b>NUTTY BANANA</b> .....	75
Banana, peanut butter, honey, almonds & full cream yoghurt	
<b>CHOCOLATE MILK</b> .....	
Raw cacao, chia seed, banana, date, almonds & almond milk	
<b>SUPERFRUIT</b> .....	
Goji berries, apple, banana, mixed berry & plain full cream yoghurt	

\*ADD VEGAN WHEY PROTEIN +10      \*ADD ESPRESSO SHOT +15