



# EAT THE LOVE

INSPIRED BY TRADITIONAL SOUTH AFRICAN FAVOURITES, SOURCED FROM LOCAL ARTISANS. WHETHER CRAFTED IN OUR KITCHEN OR BY OUR DEDICATED SUPPLIERS, EVERY MENU ITEM REFLECTS OUR PASSION TO MAKE YOUR EXPERIENCE SPECIAL.

## TOASTED SARMIES & BAGELS

50/50 sourdough rye, whole wheat farm loaf, ciabatta or bagel

<b>Grilled 3 cheese</b>	R65
<b>Cheese and tomato</b>	R69
<b>Smoked trout, cream cheese and gherkins</b>	R94
<b>Chicken mayo</b>	R75
<b>Chicken mayo &amp; avo</b>	R85
<b>Bacon, egg and cheese</b>	R85
<b>Pastrami, mustard, pickles, gherkins</b>	R85
<b>Pesto chicken</b>	R75

## WRAP IT UP

<b>Breakfast wrap</b> Egg, bacon, cheese, tomato, avo	R82
<b>Keto breakfast burrito</b> Egg wrap, avo, tomato salsa, feta, bacon replace bacon w/salmon +R22	R89
<b>Chicken pesto</b> Chicken breast, feta, pesto, greens	R78
<b>Summer chicken wrap</b> Chicken breast, mayo, greens, carrot, avo	R78
<b>Avo, tomato, hummus, feta wrap</b>	R78
<b>Gluten-free wrap (Add R12)</b>	
<b>Keto egg wrap (Add R12)</b>	

## OPEN TOASTS

50/50 sourdough rye or whole wheat farm loaf

<b>Mediterranean</b> Avo, tomato, olives, feta, hummus, cucumber	R79
<b>Farmhouse breakfast</b> Scrambled eggs, bacon, avo, tomato salsa	R89
<b>Smoked trout and cream cheese</b> Smoked trout, cream cheese, cucumber	R95
<b>Avo &amp; cream cheese</b> (Add boiled egg +R12)	R65
<b>Avo &amp; Tomato Salsa</b>	R65

## CROISSANT STACKS

<b>Greek scramble</b> Scrambled eggs, tomato, avo, feta	R79
<b>Motherland scramble</b> Scrambled eggs, bacon, tomato salsa (add avo R15)	R84
<b>Smoked trout scramble</b> Scrambled eggs, smoked trout, avo, cream cheese	R115

## FRESH & HEALTHY

<b>Motherland muesli and yoghurt</b> Coffee-infused muesli, double-thick yoghurt	R58
<b>Berry banana breakfast cup</b> Berries, banana, yoghurt, honey, Motherland muesli	R58
<b>Cinnamon overnight oats</b> Yoghurt, oats, light cinnamon seasoning, berries	R58

## SIGNATURE BOWLS

<b>Mexi bowl</b> Warm chicken breast slices, black beans, corn, chopped tomato, smashed avo, on a warm tortilla.	R95
<b>Trout &amp; Blueberry Bowl</b> Seasonal berries, smoked trout, avo, mixed greens, cream cheese	R115

## CONFECTIONARY & BAKES

<b>Croissant</b> French style butter croissant	R24
<b>Chocolate croissant</b> French style chocolate-filled croissant	R28
<b>Almond croissant</b> French style almond-filled croissant	R35
<b>Banana bread slice</b> Ripe banana, brown sugar, cinnamon, chopped pecans	R28
<b>Motherland brownie</b> A classic, traditional chocolate brownie	R32
<b>Cheesecake brownie</b> A rich, gooey brownie, marbled with cheesecake filling,	R39
<b>Triple-choc cookie</b> Dark and light chocolate chips.	R27
<b>Monster cookie</b> MnMs, Belgian chocolate chips, peanut butter and oats	R29

## BUILD-A-BREAD

Choose your favourite artisan bread and put together the sarmie of your dreams.

- 1 **CHOOSE YOUR BREAD**
  - 50/50 Sourdough rye R25
  - Whole wheat farm loaf R25
  - Ciabata roll R25
  - Croissant R30
  - Bagel R25
  - Wrap R25
  - Keto egg wrap R25
- 2 **PROTEIN**
  - Bacon R35
  - Pastrami R45
  - Chicken breast R35
  - Smoked trout R60
  - Chicken mayo R40
  - Boiled egg R12
  - Scrambled eggs (2 eggs) R20
- 3 **CHEESE**
  - Motherland cheese mix R30
  - Emmental cheese R30
  - Cream cheese R25
  - Feta R25
- 4 **CRUNCH**
  - Avo R15
  - Cucumber R15
  - Jam tomatoes R15
  - Rocket R15
  - Mixed salad greens R15
  - Pickled red cabbage R15
  - Gherkins R10
- 5 **DRIZZLE**
  - Hummus R12
  - Motherland loaded mayo R12
  - Whipped mayo R12
  - Chipotle Mayo R12
  - Pesto Mayo R12
  - Balsamic Reduction R12
  - Wholegrain Mustard R12



## COFFEES



<b>Espresso</b> Served as a double	<b>R 29</b>		
<b>Macchiato</b> Single / Double	<b>R31.9 / R33.9</b>		
<b>Cortado</b> Single / Double	<b>R32.9 / R34.9</b>		
<b>Traditional cappuccino</b>	<b>R38</b>		
<b>Flat white</b> Double shot/ Triple shot / Quad shot	<b>R38</b>	<b>R47</b>	<b>R54</b>
<b>Cappuccino</b>	<b>R33.9</b>	<b>R39.9</b>	<b>R44.9</b>
<b>Latte</b>	<b>R32.9</b>	<b>R39.9</b>	<b>R44.9</b>
<b>Americano</b>	<b>R32</b>	<b>R36</b>	<b>R39</b>
<b>Breve</b> Espresso, steamed milk, pouring cream	<b>R36.9</b>	<b>R46.9</b>	<b>R55.9</b>
<b>Mocha</b> Espresso, rich chocolate base, steamed milk	<b>R40.9</b>	<b>R49.9</b>	<b>R55.9</b>
<b>Signature latte</b> Add a flavour vanilla - caramel - white chocolate	<b>R39.9</b>	<b>R47.9</b>	<b>R57.9</b>
<b>The dictator</b> Double espresso, condensed milk, cream, chocolate shavings	<b>R46.9</b>		



## CHOCOLATE



<b>Hot chocolate</b>	<b>R41.9</b>	<b>R46.9</b>	<b>R57.9</b>
<b>White hot chocolate</b>	<b>R41.9</b>	<b>R46.9</b>	<b>R57.9</b>
<b>Salted caramel hot chocolate</b>	<b>R41.9</b>	<b>R46.9</b>	<b>R57.9</b>

## TEA

<b>Red cappuccino</b>	<b>R37</b>	<b>R43</b>	<b>R48</b>
<b>Chai latte</b>	<b>R37</b>	<b>R46</b>	<b>R56</b>
<b>Tea</b>		<b>R30.9</b>	

## EXTRAS

<b>Coffee shot</b>	<b>R9.9</b>		
<b>Cream</b>	<b>R12</b>		
<b>Syrup shot</b>	<b>R9.9</b>	<b>R12.9</b>	<b>R13.9</b>
<b>Almond / macadamia milk</b>	<b>R11</b>	<b>R12</b>	<b>R15</b>
<b>Oat milk</b>	<b>R9</b>	<b>R10</b>	<b>R12</b>

*Drink the Love*

## ICED DRINKS



<b>Iced latte</b> Espresso poured over milk and ice blocks	<b>R44.9</b>	<b>R49.9</b>
<b>Blended Ice latte</b>	<b>R52.9</b>	<b>R59.9</b>
<b>Iced americano</b>	<b>R35</b>	<b>R42</b>
<b>Ice D'ivoire frozen chocolate</b> Rich chocolate base, blended with milk, ice blocks and chocolate pieces	<b>R55.9</b>	<b>R69.9</b>
<b>Salted caramel frozen chocolate</b>	<b>R55.9</b>	<b>R69.9</b>
<b>Frozen tourist</b> Vanilla - caramel - white chocolate	<b>R55.9</b>	<b>R69.9</b>
<b>Frozen chai latte</b>	<b>R49.9</b>	<b>R59.9</b>



## SMOOTHIES



<b>The farmer's daughter</b> Mixedberries, yoghurt, banana, cashew nuts, almonds	<b>R65.9</b>	<b>R76.9</b>
<b>So fresh so green</b> Kiwi, apple, mint, cucumber, celery, lemon, ginger, honey	<b>R67.9</b>	<b>R79.9</b>
<b>Pineapple express</b> Pineapple, mango, honey	<b>R65.9</b>	<b>R79.9</b>
<b>Peanut butter cup</b> Peanut butter, banana, belgian chocolate, milk	<b>R69.9</b>	<b>R79.9</b>

## CRUSHES

<b>Black lime colada</b> Black lime, frozen coconut cream, pineapple puree, coconut milk, ice	<b>R65.9</b>	<b>R77.9</b>
<b>Fuji apple and cucumber</b> Fuji apple puree, fresh cucumber, apple juice, mint	<b>R55</b>	<b>R69</b>
<b>Mixed berry</b> Mixed berries, honey, berry juice	<b>R66.9</b>	<b>R79.9</b>
<b>Sweet shop</b> Bar-wonder chocolate powder, crushed smarties, sprinkles	<b>R59.9</b>	<b>R75.9</b>

