

Please order and pay with us, at the counter

Muesli Bowls

For a healthy, wholesome start...

POWER START Bowl

Raw farm yogurt, seasonal fruits, Grain Mill crunchy muesli

LIGHT ENERGY Bowl

Raw farm yogurt, seasonal fruits, a dash of nutbutter and chia seeds

PLANT POWER Bowl

Seasonal fruits, delicious vegan ice cream and Grain Mill crunchy muesli V 86

Big thanks to our Chickens!

Our Chickens roam freely at the Grain Mill Farm, blessing us with fresh, organic eggs

SIMPLY SCRAMBLED

Free-range scrambled eggs, spelt bread

BACON SCRAMBLED

78

68

98

98

Free-range scrambled eggs, pancetta, spelt bread

CHEESY OMELETTE

Cheese, tomato and onion omelette, spelt bread

BACON OMELETTE

Pancetta and mushroom omelette, spelt bread

GREEK OMELETTE

Spinach, tomato and feta omelette, spelt bread

Artisan Bakery

We bake everyday using our organic spelt flour from the Grain Mill Farm

FOOD FOR BODY&SOU

QUICHE -SPINACH FETA TOMATO quiche with salad -CREAMY VEGGIE quiche with salad	84 V
TWISTS -PIZZA TWIST mushroom, cheese tomato filling with salad	84
-OLIVE TWIST mushroom, olive tomato filling with salad	\checkmark
MINI PIZZA with a salad (please ask us what is available)	98
HUMMUS TOAST V Hummus and grilled veggies on a spelt toast with salad	85
SALMON TOAST Smoked salmon trout on spelt toast, boiled eggs, mayo, with a salad	148
KIDDIES PEANUT BUTTER ROLL Spelt roll with peanut butter, banana and other fruits	58 V
Portion Bread V Butter/Jam	20 10

98





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Salads Fresh nurturing raws

MIXED SALAD

small 55 large 85

GREEK SALAD 118 Our diverse salad creation with feta cheese and olives

SALMON SALAD

Our diverse salad creation with smoked salmon trout, boiled egg and home made mayo

TUNA SALAD

118

148

Our diverse salad creation with tuna and olives

VEGAN SALAD 🗸

98

Our diverse salad creation with grilled veggies

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OPEN SANDWICHES on spelt roll, with salad

78

CHEESE & TOMATO COPPA HAM SMOKED CHICKEN & EGG SALAMI & CHEESE

SOUP OF THE DAY V

45 118

FALAFEL PITA V Grain Mill's falafel balls in a spelt Pita bread, with hummus and a mixed salad

CHICKEN SCHNITZEL

128

Free range chicken with a spelt crumb coating and a large salad

Check out the specials of the week, at the counter

Free-range BURGERS

125

Our burger classic: beef/lamb patty, fried onions, greens, raws, tomato sauce, on a spelt bun

NAKED TRUTH

NOSTALGIA

135

Beef/lamb patty, large salad of greens and raws,

BURGER EMMA V

-Our special homemade EMMER patty on98a spelt roll, with a salad garnish98- Naked EMMER Patty with a large salad108

Extras +R10

Butter Mayo Additional Salad Dressing



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ORGANIC COFFEE & TEA

AMERICANO	29	√33
CAPPUCHINO	35	√39
FLAT WHITE	38	∨ 43
LATTE MACHIATO	35	∨ 40
ESPRESSO	26	√36
HOT CHOCOLATE	42	∨ 48
RED CAPPUCHINO	35	40

SPELT RUSK

to go with your coffee (or tea :) \vee 15

BLACK TEA ROOIBOS TEA GREEN TEA HERBAL TEA

38

Plant-based Milks: OAT, ALMOND and MACADAMIA +R5 if you would like to add honey

ICY-COLD

ICE CHOCOLATE

V 58

53

42

42

made with our vegan sugar-free ice cream

ICY RED APPLE

∨48

 $\sqrt{48}$

ice cubes, rooibos espresso shot, apple juice

ICE CREAM COFFEE 53 V58 made with our vegan sugar-free ice cream

ICED COFFEE made with ice cubes

COLD DRINKS

GREEN SMOOTHIE V		42
SPRING WATER Still or sparkling	250ml 24 7	'50ml 44
ORANGE, GRAPE or NAARTJIE Juice Certified organic SOGA	Ð	36
Green Tea BOMB		42 bucha
HIBISCUS WATER K		42 Cefir
APPLE BOMB DARLINGBREW sparkling H non alcoholic cooler	hop-infused	38
GINGER BOMB DARLINGBREW non-alcohol	ic ginger beer	38
APFEL SCHORLE Apple juice with sparkling w		large 36

