

Breakfast

9:00AM-12:00



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



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

68

BACON SCRAMBLED

Free-range scrambled eggs, pancetta,
spelt bread

78

CHEESY OMELETTE

Cheese, tomato and onion omelette,
spelt bread

98

BACON OMELETTE

Pancetta and mushroom omelette,
spelt bread

98

GREEK OMELETTE

Spinach, tomato and feta omelette,
spelt bread

98

Artisan Bakery

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

QUICHE

84

-SPINACH FETA TOMATO quiche with salad

-CREAMY VEGGIE quiche with salad



TWISTS

84

-PIZZA TWIST mushroom, cheese tomato
filling with salad

-OLIVE TWIST mushroom, olive tomato
filling with salad



MINI PIZZA with a salad

98

(please ask us what is available)

HUMMUS TOAST



85

Hummus and grilled veggies on a
spelt toast with salad

SALMON TOAST

148

Smoked salmon trout on spelt toast,
boiled eggs, mayo, with a salad

KIDDIES PEANUT BUTTER ROLL

58

Spelt roll with peanut butter, banana and
other fruits



Portion Bread



20

Butter/Jam

10

Drinks

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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 :)	✓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	53	✓58
made with our vegan sugar-free ice cream		
ICY RED APPLE	42	✓48
ice cubes, rooibos espresso shot, apple juice		
ICE CREAM COFFEE	53	✓58
made with our vegan sugar-free ice cream		
ICED COFFEE	42	✓48
made with ice cubes		

COLD DRINKS

GREEN SMOOTHIE ✓		42
SPRING WATER	250ml 24	750ml 44
Still or sparkling		
ORANGE, GRAPEFRUIT or NAARTJIE Juice		36
Certified organic SOGA Juices		
Green Tea BOMBUCHA		42
Our Grain Mill Speciality Green tea Kombucha		
HIBISCUS WATER KEFIR		42
Our Grain Mill Speciality Hibiskus Water Kefir		
APPLE BOMB		38
DARLINGBREW sparkling hop-infused non alcoholic cooler		
GINGER BOMB		38
DARLINGBREW non-alcoholic ginger beer		
APFEL SCHORLE	small 26	large 36
Apple juice with sparkling water		