

## SANDWICHES / TOASTIES

**Bread Options:** Plain Bagel, Seed Bagel,  
Ciabatta Bread, Whole Wheat & Gluten Free Bread.

<b>Chicken Mayo</b> Chicken & Mayonnaise.....	80
<b>The Classic</b> Ham, Cheese & Tomato.....	75
<b>Sunrise Brekkie</b> Egg, Cheese & Gypsy Ham.....	75
<b>Keep It Green</b> Cucumber, Lettuce, Avo, Tomato, Hummus & creamy Feta.....	85
<b>Creamy Avo Open Toastie</b> Avocado, squeeze of Lemon & Sesame seeds.....	85

## WRAPS / SALADS

<b>Scrambled Egg , Cheese &amp; Tomato Wrap</b> .....	75
<b>Chicken Mayo Wrap</b> .....	80
<b>Lettuce, Avo, Tomato &amp; Hummus Wrap</b> .....	75
<b>Chicken Salad</b> .....	85
<b>Green Salad</b> .....	80
<b>Summer Salad</b> Greens, cucumber, red cabbage, tomato, carrots, creamy feta, hummus, toasted seeds .....	105
Add Chicken .....	30

## FRESH PRESSED JUICES

<b>Pick Me Up</b> Carrot, Apple & Ginger.....	55
<b>Feel Good</b> Spinach, Cucumber, Apple & Mint.....	55
<b>Summer Sunrise</b> Pineapple, Orange & Carrot.....	57
<b>Feel Lekker</b> Beetroot, Carrot, Apple & a squeeze of Lemon.....	55



# SUMMER MENU

## SMOOTHIES / SMOOTHIE BOWL

<b>Feel Fruity</b> Mango pulp, banana, yogurt & toasted coconut	75/95
<b>Feel Strong</b> Mixed berries, banana, yogurt, green Wazoogle- powder and chia seeds.....	75/95
<b>Stay Strong</b> Peanut butter, banana, Wazoogle powder & granola .....	75/95
<b>Tropical Power</b> Pineapple, spinach, frozen banana, alkaline powder, almond milk and honey topped with coconut flakes and chai seeds.....	75/95

## WAFFLES

*Vegan ice cream available at an additional cost  
subject to availability*

<b>Oreo</b> Vanilla ice cream covered in crushed oreo.....	80
<b>Bar-One</b> Vanilla ice cream with Bar-One drizzle & ATSRO sprinkles.....	80
<b>Milkybar</b> Vanilla ice cream, Milky way drizzle & colourful sprinkles.....	80
<b>Berry Waffle</b> Vanilla ice cream, fresh berries & powdered sugar..	80

- ★ ask your waiter about the specials
- ★ if you have food allergies please check with your waiter



## WOOD FIRED PIZZA

Available from 11am.

Gluten-free base.....	30
Vegan Cheese ( <i>Subject to availability</i> ).....	35
<b>(V) Garlic Focaccia with loaded Hummus</b> .....	85
<b>Margherita</b> .....	105
<b>Caprese</b> Tomato & Basil Pesto .....	125
<b>Regina</b> Mushrooms & Ham .....	130
<b>Hawaiian</b> Pineapple & ham .....	130
<b>Veggie</b> Spinach, Peppers & Mushrooms .....	130
<b>Garden Pizza</b> Fig, Camembert & fresh Rocket .....	150
<b>Banana Boy</b> Bacon, Feta & Banana .....	135
<b>Wilderness Pizza</b> Peppers, Cherry Tomatoes, Olives, Feta & fresh Rocket .....	145
<b>Glen Beach Pizza</b> Bacon, Spinach, Feta and Avo .....	155
<b>The Potters Pizza</b> Peppers, Mushrooms, fresh Tomato, Biltong, Parma Ham & Feta .....	155
<b>Camps Bay Sunset</b> Parma Ham, Pepperdews & Rocket with Balsamic Drizzle .....	165
<b>Wonki Pizza</b> BBQ Chicken, Peppadews, Mushrooms, Tomato & Red Onion .....	155
<b>Extras</b> <i>Spinach, Peppers, Mushrooms, Red Onion, Banana &amp; Pineapple</i> .....	25
<i>Feta, Olives, Ham, Rocket &amp; Pepperdews</i> .....	30
<i>Avo, Anchovies, Capers, Bacon, Biltong, Chicken</i> .....	35
<i>Mozzarella &amp; Vegan Cheese</i> .....	35
<i>Parma Ham</i> .....	45