

pastries

- croissant** 2.95
with preserves and butter
- almond croissant** 3.25
- pain aux raisin** 2.95
- pain aux chocolat** 2.95



early bird

Our eggs are local and free range

- cape kitchen granola** 5.95
with yoghurt, berry compote & drizzled with honey
- bowl of porridge** 5.25
organic creamy oats with a choice of toasted almonds, berry compote, honey or banana
- toast** 2.95
two slices of toast of your choice served with butter & jam, gluten free bread 75p extra
- fruit scone** 2.95
freshly baked with butter & jam
- cape kitchen bran & berry muffin** 3.95
(served warm)

breakfast (mon - sat till 12.00am / sun till 3.00pm)

- eggs on buttered toast** 4.95
two poached, fried or scrambled with choice of toast
- the cape town** 7.95
two poached or scrambled eggs served on toasted cape seed bread with one rasher of grilled bacon, grilled baby tomatoes and rocket
- the greyton** 4.25
two slices of cape seed bread with sliced avocado
- the royale**
toasted english muffin two soft poached eggs, topped with home-made hollandaise sauce
smoked salmon 9.50
bacon or ham or spinach 8.75
- the mandela** 8.95
two soft poached eggs served on a potato rosti with seared baby tomatoes, chorizo & a rasher of bacon
- the elgin** 9.50
potato rosti, sliced avocado, rocket, smoked salmon & poached egg
- the farmers breakfast** 10.95
two fried eggs, boerewors, two rashers of grilled bacon, fried banana, mushrooms, tomato & toast
- the v** 8.50
cape kitchen potato rosti, spinach, mushrooms, avocado, tomato & baked beans (v)
- french toast** 6.95
with a homemade berry compote, greek yoghurt & honey

cape breads

sourdough / homemade cape seed bread
thick cut white / thick cut brown
available to order, allow 48hours

all day breakfast

- the big five** 8.95
two fried or scrambled eggs, two rashers of unsmoked bacon, cumberland sausage, mushrooms, baby tomatoes & toast
- three egg omelette** 7.25
ham & cheese or spinach, cheese & mushroom
- bacon sandwich** 4.95
three slices of grilled bacon between two slices of farmhouse granary or white bread
- sausage sandwich** 5.50
three grilled cumberland sausages between two slices of farmhouse granary or white bread

cape kitchen collection

These are our signature dishes which are seasonal and fresh. Everyday we love to design a deli which is healthy, fun and creative. Make your own plate to suit your taste
10.95

Also available as a takeaway option
not available on sundays or bank holidays

salads

- house salad** 10.95
mixed leaves, avocado, feta, red onion, chargrilled vegetables, olives & toasted pumpkin seeds with our house dressing
- caesar** 10.95
cos lettuce, warm chargrilled chicken breast, hard-boiled egg, homemade croutons, parmesan shavings & caesar dressing
- goats** 10.95
mix leaf salad with char-grilled mediterranean vegetables topped with warm goats cheese and our house dressing
- malay** 10.95
tempura king prawns, avocado, spring onions, mixed leaf salad, mango corn and coriander salsa with a mild chilli dressing
- south easter** 10.95
warm teriyaki chicken breast with noodles, shredded carrot, ginger, coriander & toasted sesame seeds

cape boards served from 11.30 to 15.00

- beef burger** 11.95
home-made 8 oz aberdeen angus beef burger on a brioche bun with mayo & chips - add bacon or cheese for 1.50
- skinny burger** 10.95
no bun, large mixed salad with feta, onion, olives, pumpkin seeds & avo add bacon or cheese for 1.50
- boerewors burger** 11.95
two char-grilled mini boerewors rings served on brioche bun with homemade chakalaka, mayo & chips
- sirloin 8 oz steak** 14.95
served with chips and large mixed salad with feta, avo, onion, olives & pumpkin seeds
- sirloin 4 oz steak prego** 11.50
sirloin steak strips served on a prego roll with mayo, red onion chutney, rocket, tomato relish and chips

cape big bites

- toasted sandwiches
sourdough/brown/white served with a small mix leaf salad
- mushroom, spinach, red onion & melted mozzarella (v)** 7.25
- cheese & red onion** 6.95
- cheese & tomato** 6.95
- buffalo mozzarella, tomato & basil** 7.25
- cheese & ham** 7.25
- tuna melt** 7.75
- chicken mayo, red onion, bacon & cheese** 7.75
- cape kitchen club** 8.75
chicken, tomato, bacon, egg, mayo and mixed leaves
- add chips** 2.50

sandwiches and wraps

open sandwiches

- chargrilled chicken breast** 8.50
with avocado, tomato, coriander & lime dressing.
- prawn marie rose** 8.50
with iceberg, avocado & coriander salad, ground black pepper
- scottish smoked salmon** 8.50
with avocado, cucumber, mint & dill creme fraiche
- chicken ceasar** 8.50
chicken breast, bacon, avocado, caesar dressing & parmesan

closed sandwiches

- cape malay** chicken and banana chutney 6.95
- tuna mayo** with spring onion 6.95
- free range** egg mayo & rocket 6.95
- bacon** lettuce & tomato 6.95

roosterbrood south african fire cooked bread roll

- cumberland sausage** 6.95
caramalised onion, cheese and wholegrain mustard mayo
- smoked salmon** 7.25
dill creme fraiche, avocado and rocket

extras

- mushroom / tomato / baked beans / 1 egg 1.00
- bacon / sausage / spinach / avocado 1.50
- cape kitchen rosti / boerewors 2.25
- smoked salmon 3.50
- chips 2.50

cake selection

cape kitchen cakes and sweet treats on display, cake slice 4.50

wheat free

homemade seed bread / crisp bread
quiche / deli salads / wheat free cake

Please note: no substitutes, changes will be charged accordingly

our food is prepared in a kitchen that uses nuts

please inform a staff member if you have any allergies or intollerances