

MENU

food for stories...

Breakfast (all day most days – please check with the waitress)

Food for fans of *Matilda*, *The Faraway Tree* & *Shantaram*

Nut granola (gluten-free/banting) with walnuts, hazelnuts, almonds, coconut R65

oil & sunflower seeds layered with yoghurt, banana, apple & chia seeds

Peanut butter & banana on toast (sugar free peanut butter available) R24

Avo toast mashed avo on a slice of sourdough R24

Frida Kahlo's sliced avo, sour cream, tomato salsa & poached egg R55

on sourdough

Mushroom toast garlic mushrooms topped with goats cheese & crispy sage R55

Beans on toast baked cannellinis, tomato, brinjal, & mozzarella on sourdough R55

Creamy chicken livers topped with bacon & served on a feta, R65

olive & zucchini muffin

Eggs for readers of *Charles Dickens* & other classics

Eggs Benedict two poached eggs & ham served on an English R65

muffin & topped with hollandaise sauce

Eggs Onassis two poached eggs & salmon served on courgette fritters R99

& topped with dill hollandaise

Scrambled eggs with Bacon or avo & toast (or both) R45/R55/R65

Scramble stack 2 eggs, 2 brown mushrooms, tomato, bacon, basil pesto R65

Omelettes (3 egg)

Smoked salmon, sour cream, avo and chives R98

Bacon, avo, feta & spring onion R65

Chorizo, sundried tomato, Danish feta & basil pesto R68

Gorgonzola, fried onion, baby spinach & mushroom (ask for chilli on the side) R68

The Banter Your eggs of choice, bacon, roasted rosas, half an avo R74

and Danish feta with fresh rocket

Reward-yourself-breakfasts for reading a book a day...

Full English breakfast poached eggs served in a bowl of smoky tomato reduction,

2 rashers of bacon, sausage & feta on a slice of sourdough toast R70

Coppa ham & brie croissant & onion marmalade R60

Plain croissant served with jam and cheese R30

Croissant with fig jam & gorgonzola R60

Croissant with bacon, mushroom & mozzarella cheese R62

Almond crumpets served with berry compote & vanilla cream R55

French Toast with bacon, banana & syrup/honey R58

Please note that a 10% service charge is automatically added to the bill for tables of 10 or more.



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Lunch

Salads...how does your garden grow?

Caprese salad stack tomato, avo, mozzarella, basil pesto & basil leaves R55

Real Meal Chicken with sundried tomatoes, avo, feta, walnuts & blue cheese ranch dressing R78

Chicken Affair grilled chicken, roasted sweet potato, red onion and rocket salad served with a basil pesto mayonnaise R68

Exotic chicken quinoa, cranberries, roasted cashews, red pepper, mange tout & baby spinach drizzled with a honey cumin yoghurt dressing R82

The Islander seared salmon with a mango, roasted red pepper, mint, coriander & soy salad R98

Tuna Nicoise with baby potatoes, boiled egg, green beans, olives, tomatoes & a Dijon mustard vinaigrette R78

Not your average lunch date

Cajun squid served with cucumber ribbons, pickled ginger, sweet chilli & coriander mayo & skinny fries R84

Toti Butter Chicken Roti served with roasted pears and tzatziki R68

Wrapped pulled pork, sour cream, tomato salsa & avo R65

Travelling veggie brinjal balls served with roasted butternut hummus, cabbage & spinach salad & a dollop of peppadew coriander yoghurt R75

Tarty Austen tomato tart served with cream cheese & chives, basil pesto, olives, artichokes & spinach & feta wantons R78

Banting veggie wrap with spinach, garlic mushrooms & goats cheese R60



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Café socialites in training *(aka kids)*

Chocolate & hazelnut spread on toast	R15
Paddington's PBJ sandwich (peanut butter & jam...or syrup)	R20
Minpins cheese toastie plain cheese toastie on white/low Gi	R20
Dr Seuss Dippy egg soldiers with a slice of toast and marmite	R25
Green Eggs & Ham green scrambled eggs with ham & toast	R30
Chicken strips and mini wedges with T-sauce or honey/mustard-mayo	R40
Mini burger and wedges	R40
Mini hotdog with a side serving of T- sauce & mustard	R20
Homemade potato chips	R18

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Extras & sides

Jam & cream	R10
Ice-cream	R10
Cream	R6
Sauce	R4
Bacon (3 rashers)	R18
Avo	R18
Thyme roasted rosa tomatoes	R10
Mushrooms	R14
Cheese	R9
Feta	R10
Side salad	R15
Wholemeal sourdough toast	R6
White/Low GI toast	R3
Banting veggie wrap (gluten free)	R20

Fancy adding a few items from our menu to your pantry or fridge? The following goods are available at Food Story Deli

Basil pesto
Salami/pancetta/coppa ham from Coltempo
Chorizo from Coltempo
Home-made Lemonade

* Place orders for breads from **Glenwood bakery** for collection @ Food Story Deli every Thursday:

Ciabattas R20, wholemeal sourdough R25, 40% rye R25, 100% rye R25

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Hitchhiker's Guide to Galactic Sarmies and Burgers

Home is where the heart is chicken sandwich with baby spinach, Sticky barbeque chicken, cabbage, homemade aioli topped with crispy onion pieces & flaked almonds	R55
Beef sandwich with lettuce, tomato, cucumber, mustard piccalilli & mozzarella recommended on sourdough or low Gi	R60
Greek baguette with tomato, onion, cucumber, feta & olive tapenade	R50
Club bagel chicken breasts, bacon, tomato, cheddar cheese & mayo	R85
Salmon Bagel with lettuce, cucumber, sour cream & chives	R90
Marry Me Burger homemade beef patty wrapped in pancetta and layered with grilled courgettes, baby spinach, cream cheese & a tomato fusion sauce	R85
Old School Burger homemade beef patty with lettuce, gherkins, onion, cheddar cheese & loads of sauciness	R70
Home-made chicken burger with soy oriental slaw & a sweet chilli & sesame oil mayo	R80
Seared tuna gourmet roll served with mushrooms, baby spinach, sprinkle of sesame seeds & soy sake reduction	R85
Home-made potato chips served with honey mustard mayo & T sauce	R35

All day, every day, your way

The Real McCoy Toasties (on white/low GI/Glenwood Bakery's wholemeal
sourdough bread)

Cheese & tomato with a tomato chilli chutney	R28
Cheese & onion	R28
Ham, cheese & tomato	R35
Bacon, egg & HP sauce	R35
Peanut butter & bacon	R35
Tuna mayonnaise & spring onion	R35
Chicken mayo	R35
The ever famous biltong & cheese with a spread of sauciness	R40

Gone with the Wind anytime meals

Sweet potato fries with a dusting of cayenne pepper & grated parmesan	R38
Quiche & salad	R48

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