



breakfast TILL 12:00

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<b>HALLO AVO</b>	Grilled Halloumi, homemade guacamole and a poached egg on seedloaf <b>V</b>	59
<b>MUSHROOM TOAST</b>	Seedloaf with hummus, avocado and grilled mushrooms <b>VG</b>	59
<b>FILLED CROISSANT</b>	Toasted croissant filled with scrambled egg, grilled mushrooms, crispy bacon & spring onion topped with parmesan	65
<b>1ST MUNCH</b>	Scrambled egg & crispy bacon with toasted rye	47
	ADD: grilled mushrooms   halloumi   avo   cocktail cheese grillers	18
<b>SALMON BENEDICT</b>	Toasted english muffin with cream cheese, baby spinach, pan seared smoked salmon, avo, poached eggs & lemon aioli	92
	BACON BENEDICT: Swap salmon for bacon	
<b>MANGO &amp; COCONUT BOWL</b>	Mango, coconut, lemon & banana smoothie bowl topped with granola, fresh fruit & mint <b>B V</b>	62
<b>BANANARAMA</b>	Toasted homemade banana bread topped with grilled banana, crispy bacon & vanilla bean mascarpone	51
<b>BF GAPPSBY</b>	Crispy bacon, scrambled eggs, onion relish, baby spinach & feta in homemade sourdough tacos	65
<b>PERI PERI CHICKEN LIVERS</b>	Served with Pita bread	74

## sandwiches & things

	Crispy bacon, mozzarella, tomato & basil	<b>BACON BASIL TOASTED</b>	55
	Ham, cheese & tomato toasted sandwich	<b>HCT</b>	48
Sourdough taco with basil pesto, grilled halloumi, red pepper, baby spinach, crispy bacon & ranch mayo		<b>HALLOUMI GAPPSBY</b>	64
Sourdough taco with grilled chicken, homemade guacamole & baby spinach		<b>GRILLED CHICKEN GAPPSBY</b>	59
Pure beef patty with tomato, pickles, cheese, lettuce & caramelised onion served with string fries		<b>BFB BIG FRIENDLY BURGER</b>	89
Buttermilk crumbed chicken breast, crisp lettuce, gherkins, onion, pineapple and BBQ ranch mayo, served with string fries		<b>CRUMBED CHICKEN BURGER</b>	88
Buttermilk crumbed strips served with ranch mayo & string fries or salad		<b>CHICKEN STRIPS</b>	59

## bowls

<b>PORK BELLY SALAD</b>	Mixed leaves with feta, avo, red onion, cucumber, toasted cashews & balsamic reduction <b>GF</b>	88
<b>CHICKEN QUINOA SALAD</b>	With feta, avo, tomato, cucumber & ranch drizzle	84
<b>FALAFEL &amp; QUINOA BOWL</b>	With baby spinach, red onion, red pepper, hummus, avocado & tahini drizzle <b>VG</b>	81
<b>PORK BELLY POKÉ</b>	Glazed pork belly with pineapple salsa, cold sushi rice, edamame beans & ginger	89
<b>CHIKAN POKÉ</b>	Grilled chicken strips, cucumber, feta, mint, edamame beans, ginger, red onion & fresh peach served on sushi rice <b>GF</b>	86
<b>FALAFEL POKÉ</b>	Crispy falafels with tomato salsa, ginger, hummus, sushi rice & gherkins <b>VG</b>	88
<b>SMOKED SALMON POKÉ</b>	With avocado, edamame, cucumber, ginger, spring onion and sushi rice	98
<b>LAMB CURRY</b>	Boneless free range Karoo lamb with authentic Indian spices, served with greens, rice & homemade naan bread	146

## wood fired flatbreads

<b>V</b>	<b>FOCCASIA</b>	Olive oil, Danish feta, garlic & origanum	47
<b>V</b>	<b>MARGARITA</b>	Classic tomato base & mozzarella	56
<b>VG</b>	<b>EL VEGAN</b>	Tomato base with black olives, sundried tomato, baby spinach, red onion, mushrooms, hummus & balsamic drizzle	96
<b>V</b>	<b>HALLOUMI &amp; BASIL</b>	Olive oil base with grilled halloumi, black olives, mozzarella, fresh tomato & baby spinach topped with pesto & balsamic drizzle	92
	<b>CHILI RUMP</b>	Tomato base with mozzarella, danish feta, grilled rump strips & chili	98
	<b>CHICKEN JALAPENO</b>	Grilled chicken, jalapeno, Danish feta & pineapple with BBQ ranch drizzle	88
	<b>JALAPENO POPPER</b>	Tomato base with mozzarella, jalapeno, crispy bacon, cream cheese & red onion	84
	<b>BACON &amp; EGG</b>	Tomato base, mozzarella, crispy bacon, feta, medium eggs & spring onion	84

## pasta

<b>CHARRED RUMP</b>	Penne with roasted roma tomatoes, grilled rump strips, rosemary olive oil & parmesan shavings	102	
<b>CHICKEN PESTO</b>	Basil pesto penne pasta with Danish feta, parmesan, grilled chicken, baby spinach & toasted almonds	86	
<b>VG V</b>	<b>BROCCOLI &amp; SUNDRIED TOMATO</b>	Asian style noodles with grilled broccoli, red onion, sundried tomato, peas, spring onion & toasted cashews	76

## kids ONLY FOR KIDS UNDER 12 YEARS

<b>BACON &amp; PINE PIZZA</b>	54
<b>CHICKEN LITTLE</b> Buttermilk crumbed chicken strips & string fries	42
<b>CHEESE BURGER &amp; FRIES</b>	54
<b>RIBS &amp; CHIPS</b>	58

## cold Drinks

<b>MILKSHAKES</b>	28	Vanilla   Chocolate   Strawberry   Lime
	37	Oreo   Salted Caramel   Coffee
	42	Peanut Butter & Espresso
<b>JUICES</b>	35	Orange   Pineapple Pear   Skinny   Green
<b>FREEZOS</b>	37	Coffee   Strawberry
<b>COLD BREW</b>	35	Vanilla   Hazelnut
<b>SODAS</b>	22	
<b>TIZERS</b>	26	
<b>CORDIALS</b>	26	Kola Tonic & Lemonade   Passion fruit & Soda   Lime & Soda
<b>BOS ICE TEA</b>	26	Peach   Lemon   Ginger   Berry
<b>WATER</b>	17	Still or Sparkling (500ml)
	31	Still or Sparkling (1 Litre)

## gapp collection

<b>V</b>	<b>HALLOUMI HONEY</b>	Halloumi baked in phyllo and drizzled with honey & sesame seeds	64
	<b>BRAISED PORK BELLY TACOS</b>	With cucumber, rocket & red onion	71
<b>V</b>	<b>HALLOUMI FRIES</b>	Deep fried with chili sauce	48
<b>VG V</b>	<b>PITA PLATTER</b>	2 Pitas with hummus, local olives, gherkins, crispy chickpeas & homemade guacamole	58
	<b>STICKY RIBS</b>	Slow roasted in our wood fired oven	68
<b>V</b>	<b>FALAFELS</b>	Served with hummus	38
	<b>NACHOS</b>	Tortilla chips with guacamole, crispy bacon, mozzarella, red sauce & sour cream	71
	<b>SWEET POTATO FRIES</b>	With double dip	32
	<b>CHUNKY HAND-CUT FRIES</b>	Fried twice served with double dip	34

## the Bakery

We offer a selection of freshly baked goodies. Please see display or ask your waitron.

## hot Drinks

<b>COFFEES</b>			<b>TALL DRINKS</b>	
Filter Coffee	20	23	Café Latte	31
Americano	22	28	Hazelnut Latte   Vanilla Latte	35
Single Espresso	20		Red Latte	34
Double Espresso	24		Green Matcha Latte	39
Cortado	25		Mocha Latte	35
Con Pana   Macchiato	27		Zebra Latte	38
			Chai Latte	33
<b>CAPPUCCINOS</b>			Hazelnut & Chai Latte	35
Cappuccino	25	31	Dirty Chai Latte	36
Flat White	28	34	Hot Chocolate Mug	36
Cream	30	36	White Hot Choc	36
Decaf   Red	29	34	Turkish Delight Hot Choc	39
Mocha	29	35	Milo	28
Green Matcha	33	39		
Honey & Hazelnut	30	36	<b>TEAS</b>	
Almond Milk	34	44	Earl Grey   Green Tea	21
Macadamia Milk	34	44	Rooibos Tea   5 Roses	19