



BREAKFAST until midday

breakfast buffet

available at select stores 20 per 100g

bakery

butter croissant

- with butter, mild cheese & preserves 55
- with smoked ham, Emmental cheese, wholegrain mustard & rocket 65
- with creamy scrambled free-range eggs & bacon 72

muffin

- Bran, nut & raisin with butter, mild cheese & preserves 42
- Spinach & feta with a touch of cayenne & butter 38

Lightly toasted banana bread served with honey mascarpone 55

A basket of freshly-milled stoneground bread toasted & served with mild cheese & preserves 45

classics

Yoghurt, pear & blueberry bake with caramelized almonds & mint 65

Spiced coconut oats with coconut shavings, honey & plain yoghurt 44

Eggs Benedict free-range poached eggs, crispy bacon & Hollandaise on toasted ciabatta with roasted tomatoes 76

Scrambled free-range eggs, slow-roasted marinated tomatoes served with freshly-milled stoneground toast 64

Traditional English breakfast with free-range eggs, oven-roasted tomatoes & bacon with freshly-milled stoneground toast 76

Melissa's Grand breakfast with free-range eggs, crispy bacon, pork chipolatas, mushrooms, courgette & potato hash brown served with freshly-milled stoneground toast 125

Free-range egg omelette 48
 + mild cheese 15
 + pan-fried mushrooms 15
 + smoked ham 20
 + smoked salmon trout 48

favourites

Smashed avocado on toasted sourdough with fresh lemon & coriander 1 slice 45 2 slice 65

+ poached egg 10

+ bacon 25

+ salmon trout 48

Free-range poached egg, crispy bacon & Hollandaise on courgette & potato hash brown 72

Courgette & potato hash brown topped with sautéed kale, roasted heirloom tomatoes, Hollandaise & dukkah 65

Bombay open omelette with baby spinach, sour cream & fried potatoes 56

Courgette & potato hash brown topped with smoked salmon, cream cheese, caper salsa & free-range poached egg 78

Scrambled free-range egg, crispy bacon, Kasundi (spiced relish) & roasted tomato breakfast wrap 72

Creamy wild mushrooms with free-range poached egg on toasted ciabatta 94

Flapjacks with roasted pears, blueberries, crispy bacon & crème fraîche 65

Welsh rarebit (grilled savoury cheese) & wild mushroom on toasted rye 86



LUNCH & LATER

lunch buffet

available at select stores 23 per 100g

light meals

Minestrone soup, pesto & Parmesan served with toasted ciabatta 68

Quiche & salad 68

salads

Red quinoa, roasted butternut & cranberries with a sweet raspberry vinaigrette dressing 76

Cajun chicken, butternut, feta cheese & toasted seed mix 89

Caesar salad with homemade croûtons, crispy bacon & Parmesan 79

artisan sandwiches (fresh or toasted)

Roast chicken & fresh herb mayonnaise 56 68

Smoked ham, mild cheese & tomato 56 68

BLT (bacon, lettuce, tomato) 56 68

wraps

Curried sweet potato & lentil 64

Roasted butternut, lentil, basil pesto & feta cheese 68

Sweet chicken, roasted red peppers, tomato & avocado 86

mains

Chicken & leek pie with chips, served with a kale & sprout side salad 94

100% Pure beef burger with chips 110

Smoked salmon, cream cheese & caper salsa on open toasted sourdough rye. Add R18 for avo 76

Pan-fried chicken livers in a spicy tomato sauce 74

Aubergine Parmiggiano of slow-cooked aubergine, Plum tomatoes, mozzarella, Parmesan & fresh basil 79

sides

Thick-cut sweet potato chips served with roasted garlic mayonnaise 38

Bowl of chips served with homemade mayonnaise 36

children

Free-range scrambled eggs on toast 42

Crunchy fried chicken strips 65



SWEETS

scones

Scones served with butter, preserves 52
whipped cream & mild cheese

cakes

Carrot cake 48
Cheesecake 48
Pecan Praline cheesecake 54
Lemon Chiffon cake 42
Valrhone Chocolate cake 48
Orange Almond cake **wheat-free** 46

treats

Chocolate brownies **wheat-free** 34
Chocolate caramel shortbread 32
Carrot cake cupcake 32
Muesli bars with chocolate & caramel 34
Pumpkin, sunflower seed, sesame & maple syrup bars 28
Fruit & nut biscotti 42
Lemon Meringue pie 42

DRINKS

hot

coffee

Exclusively blended, Melissa's coffee is freshly ground & expertly prepared by our team of Baristas.

Espresso 21
Americano 22
Filter 20
Flat White sgl 25
Flat White dbl 27
Caffe Latte 27
Macchiato 21

add R2 for decaf

hot chocolate

Melissa's traditional 28
with Nutella baby 12 regular 32

tea

Pot of tea for one 22 for two 26
Ceylon / Earl Grey / English Breakfast / Rooibos
Pot of loose leaf tea 27
Japanese Green Sencha / Andean Peppermint Leaves / Wild Forest Berry infusion / Pear & Cinnamon infusion

red espresso® (Rooibos espresso)

Red Flat White with honey & cinnamon 28
Red Latte with honey & cinnamon 30
Red Chai latte® 32

cold

raw juice

Orange – carrot, apple & orange 38
Green – apple & cucumber 38
Red – beetroot & carrot 38
Pure orange 28
+ ginger / celery / mint 5

fruit juice

Juicebox seasonal bottled fruit juice 22

smoothies

Morning – mango, fresh orange juice, yoghurt & raw honey 34
Berry – mixed berries, yoghurt & raw honey 34
Raw – banana, raw honey, almonds, soya milk & wheat germ 34

milkshakes

children's 28 regular 38

Melissa's milkshakes are made with real home-made ice cream, real chocolate, eggs, milk, cream & sugar (No preservatives or colourants)

vanilla / strawberry / dark chocolate

iced tea

Rooibos iced tea & fresh apple juice on ice 26
Bos ice tea 24
Espresso iced coffee with fresh cream, milk & honey 24

soda

Gingerbeer / Lemonade 18
Appletizer / Grapetizer (red or white) 26
Coke / Coke light / Tab 20

water

Mineral water (still or sparkling) 20

ASK ABOUT OUR HOME CATERING, GIFT VOUCHERS & HAMPERS

melissas.co.za

Follow Melissa's personal blog for ideas & inspiration. Shop online.

follow Melissa's

@melissas.za

@melissas_za

