



BREAKFAST until midday

breakfast buffet

available at select stores 20 per 100g

bakery

butter croissant

- with butter, mild cheese & preserves 58
- with smoked ham, Emmental cheese, wholegrain mustard & rocket 72
- with creamy scrambled free-range eggs & bacon 74

muffin

- Bran, nut & raisin with butter, mild cheese & preserves 48
- Spinach & feta with a touch of cayenne & butter 38

Lightly toasted banana bread served with honey mascarpone 58

A basket of freshly-milled stoneground bread toasted & served with mild cheese & preserves 48

classics

Seasonal fruit bowl: Greek yoghurt with fresh seasonal fruit, caramelized almonds & raw honey 68

Eggs Benedict free-range poached eggs, crispy bacon & Hollandaise on toasted ciabatta with roasted tomatoes 82

Scrambled free-range eggs, slow-roasted marinated tomatoes served with freshly-milled stoneground toast 72

Traditional English breakfast with free-range eggs, oven-roasted tomatoes & bacon with freshly-milled stoneground toast 78

Melissa's Grand breakfast with free-range eggs, crispy bacon, pork chipolatas, mushrooms, courgette & potato hash brown served with freshly-milled stoneground toast 128

Free-range egg omelette 48
+ mild cheese 18
+ pan-fried mushrooms 18
+ smoked ham 20
+ smoked salmon trout 58

favourites

Free-range poached egg, crispy bacon & Hollandaise on courgette & potato hash brown 76

Courgette & potato hash brown topped with smoked salmon, cream cheese, caper salsa & free-range poached egg 84

Creamy wild mushrooms on toasted ciabatta 89
+ poached egg 10

Flapjacks with seasonal fresh berries, mascarpone & raw honey 68

LUNCH & LATER

lunch buffet

available at select stores 23 per 100g

light meals

Minestrone soup, pesto & Parmesan served with toasted ciabatta 72

Quiche of the day with a fresh green salad 68

salads

Cajun chicken, butternut, feta & toasted seed mix 94

Caesar salad with homemade croutons, crispy bacon & Parmesan + chicken 84

Roasted cauliflower and lentil salad with a spiced sweet raspberry vinaigrette + chicken 74

+ chicken 32

artisan sandwiches (fresh or toasted)

Roast chicken & fresh herb mayonnaise	open 62	closed 76
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Smoked ham, mild cheese & tomato	62	76
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BLT (bacon, lettuce, tomato)	62	76
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wraps

Sweet chilli chicken, red pepper & spinach 86

Roasted butternut, lentil, basil pesto & feta 74

mains

Creamy chicken & leek pie with chips 112

Traditional 100% Pure beef burger with chips 112

Smoked salmon, cream cheese & caper salsa on open toasted sourdough rye. 89

+ avo 18

Pan-fried chicken livers in a spicy tomato sauce 78

Aubergine Parmigiano of slow-cooked aubergine, Plum tomatoes, mozzarella, Parmesan & fresh basil 82

Pulled pork, coriander salsa & fresh corn soft taco 78

Corn fritter with coriander salsa & sour cream 68

Bunless 100% pure beef burger on a pan-fried black mushroom 98

Slow-roasted tomato, fresh lemon & parmesan linguini pasta 68

sides

Fresh green salad 32

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 46

Crunchy fried chicken strips 68

SWEETS

scones

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

cakes

Carrot cake 48

Cheesecake 48

Pecan Praline cheesecake 58

Lemon Chiffon cake 42

Valrhona Chocolate cake 48

Orange Almond cake **wheat-free** 46

treats

Chocolate brownies 32

Chocolate caramel shortbread 34

Carrot cake cupcake 34

Muesli bars with chocolate & caramel 34

Fruit & nut biscotti 42

DRINKS

hot

coffee

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

Espresso 22

Americano 23

Filter 21

Flat White sgl 26

Flat White dbl 28

Caffe Latte 28

Macchiato 22

Iced coffee 28

add R2 for decaf

hot chocolate

Melissa's traditional 28

with Nutella baby 12 regular 34

tea

Pot of tea for one 24 for two 28

Ceylon / Earl Grey / English Breakfast / Rooibos

Pot of loose leaf tea 28

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 42

Green – apple & cucumber 42

Red – beetroot & carrot 42

Pure orange 34

+ ginger / celery / mint / spinach 5

smoothies

Morning – mango, fresh 38

orange juice, yoghurt & raw honey

Berry – mixed berries, yoghurt, 38

banana & raw honey

Raw – banana, raw honey, 38

almonds, soya milk & wheat germ

milkshakes

children's 32 regular 42

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 / coffee

iced tea

Bos ice tea 26

soda

Appletizer / Grapetizer (red or white) 28

Coke / Coke light / Tab 20

water

Mineral water (still or sparkling) 20

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