



BUFFET *help yourself from our selection at the table*

breakfast *until midday* R18 per 100g
 Melissa's Muesli • Granola • Homemade Bircher Muesli • Seasonal fresh fruit salad • Spiced orange & rooibos poached fruit • Yoghurt

lunch *midday – 14:30* R21 per 100g
 A selection of delicious homemade food.

BREAKFAST *until midday*

bakery

	regular	wheat-free
A basket of freshly milled stoneground bread toasted and served with butter, mild cheese & Melissa's preserves	34	38
Lightly toasted banana bread served with honey mascarpone		46
Butter croissant served with butter, mild cheese & Melissa's preserves		44
Smoked ham, Emmentaler, wholegrain mustard and rocket on a butter croissant		54

muffins

Bran, nut & raisin muffin with butter, mild cheese & Melissa's preserves	34
Carrot, apple and pecan muffin & butter wheat-free	36
Orange, date & cinnamon muffin & butter	26
Spinach & feta muffin with a touch of cayenne & butter	26

classics

Traditional English breakfast with free-range eggs, oven-roasted tomatoes, bacon and a basket of freshly milled stoneground toasted bread & butter • scrambled • poached • boiled • fried	65
Scrambled free-range eggs, slow-roasted marinated tomatoes and a basket of freshly milled stoneground toasted bread & butter	62
Free-range egg omelette • mild cheese +14 • smoked ham +18 • pan-fried mushrooms +16 • smoked salmon trout +38	44
Bacon jam & free-range poached egg on toasted ciabatta	56
Baby marrow & potato hash brown topped with smoked salmon, cream cheese, caper salsa & free-range poached egg	58
Butter croissant filled with creamy scrambled free-range eggs & bacon	64
Creamy oats topped with crunchy granola, honey & seasonal berries	44

favourites

Smoked salmon, cream cheese, free-range poached eggs & Hollandaise on toasted ciabatta	84
Free-range poached egg, crispy-fried bacon & Hollandaise on baby marrow & potato hash brown	66
Eggs Benedict free-range soft poached eggs, bacon and Hollandaise on toasted ciabatta with roasted tomatoes	69
Creamy wild mushrooms with free-range poached egg on toasted ciabatta	86
Flapjacks with bacon, homemade cherry compôte & a dollop of crème fraîche	59
Melissa's style Croque Monsieur on toasted rye with smoked ham and creamy Gruyère, crème fraîche & spring onions	65
Scrambled free-range egg, bacon & roasted tomato wrap	62
Warmed Brie, bacon & pan-fried banana on a butter croissant	59

raw juice

• Orange – carrot, apple & orange	36
• Green – apple & cucumber	36
• Red – beetroot & carrot	36
• Pure orange	26
• add ginger, celery or mint	4

smoothies

Melissa's Morning – mango, fresh orange juice, yoghurt & raw honey	32
Melissa's Berry – mixed berries, yoghurt & raw honey	32
Melissa's Raw – banana, raw honey, almonds, soya milk & wheat germ	32

LUNCH & LATER

soup

Minestrone soup with hot toasted ciabatta & butter	65
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quiche

Quiche & salad	60
Caramelised onion quiche with baby salad leaves wheat-free	38

salad

Roast chicken, pumpkin seed & orange	79
Cajun chicken, butternut, goat's cheese & Melissa's toasted seed mix	79
Caesar, cos lettuce, homemade croûtons, crispy bacon, Parmesan & Caesar dressing	69

artisan sandwich

	open	toasted
Roast chicken & Melissa's fresh herb mayonnaise	54	66
Cheese, tomato, crispy bacon & Melissa's bacon jam	54	66
Slow-roasted beef, Melissa's sweet chilli sauce, fresh coriander & toasted sesame seeds	54	66
Smoked ham, mild cheese & fresh tomato	54	66

wraps

Scrambled free-range egg, bacon, & roasted tomato	62
Butternut, lentil, basil pesto & feta cheese	59
Sweet chicken, roasted red peppers, fresh tomato & avocado	79

main

Pan-fried chicken livers in a spiced tomato sauce	68
Smoked salmon, cream cheese and caper salsa on open toasted sourdough rye. Add R10 for avo	66
Prego roll with chips	92
Aubergine Parmiggiano of slow-cooked aubergine, Italian tomatoes, mozzarella, Parmesan & fresh basil	70
100% Pure beef or free-range chicken burger with chips	82
Creamy chicken & leek pie with chips & coleslaw	85

side

Patatas aioli	36
Bowl of chips	26

children

Free-range scrambled eggs on toast	28
Flapjacks with bacon & maple syrup	34
Crunchy fried chicken strips & tomato sauce	48



SWEETS

scones

Scones served with butter, Melissa's preserves, whipped cream & mild cheese 42

cake

A selection of our beautiful freshly-baked cakes

Carrot cake	39
Cheesecake	38
Pecan Praline cheesecake	46
Lemon Chiffon cake	34
Chocolate cake	36
Black Velvet cake	36
Orange Almond cake wheat-free	37

treats

Chocolate brownies wheat-free	24
Chocolate caramel shortbread	22
Cupcakes	22
• black velvet • carrot • chocolate fudge	
Muesli bars with chocolate & caramel	22
Pumpkin, sunflower, sesame & maple syrup bars	18
Florentine	26
Greek almond shortbread	22
Fruit & nut biscotti	26
Pastei de Nata. Portuguese custard tart	22
Lemon Meringue pie	28

DRINKS

hot

coffee

Melissa's speciality coffee prepared by our team of Baristas is exclusively blended and freshly ground

• Espresso	20
• Americano	20
• Filter	20
• Flat White sgl	23
• Flat White dbl	26
• Caffe Latte	26
• Machiato	20
• add R2 for decaf	

hot chocolate

Melissa's hot chocolate	25
Melissa's hot chocolate <small>baby 8 regular</small> with Nutella hazelnut chocolate	28
Hot chocolate & peanut butter latte	28

tea

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

red espresso®

Red espresso® the Rooibos version of coffee extracted from the bright red rooibos tea leaves is used in a similar fashion to espresso in our hot drinks

Flat Red Espresso honey & cinnamon®	26
Red Latte honey & cinnamon®	28
Red Chai latte®	28

cold

iced tea

Rooibos iced tea & fresh apple juice on ice®	26
Bos ice tea	22
Arizona ice tea	48
Espresso iced coffee with fresh cream, milk & honey	22

frappe

• Spiced chai black cherry	38
• Strawberry & cream	38
• Chocolate	38

milkshake

children's 26 regular 36

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

soda

Gingerbeer • Lemonade	16
Appletizer • Grapetizer (red or white)	24
Coke • Coke light • Tab	18

fruit juice

Juicebox seasonal bottled fruit juice	20
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water

Mineral water (sparkling or still)	18
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www.melissas.co.za

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