

All day

# BREAKFAST

WEEKDAYS 7AM-3:30PM

SATURDAYS 8AM-1:30PM

## BAKERY

MADE WITH STONEGROUND FLOUR

**CINNAMON BUNS** / 20 (V)  
\*WHILE STOCKS LAST

**PAIN AU CHOCOLAT** / 28 (V)

**ALL BUTTER CROISSANT** / 18 (V)  
WITH CHEESE / 30 (V)  
LARDER JAM OR MARMALADE / 30 (V)  
SMOKED SALMON TROUT  
& CREAM CHEESE 78

**BUTTERMILK SCONE**  
LARDER JAM OR MARMALADE,  
BUTTER & SOUR CREAM / 35 (V)

**SCONE & JAM TASTING**  
ALL OF THE ABOVE  
A CHOICE OF 5 JAMS / 55 (V)

**TOAST WITH...**  
CHOOSE  
ARTISAN SOURDOUGH,  
WHOLE-WHEAT OR RYE

WITH BUTTER / 15  
MARMITE OR BOVRIL / 20  
REAL PEANUT BUTTER OR NUTELLA / 25  
LARDER JAM OR MARMALADE / 30 (V+)  
AVOCADO\*, ROCKET & LEMON /  
45 (V+)

**FRENCH TOAST** WITH CARAMELISED  
BANANAS, YOGHURT, TOASTED  
COCONUT & MAPLE SYRUP / 45

**PIMPED SUPERFOOD BANANA BREAD**  
GLUTEN & REFINED SUGAR FREE  
SLICES WITH HONEYED YOGHURT,  
TOASTED COCONUT & TOASTED NUTS  
/ 68 (V)

TO FEED  
THE  
HEART &  
SOUL **FOOD  
FACT**

**PACKAGED IN PLANTS**  
NO STRAWS  
NO PLASTIC  
BECAUSE YOUR FOOD  
SHOULD NOT COST THE EARTH.  
**BIODEGRADABLE**

**SOURCE SUPPLIERS MINDFULLY**  
SMALL PRODUCERS  
LESS PROCESSED  
CLEAN **HONEST, REAL FOOD**  
BETTER CHOICES, HEALTHY HABITS  
**KNOW YOUR FARMER**

**COOKED FROM SCRATCH**  
SO WE CAN TELL YOU WHATS IN IT

**ANIMAL STUFF**  
FREE RANGE, PASTURE REARED  
ANTIBIOTIC FREE

**LOVE LOCAL**  
NEIGHBOURHOOD, COMMUNITY  
LESS CARBON FOOTPRINT

**WE ARE WHAT WE EAT**  
FUEL YOUR BODY  
BALANCE WITH THE GOOD STUFF

## BOWLS

**GRANOLA**

GLUTEN FREE, REFINED SUGAR FREE  
NUT & SEED CINNAMON SPICED  
GRANOLA WITH YOGHURT / 65  
\*ASK WAITER FOR (V+) OPTION

**ACIA BOWL**

ANTIOXIDANT OVERLOAD SMOOTHIE  
WITH BLUEBERRY, BANANA &  
CINNAMON / 85 (V+)

**PORRIDGE**

ORGANIC GLUTEN FREE OATS WITH  
CINNAMON, DATE & CHIA / 25 (V)  
\*ASK WAITER FOR (V+) OPTION

## EGGS

**MINDFULLY SOURCED FREE RANGE FARM EGGS**

**LARDER COOKED** TWO EGGS POACHED OR  
SCRAMBLED, CRISPY BACON,  
ROAST TOMATOES & TOAST / 65

**JOHNNY DEPP** TWO POACHED EGGS ON  
SOURDOUGH TOAST, CRISPY BACON, ROAST  
TOMATOES & HOLLANDAISE SAUCE  
\*(V) SWAP BACON FOR AVO\* / 78

**JOHNNY SLIM** TWO POACHED EGGS ON  
SOURDOUGH TOAST, & HOLLANDAISE SAUCE  
/ 65 (V)

**PARADIS** TWO POACHED EGGS ON  
SAUTEED ONION & SPINACH WITH  
HOLLANDAISE\* SAUCE / 55 (V)

**FRITTATA** CRUST-FREE, SEASONAL ROAST  
VEGETABLES / 35 (V)  
ADD SALAD / 20 ADD AVO 30

**EGGS ON TOAST** POACHED OR SCRAMBLED  
/ 38 (V)

**EGG & BACON BUTTIE** 1 FRIED EGG,  
CRISPY BACON, HOMEMADE BUN & RELISH / 42

**THE FIRM** 1 BOILED EGG, SLICE OF RYE  
& ROAST TOMATOES 28 (V)

**AVO CRUSH\*** CRUSHED AVO ON SOURDOUGH,  
POACHED EGG, FETA & DRIED CHILLI / 55 (V)

**MUSHROOM RAGU ON TOAST** MUSHROOM,  
GARLIC & THYME RAGU ON SOURDOUGH,  
POACHED EGG / 55 (V)

## OMELETTES

**MEXICAN ROCKET OMELETTE** 3 EGGS,  
HERBS, CHILLI, FETA & ROCKET / 38 (V)

**HERBY OMELETTE** 3 EGGS HERBS &  
LEMON CREAM CHEESE / 38 (V)

**CHEESE OMELETTE** 3 EGGS, CHEDDAR,  
TOMATO, CARAMELIZED ONIONS & HERBS / 48  
(V)

## SCRAMBLES

**HALOUMI SPINACH EGG SCRAMBLE** SUMAC,  
TOASTED SESAME SEEDS & TOAST / 55 (V)

**SALMON SCRAMBLE** SMOKED SALMON TROUT  
& LEMON CREAM CHEESE / 90

**PROTEIN SCRAMBLE** EGG WHITE, SEASONAL  
VEG CARAMELISED ONIONS & FETA / 55 (V)

## BARGAIN BREKKIE

**WEEKDAY COMBOS BEFORE 10AM**

**SINGLE FLAT WHITE OR AMERICANO  
WITH..**

BUN & COFFEE / 35  
2 EGG SCRAMBLE & COFFEE / 40  
FRITTATA & COFFEE / 50  
BUTTIE & COFFEE / 55  
2 EGG OMELETTE & COFFEE / 48  
THE FIRM & COFFEE / 45

## COFFEE

Ethically sourced African coffee

FLAT WHITE 210ML / 21 / 25  
LATTE 310ML / 26 / 30  
AMERICANO / 18 / 22  
ESPRESSO / 16 / 20  
MACCHIATO / 20 / 24  
CORTADO / 20 / 24  
LOADED / 30  
MOCHA / 30  
ICED COFFEE / 30  
CREAM / 5  
SOY MILK / 6  
ALMOND MILK / 10

*bliss  
balls*

cocoa, cashews  
dates & orange / 18

SIGN UP FOR

*coffee loyalty*

## CAFFEINE FREE

REAL HOT CHOCOLATE / 35  
NATURAL HOT CHOC / 35 DAIRY FREE  
RED CAPPUCCINO 210ML / 25  
RED LATTE 310ML / 30  
RED VELVET BEET LATTE / 35  
GOLDEN TURMERIC LATTE / 35  
MATCHA LATTE / 40

## FRESH PRESSED RAW JUICES

**VITALISE** / 35  
Carrot, apple, orange, lemon & ginger  
**ENDURANCE** / 35  
Beetroot, apple, berries, lemon & ginger  
**GREEN ENERGY** / 35  
Spinach, celery, apple, lemon & ginger  
**ENERGISER** / 35  
Orange, carrot, pineapple & lime

*Catering available*

\* hollandaise sauce & mayonnaise contains raw eggs. not suitable for pregnant or immunocompromised

www.thelardercave.co.za TEL: 0216711958 @praisethelarder

# Lunch

FRESH HONEST FOOD TO FEED THE HEART & SOUL

WEEKDAYS 7AM-3:30PM

SATURDAYS 8AM-1:30PM

## DAILY

- (V) **SOUP** 30 / WITH BREAD 45  
WITH BANTING BREAD 58  
(V) **FRITTATA** SEASONAL VEG,  
SERVED WITH SALAD 52

### TART

SHORTCRUST PASTRY,  
SEASONAL VEGGIES & BACON,  
WITH SALAD 58

- (V) **FALAFEL BOARD**  
SWEET POTATO FALAFEL,  
TZATZIKI, BRIE, AVOCADO\*,  
HUMMUS, CORN CHIPS  
& SALAD 78  
(ADD BREAD & BUTTER - 15)

- \*ASK WAITER FOR (V+) OPTION  
**HOMEMADE SAUSAGE ROLL**  
(NOT LIKE YOU KNOW IT)  
CHICKEN, LEMON & CHILLI,  
WITH CHUTNEY & SALAD 55

### THE BURGER

180G PASTURE REARED  
BEEF BURGER, SESAME BUN,  
CARAMELISED ONIONS, PICKLE,  
MAYO & KETCHUP,  
THICK HAND CUT CHIPS 95

### CHICKEN BURGER

CHICKEN PATTY, SESAME BUN  
WITH CHUTNEY, AVOCADO\*  
THICK HAND CUT CHIPS 85

## SALAD

### (V) MISO ROAST

QUINOA, ROASTED TOMATO,  
BEETS, BUTTERNUT, FETA &  
TOASTED SEEDS, HERBS &  
CHILLI & MISO DRESSING  
65

\*ASK WAITER FOR (V+) OPTION

### CHICKEN PESTO

CHICKEN, PUMPKIN SEED &  
HERBY PESTO WITH QUINOA,  
AVOCADO\*, PEAS & CUCUMBER  
YOGHURT DRESSING  
95

### OMEGA

SMOKED SALMON TROUT,  
SPINACH, AVOCADO\*,  
CHIA & TOASTED SEEDS, FETA,  
CAPERS &  
LEMON DRESSING  
110

## WRAP / SANDWICHES

VEGAN COCONUT WRAP ADD 10

- (V) **HUMMUS WRAP**  
PEPPERS, FETA, CUCUMBER,  
AVOCADO\*, SALAD 65  
\*ASK WAITER FOR (V+) OPTION

### (V) FALAFEL WRAP

SWEET POTATO FALAFEL,  
AVOCADO\*, TZATIKI, SALAD 55

### CHICKEN MAYO WRAP

CHICKEN, HOMEMADE MUSTARD  
MAYO & PESTO WITH SALAD 70

**BANG BANG** CHICKEN, SPICY PEANUT  
YOGHURT SAUCE & SLAW 85

### HARISSA CHICKEN

SPICY CHICKEN, HARISSA TOMATO  
SAUCE & SALAD 85

## SIDES

- BUTTER 5  
PORTION OF BREAD & BUTTER 15  
A SLICE BANTING BREAD  
& BUTTER 18 LARDER JAM OR  
MARMALADE 10  
THICK HAND CUT CHIPS 25  
AVOCADO 30\*  
(\*SEASONAL PRICE VARIANT)  
CRISPY BACON 25  
MUSHROOM RAGU 25  
ROAST TOMATOES 25  
SMOKED SALMON TROUT 50

## soft drinks

- STILL WATER  
COOL REUSABLE PET BOTTLE  
22  
SPARKLING WATER  
15  
GINGERBEER  
15  
HOMEMADE LEMONADE PRESSE  
WITH FRESH MINT  
25  
HOMEMADE ROOIBOS ICED TEA  
25  
JUICEBOX PRESERVATIVE FREE  
30  
JUICEBOX FIZZ  
CARBONATED WATER &  
PRESERVATIVE FREE JUICE  
30

## PRESSED TOASTIES

MADE WITH WOODSTOCK  
BAKERY SOURDOUGH, WHOLEWHEAT OR  
RYE. BANTING/ GLUTEN FREE BREAD / ADD 18  
EAT IN SERVED WITH A SIDE SALAD

### THE BASIC

MATURE CHEDDAR & TOMATO / 60  
(V)

(V+) VEGAN CHEESE / +10

### SPANAKOPITA

MATURE CHEDDAR, FETA, SPINACH &  
PESTO 65 (V)

### CHICKEN MAYO

CHICKEN, HOMEMADE PESTO &  
MAYO / 72

## TEAS

CEYLON, ROOIBOS 18  
MINT INFUSION, GINGER INFUSION 25  
HOT LEMON 10

## NIGIRO LEAF TEAS

ORANGE & SPICE ROOIBOS  
STRAWBERRY & VANILLA ROOIBOS  
SAKURA JAPANESE CHERRY BLOSSOM  
MASALA CHAI / LADY GREY / JASMINE / 25  
ORGANIC MATCHA / 35

## WINE

\*AVAILABLE AFTER 11AM

### WHITE

SPIER SIGNATURE SAUVIGNON BLANC 55 / 160  
SPIER SIGNATURE CHENIN 48 / 140  
ORGANIC REYNEKE  
SAUV BLANC/ SEMILLON BLEND 65 / 135

### RED

SPIER SIGNATURE MERLOT 55 / 160  
SPIER SIGNATURE CAB\MERLOT\SHIRAZ BLEND  
60 / 175  
ORGANIC REYNEKE  
SHIRAZ / CAB SAUVIGNON 135

### BUBBLY

SPIER SECRET SLIGHTLY SWEET, PINK & FULL OF  
SUNSHINE 195

## CRAFT BEER

BARKING DOG IPA 440ML / 39  
BARKING DOG LAGER 440ML / 39  
BARKING DOG ANKLEBITER 440ML (LAGER-ISH) / 39  
DRAGON FIERY GINGER BEER 330ML / 39

*Catering available*

\* hollandaise sauce & mayonnaise contains raw eggs, not suitable for pregnant or immunocompromised