

All day BREAKFAST

*bliss
balls*

cocoa, cashews
dates & orange / 18

WEEKDAYS 7AM-3.30PM SATURDAYS BREAKFAST ONLY 8.30M-1.30PM

TO FEED THE HEART & SOUL

FOOD FACT

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

EGGS

Made with free range farm eggs

JOHNNY DEPP 2 POACHED EGGS, SOURDOUGH, CRISPY BACON, ROAST TOMATOES, HOLLANDAISE* 85 (V) SWAP BACON FOR AVO*

LARDER COOKED 2 EGGS POACHED OR SCRAMBLED, CRISPY BACON, ROAST TOMATOES, TOAST 68 (V) SWAP BACON FOR AVO*

JOHNNY SLIM 2 POACHED EGGS SOURDOUGH TOAST, HOLLANDAISE* 55 (V)

PARADIS 2 POACHED EGGS, SAUTÉED ONION & SPINACH, HOLLANDAISE* 65 (V)

MUSHROOM RAGU ON TOAST, SOURDOUGH, MUSHROOM THYME & GARLIC RAGU, POACHED EGG 60 (V)

AVO CRUSH* SOURDOUGH, CRUSHED AVO, POACHED EGG, FETA, CHILLI 60 (V)

FRITTATA SEASONAL ROAST VEGETABLES, EGGS, HERBS 30 (V) WITH SALAD 45 / WITH AVO 60

EGG & BACON BUTTIE
1 FRIED EGG, CRISPY BACON, HOMEMADE BUN, HOUSE KETCHUP 45

SALMON SCRAMBLE BUTTIE
SESAME BUN, 2 EGG SCRAMBLE, SALMON 58

HALOUMI SCRAMBLE
EGGS, TOASTED SESAME SEEDS, SPINACH, SUMAC, TOAST 58 (V)

EGGS ON TOAST
POACHED OR SCRAMBLED 42 (V)

SALMON SCRAMBLE 3 EGGS, SMOKED SALMON TROUT

OMELETTES

MEXICAN ROCKET 3 EGGS, HERBS, CHILLI, FETA & ROCKET 45 (V)

HERBY 3 EGGS HERBS & LEMON CREAM CHEESE 45 (V)

SHROOM 3 EGGS, BRIE, CREAMY MUSHROOM, SPINACH & HERBS 65 (V)

VEGAN FARINATA (V+) CHICKPEA FLOUR OMELETTE, ROAST TOMATOES, "CHEDDAR", AVO & PLUM KETCHUP 65

BAKERY

Made with stoneground flour

SWEET TREATS - SEE THE COUNTER

CINNAMON BUNS 20 (V)

AVOCADO* TOAST
ROCKET, LEMON 55 (V+)
ON ARTISAN SOURDOUGH, WHOLE-WHEAT, RYE / GLUTEN FREE SPINACH BREAD 60

CROISSANT FRENCH TOAST
WITH CARAMELISED BANANAS, YOGHURT, TOASTED COCONUT, MAPLE SYRUP 65 (V)

BUTTERMILK SCONE
LARDER JAM OR MARMALADE, BUTTER, SOUR CREAM 35 (V)
WITH JAM SELECTION 55 (V)

PIMPED SUPERFOOD BANANA BREAD
WITH HONEYED YOGHURT, TOASTED COCONUT, NUTS 68 (V)

GLUTEN FREE & REFINED SUGAR FREE

BOWLS

GRANOLA (GF, RSF)
HOUSE NUT & SEED CINNAMON SPICED GRANOLA, GREEK YOGHURT 68
*ASK WAITER FOR (V+) OPTION

AÇAI BOWL (V+) (GF, RSF)
ANTIOXIDANT OVERLOAD SMOOTHIE WITH BLUEBERRY, BANANA & CINNAMON 90

GREEN MAMBA BOWL (V+) (GF, RSF)
POWER SMOOTHIE WITH AVO, NUT MILK, SPINACH, PINEAPPLE & CHIA 68

Catering available

COFFEE

Ethically sourced proudly African

FLAT WHITE 210ML 22 / 26
LATTE 310ML 26 / 30
AMERICANO 18 / 22
ESPRESSO 16 / 20
MACCHIATO 21 / 25
CORTADO 21 / 25
ICED COFFEE 32
LOADED 30 / MOCHA 30
SOY MILK 5 / ALMOND MILK 10
CREAM 5

SIGN UP FOR

coffee loyalty

CAFFEINE FREE

REAL HOT CHOCOLATE 35
VEGAN HOT CHOC 30
RED CAPPUCCINO 210ML 28
RED VELVET BEET LATTE 35
GOLDEN TURMERIC LATTE 35
MATCHA LATTE 45

RAW PRESSED JUICES

VITALISE 38
CARROT, APPLE, ORANGE, LEMON, GINGER
ENDURANCE 38
BEETROOT, APPLE, BERRIES, LEMON, GINGER
GREEN ENERGY 38
SPINACH, CELERY, APPLE, LEMON, GINGER
ENERGISER 38
ORANGE, CARROT, PINEAPPLE, LIME

BARGAIN BREAKFAST

Weekday combo's before 10am

SINGLE FLAT WHITE OR AMERICANO WITH..
BUN & COFFEE 35
BUTTIE & COFFEE 58
FRITTATA & COFFEE 50
EGG SCRAMBLE & COFFEE 45
2 EGG OMELETTE & COFFEE 48
SALMON EGG BUTTIE & COFFEE 68

(V) = Vegetarian (V+) = VEGAN *Hollandaise sauce & mayonnaise contains raw eggs. not suitable for pregnant or immunocompromised

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

Lunch

Lunch available from 11am

FRESH HONEST FOOD TO FEED THE HEART & SOUL

WEEKDAYS 7AM-3.30PM

SATURDAYS BREAKFAST ONLY 8.30AM-1.30PM

DAILY

SOUP 30 / BREAD 45 (V)

FRITTATA (V) ROAST SEASONAL VEG,
HERBS & FETA WITH SALAD 45

FALAFEL PLATE (V)

SWEET POTATO FALAFEL, TZATZIKI, BRIE,
AVOCADO*, HUMMUS, CORN
CHIPS, SALAD 90
WITH BREAD & BUTTER 105
*ASK WAITER FOR (V+) OPTION

GOURMET SAUSAGE ROLL

CHICKEN, LEMON & CHILLI,
HOUSE CHUTNEY, SALAD 50

THE BURGER

180G PASTURE REARED BEEF BURGER,
SESAME BUN, CARAMELISED ONIONS,
PICKLE, MAYO, KETCHUP,
THICK HAND CUT CHIPS 95
WITH BRIE 120 / WITH FRIED EGG 105

CHICKEN BURGER

CHICKEN BURGER, SESAME BUN, HOUSE
CHUTNEY, ASIAN SLAW, AVOCADO*
THICK HAND CUT CHIPS 95
WITH FRIED EGG 105

FALAFEL BURGER (V+)

SWEET POTATO FALAFEL, SESAME BUN,
HOUSE CHUTNEY, ASIAN SLAW,
AVOCADO*, THICK HAND CUT CHIPS 95
WITH FRIED EGG 105 (V)

SALAD

MISO ROAST (V)

QUINOA, ROASTED TOMATO, BEETS,
BUTTERNUT, FETA & TOASTED SEEDS,
HERBS, CHILLI, WASABI DRESSING 68
*ASK WAITER FOR (V+) OPTION

PLANT POKE (V+)

SWEET POTATO FALAFEL, ASIAN SLAW,
AVO, HUMMUS, ROCKET, QUINOA,
WASABI DRESSING 70

CHICKEN PESTO

CHICKEN, PUMPKIN SEEDS, HERBY
PESTO WITH QUINOA, AVOCADO*,
PEAS, CUCUMBER YOGHURT TAHINI
DRESSING 98

OMEGA

SMOKED SALMON TROUT, SPINACH,
AVOCADO*, CHIA, TOASTED SEEDS,
FETA, CAPERS, LEMON DRESSING 115

WINE

*AVAILABLE AFTER 11AM /250ML GLASS

WHITE

SPIER SAUVIGNON BLANC 55 / 160
SPIER CHENIN 50 / 145

RED

SPIER MERLOT 65 / 175
SPIER BLEND 65 / 175

BUBBLY 750ML

SPIER SECRET SLIGHTLY SWEET,
PINK & FULL OF SUNSHINE 245
BOTTOMLESS MIMOSA R95*
WITH ANY MEAL

CRAFT BEER

BARKING DOG

SIT STAY / IPA 440ML/39

FETCH / LAGER 440ML/39

ANKLEBITER / PALE ALE 440ML/39

DRAGON FIERY

GINGER BEER 330ML / 39

TEAS

CEYLON, ROOIBOS 18

MINT INFUSION, GINGER INFUSION 25

HOT LEMON 10

NIGIRO LEAF TEAS

ORANGE & SPICE ROOIBOS 25

STRAWBERRY & VANILLA ROOIBOS 25

SAKURA JAPANESE CHERRY BLOSSOM 25

MASALA CHAI / LADY GREY /JASMINE 25

ORGANIC MATCHA / 35

SOFT DRINKS

STILL WATER 500ML

COOL REUSABLE BOTTLE 25

SPARKLING WATER 15

GINGERBEER 15

VIRGIN MARY TOMATO JUICE 25

LEMONADE & MINT PRESSE 28

HOUSE ROOIBOS ICED TEA 28

JUICEBOX FIZZ SEASONAL 35

UBER MANGO & VANILLA 35

SANDWICHES / WRAP

Vegan coconut wrap / Add R12

HUMMUS DELIGHT (V)

HUMMUS, PEPPERS, BRIE, AVOCADO*
CUCUMBER, SALAD 68

*ASK WAITER FOR (V+) OPTION

BAHN MI

CHICKEN, SPICY ASIAN SLAW, PEPPERS
VIETNAMESE PEANUT MAYO SAUCE 78

VEGAN MI (V+)

AVOCADO*, SPICY ASIAN SLAW
VIETNAMESE PEANUT "MAYO" SAUCE 78

BELLA FALAFEL (V)

SWEET POTATO FALAFEL,
AVOCADO*, TZATZIKI, SALAD 65

CHICKEN MAYO

CHICKEN, HOMEMADE MUSTARD
MAYO & PESTO WITH SALAD 70

TOASTIES

Artisan sourdough, wholewheat, rye.

Gluten free spinach bread + R5.

Eat in served with salad

THE SHROOM (V)

CREAMY MUSHROOMS, SPINACH,
DALEWOOD BRIE 60/75

CHICKEN MAYO

CHICKEN, HOMEMADE MUSTARD
MAYO & PESTO 55/70

THE BASIC (V)(V+)

MATURE CHEDDAR & TOMATO 45/60

SPANAKOPITA (V)(V+)

MATURE CHEDDAR, FETA,
SPINACH, PESTO 50/65

*VEGAN CHEESE (V+) +25

SIDES

BREAD & BUTTER 15

(GLUTEN FREE SPINACH BREAD AVAILABLE)

LARDER JAM OR MARMALADE 10

THICK HAND CUT CHIPS 25

AVOCADO 30* DALEWOOD BRIE 25

(*SEASONAL PRICE VARIANT)

FREE RANGE CRISPY BACON 25

MUSHROOM RAGU 25

ROAST TOMATOES 18

SMOKED SALMON TROUT 50

Catering available

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EGGS

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LARDER COOKED

TWO EGGS POACHED OR SCRAMBLED, CRISPY BACON, ROAST TOMATOES & TOAST 65

AVO CRUSH*

CRUSHED AVO ON SOURDOUGH, POACHED EGG, FETA & DRIED CHILLI 55 (V)

HALOUMI SPINACH EGG SCRAMBLE

SUMAC, TOASTED SESAME SEEDS & TOAST 55 (V)

MUSHROOM RAGU ON TOAST

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

JOHNNY DEPP

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

PIMPED SUPERFOOD BANANA BREAD

SLICES WITH HONEYED YOGHURT, TOASTED COCONUT & TOASTED NUTS
GLUTEN & REFINED SUGAR FREE 68 (V)

BAKERY

Made with stoneground flour

PAIN AU CHOCOLAT 28 (V)

ALL BUTTER CROISSANT 18 (V)

ADD

CHEESE 30 (V)

LARDER JAM OR MARMALADE 30 (V)

SMOKED SALMON TROUT & CREAM CHEESE 78

TOAST WITH

CHOOSE

ARTISAN SOURDOUGH, WHOLE-WHEAT OR RYE

BUTTER 15

LARDER JAM OR MARMALADE 30 (V+)

AVOCADO*, ROCKET

& LEMON 45 (V+)

***BUBBLY SPIER SECRET** SLIGHTLY SWEET, PINK & FULL OF SUNSHINE 195

***BOTTOMLESS MIMOSA** 150 * when ordered with a full breakfast

*available after 11am

Catering available

15% service charge applicable for tables 6+

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MACCHIATO 20 / 24

CORTADO 20 / 24

ICED COFFEE 30

LOADED 30

MOCHA 30

CREAM 5

SOY MILK 6

ALMOND MILK 10

CAFFEINE FREE

Buzz free

REAL HOT CHOCOLATE 35

NATURAL HOT CHOC DAIRY FREE 35

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