

★ COMMONGROUND CAFÉ ★

MENU

★ All food and beverages are available as take-aways.

SOMETHING WARM

★ We serve a double shot espresso in all our coffees.

★ We use Origin Coffee Roasters finest house blend that changes with the seasons of harvest around the world.

Filter Coffee (230ml)	R18	Choccaccino	R30
Large Filter Coffee	R20	Espresso Based Drink	
Latte (330ml)	R24	Decaf	⊕ R2
Red Latte (330ml)	R24	Chai Latte	R26
Flat White (240ml)	R22	Hot Chocolate	R26
Red Flat White (240ml)	R22	Milo	R26
Fat White	R28	Horlicks	R26
Made with cream		Toni Glass Gourmet	R19
Three Quarter (190ml)	R22	Tea Selection	
Macchiato (110ml)	R19	Please speak to your	
Americano	R19	waitron to see the range of	
With Cream	⊕ R6	teas we offer.	
Double Espresso (50-60ml)	R18	Extra's:	
		Cream	⊕ R6
		Honey	⊕ R4

SOMETHING COLD

Berry Smoothie	R30	Fruit Crushers	R26
A fresh mixed berry smoothie		Mango, Strawberry, Tropical	
with low-fat yogurt banana &		Iced Coffee	R33
strawberry juice		Made with ice-cream	
Milkshakes	R31	Sue Chai	R30
Vanilla, Horlicks, Chocolate,		Iced chai smoothie	
Bar-one, Strawberry, Mango		Sue Choc	R30
Mocha Shake	R35	Iced chocolate smoothie	
Origin espresso, Nomu		Tizers	R20
chocolate & ice-cream		Apple, Red- & White Grape	

SOMETHING COLD

Sugar-free Iced Teas	R27	Soft Drinks	R17
Litchi & Lime, Lemon Jujube		Coke, Coke Lite, Coke Zero, Cream Soda, Fanta Orange	
Lipton Iced Tea	R20		
Lemon, Peach		200ml Soft Drinks	R15
Fresh Juice	R18	Coke, Dry Lemon, Lemonade	
Orange, Mango, Strawberry			

(V) = Vegetarian Friendly (B) = Banting Friendly

BREAKFAST

★ Served until 11:30am.

★ We use fresh free range eggs from the Eichenhof farm.

★ We use freshly baked breads from Woodstock bakery who use a slow fermentation process resulting in easier digestable bread. Options include:

Ciabatta - Sourdough - 100% Rye (Gluten Free) - 5 Grain Seed Bread

Health Breakfast (V) R49
Fresh seasonal fruit with home-made seed, oat & nut granola on creamy greek yoghurt.

Eggs Benedict R62
2 SOFT poached eggs on toasted bread with crispy back bacon and hollandaise sauce.

Creamy scrambled eggs R33
With rosemary and thyme oven roasted rosa tomatoes and toasted bread.
Add crispy back bacon. R15

Eggs Florentine (V) R58
2 SOFT poached eggs on toasted bread with wilted spinach, fried tomato and hollandaise sauce.

Ciabatta French Toast R55
With pan-fried banana, crispy back bacon, pecan nuts and maple syrup.

Sunriser (V) (B) R45
A SOFT poached egg with wilted english spinach, crumbed feta, grilled portobello mushroom and garlic basil pesto.

Farmstyle Breakfast R72
2 Fried eggs, crispy bacon, roasted tomatoes, fried mushrooms and beef sausage with toast and home-made baked beans.

Add crispy back bacon. R15

Beans On Toast (V) R40
Home-made baked beans with melted white cheddar & fresh herbs.

OMELETTES

- ★ Our free-range 3-egg omelettes are served with toasted bread or fresh baby spinach.

Pop-Eye R58

Crispy Bacon, Wilted Spinach and Danish Feta.

Farmers Omelette R65

Beef Sausage, White Cheddar, Fried Mushrooms, Onions and Basil Pesto.

The Vegetarian R60 (V)

Wilted Spinach, Fried Mushrooms, Grilled Haloumi, Tomato, Onions and Sun-dried Tomato Pesto.

Create your own Omelette: R25

Additional Fillings:

Rosa Tomatoes, Peppadews, White Cheddar, Soft Danish Feta. R10

Creamed Spinach, Crispy Bacon, Gypsy Ham, Mushrooms, Haloumi. R15

BREAKFAST SIDES

- ★ Please note these can only be ordered as a side to a main dish

Crispy back bacon.	R15	Hollandaise Sauce.	R12
Sautéed mushrooms.	R15	Extra Poached / Fried Egg.	R7
Oven roasted rosa tomatoes.	R10	Haloumi	R15
Grated White Cheddar.	R10		
Beef Sausage.	R12		

CROISSANTS

Plain Croissant (V)	R18	Bacon & Cheese Croissant	R45
Grated Cheddar & Strawberry Jam Croissant (V)	R30	Bacon & Egg Croissant	R50
Bacon Croissant	R42	Open Croissant	R68
With a peppadew and cream cheese spread and rocket.		Crispy bacon, 2 fried eggs, mushrooms and grated white cheddar.	
Add Avocado.	R15	Nutella Croissant (V)	R28

LUNCH MENU

★ Our free-range chicken burgers and home-made 180g beef patties are basted with preservative free and gluten free home-made BBQ sauce.

★ Our burgers are served with thin cut potato fries or a side salad.

GOURMET SANDWICHES

Served on Ciabatta, Sourdough,
100% Rye or 5 Grain Seed Bread.

Chicken Mayo Sandwich R58

Free Range chicken mayo with Bulgarian yogurt, finely chopped parsley and cucumber, fresh gherkin slices and crispy lettuce leaves.

Add Bacon. R15

Rare Beef Fillet Sandwich R70

Rare beef fillet strips with caramelised onion, Wholegrain Dijon mustard and fresh rocket.

Bacon & Egg Sandwich R56

2 fried free range eggs, crispy back bacon and fresh rocket.

Mediterranean (V) R56

Grilled baby marrow, brinjal, haloumi and fresh baby spinach with sundried tomato pesto.

BURGERS

Classic Chicken Burger R62

Lettuce, tomato and sweet chilli mayo.

Bacon and Guacamole

Chicken Burger R74

Common Ground

Beef Burger R68

With crispy lettuce, fresh tomato, gherkins and mustard mayo.

Beef Cheese Burger R72

With crispy lettuce, tomato, gherkins and melted white cheddar.

Add Bacon. R10

WHOLE-WHEAT WRAPS

Served with a side of thin cut potato fries or a side salad.

Chicken Mayo Wrap R65

Free Range chicken mayo with Bulgarian yogurt, finely chopped parsley and cucumber, cream cheese, carrot shavings and fresh salad leaves.

Add Avocado. R15

Butternut Wrap (V) R60

Roasted butternut and chickpeas with a chermoula and yogurt dressing, cream cheese and fresh salad leaves.

LUNCH MENU

SALADS

Salads are served with fresh rocket – rocket may be substituted for crispy mixed lettuce.

Salad is best served dressed. Please ask waiter for your dressing on the side if you prefer.

Greek Salad (V) R50
Black Calamata olives, fresh rosa tomatoes, danish feta, red onion and cucumber with fresh baby spinach leaves and a home-made greek dressing.

Roast Veg Salad (V) R50
Roasted carrots, zucchini, aubergine, beetroot and green pepper with soft Danish feta and home-made french dressing.

Add Avocado. R15
Add Grilled Chicken. R18

Chicken Caesar Salad (B) R82
Mixed lettuce, green beans, petis pois, croutons, avocado and free range chicken with a poached egg and parmesan shavings. Served with home-made caesar dressing.
Contains anchovies.

Beef Fillet Salad (B) R70
Rare beef fillet with roasted butternut, courgettes, aubergine, rosa tomatoes and soft Danish feta and balsamic honey-mustard dressing.

QUESADILLAS

Chicken Quesadilla R66
A toasted whole-wheat tortilla with BBQ chicken strips, melted white cheddar and a tomato pureé. Served with guacamole, cream cheese and salsa.

Veg Quesadilla (V) R60
Grilled aubergine, melted white cheddar and tomato pureé. Served with guacamole, cream cheese and salsa.

★ Not served with a side (fries or salad).