

★ 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 (240ml)	R21	Double Espresso (50-60ml)	R20
Large Filter Coffee	R22	Choccaccino	R33
Latte (330ml)	R27	Espresso Based Drink	
Red Latte	R27	Decaf	⊕ R2
Flat White (240ml)	R25	Chai Latte	R29
Red Flat White (240ml)	R25	Hot Chocolate	R29
Fat White	R30	Milo	R29
Made with cream		Toni Glass Gourmet	R21
Three Quarter (190ml)	R25	Tea Selection	
Macchiato (110ml)	R21	Please speak to your waitron to see the range of teas we offer	
Americano	R21	Extra cream	⊕ R8
With Cream	⊕ R7	Honey	⊕ R5

SOMETHING COLD

Berry Smoothie	R33	Fruit Shake	R35
A fresh mixed berry smoothie with low-fat yoghurt and strawberry juice		Mango, Strawberry	
Milkshakes	R35	Iced Coffee	R39
Vanilla, Chocolate, Peanut Butter, Strawberry, Bar-One		Made with ice-cream	
Mocha Shake	R39	Sue Chai	R33
Origin espresso, Nomu chocolate & ice-cream		Iced chai smoothie	
		Sue Choc	R33
		Iced chocolate smoothie	
		Tizers	R22
		Apple, Red-& White Grape	

MONDAY to FRIDAY, 7:00 AM TO 4:00 PM ★ SATURDAY, 8:00 AM TO 2:00 PM

SOMETHING COLD

Lipton Iced Tea Lemon, Peach	R22	Soft Drinks Coke, Coke Lite, Coke Zero, Fanta Orange	R19
Fresh Juice Orange, Mango, Strawberry	R20	200ml Soft Drinks Coke, Dry Lemon, Lemonade	R17

(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 - 70% Rye - 5 Grain Seed Bread

Health Breakfast (V) R54 Fresh seasonal fruit salad with home-made seed, oat & nut granola on creamy greek yoghurt.	Eggs Benedict With hollandaise sauce
Creamy scrambled eggs R37 With rosemary and thyme oven roasted rosa tomatoes and toasted bread.	With Bacon R75 Whit Spiach Florentine R70 With Chilli Chorizo R75
Add crispy back bacon R15	Half Eggs Benedict With hollandaise sauce With Bacon R50 With Spiach (florentine) R45 With Chili Chonico R50
Ciabatta French Toast R61 With pan-fried banana, crispy back bacon, pecan nuts and maple syrup.	Sunriser (V) (B) R50 A SOFT poached egg with wilted english spinach, crumbed feta, grilled portobelle mushroom and garlic basil pesto.
Common Ground Breakfast R80 2 Fried eggs, crispy bacon, roasted tomatoes, fried mushrooms and beef sausage with toast and baked beans.	Add crispy back bacon R20
Egg Basket R75 Baked egg wrapped in bacon and Cheese basced on a bed of rocket and avo salad	Breakfast Wrap R70 2 creamy scumbled eggs, bacon and white cheddar rolled in wholewheat wrap served with rocket.

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OMELETTES

Served till 11:30

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

Pop-Eye R70

Crispy Bacon, Wilted Spinach and Danish Feta

Farmers Omelette R75

Beef Sausage, White Cheddar, Fried Mushrooms and Basil Pesto

Ham & Cheese (V) R70

Gypsy Ham, White Cheddar

Create your own Omelette: R35

Additional Fillings:

Rosa Tomatoes, Peppadews, White Cheddar, Soft Danish Feta: R15
Wilted Spinach, Crispy Bacon, Gypsy Ham, Mushrooms, Haloumi: R20

BREAKFAST SIDES

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

Crispy back bacon	R20	Hollandaise Sauce	R15
Sautéed mushrooms	R20	Extra Poached / Fried Egg	
Oven roasted rosa tomatoes	R15		
Grated White Cheddar	R15		
Beef Sausage	R20		

CROISSANTS

Plain Croissants (V)	R20	Bacon & Cheese Croissant	R50
Jam Croissant (V)	R33	Bacon & Egg Croissant	R55
Grated Cheddar & Strawberry Jam, Cheese		Nutella Croissant (V)	R31
Bacon Croissant	R47		
With a pepperdew and cream cheese spread and rocket.			
Add Avocado	R20		

LUNCH MENU

* Served from 11:30

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

*Our gourmet sandwiches, burgers and whole-wheat wraps are served with thin cut potato fries or side salad

GOURMET SANDWICHES

Served on Ciabatta, 70% Rye,
Sourdough or 5 Grain seed bread

All sandwiches served on a ciabatta roll

Chicken Mayo R65

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

Add Bacon R15

Rare Beef Fillet R77

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

Bacon & Egg R65

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

Mediterranean(V) R60

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

BURGERS

Classic Chicken Burger R69

Lettuce, tomato and sweet chilli mayo.

Bacon and Guacamole

Chicken/Beef Burger R90

Beef Burger R75

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

Beef Cheese Burger R80

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

Add Bacon R20

Beef Mushroom R85

with creamy mushroom sauce

WHOLE-WHEAT WRAPS

Chicken Mayo Wrap R72

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

Beef Wraps R80

Grilled beef with Bulgarian yoghurt, finely chopped parsley and cucumber, cream cheese, carrot shavings and fresh salad leaves.

Add Avocado R15

Roast Veg Wrap (V) R66

Zucchini, Peppers, Carrots, Aubergine with Chermoula and Yogurt dressing

LUNCH MENU

SALADS

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

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

Green Salad (V) R60
Black Calamata olives, fresh rosa tomatoes, danish feta, red onion and cucumber with fresh lettuce and a home-made greek dressing.

Roast Veg Salad R60
Roasted carrots, zucchini, aubergine, beetroot and peppers with soft Danish feta and home made-dressing.

Add Avocado R15

Add Grilled Chicken R18

Grilled Chicken Salad (B) R85
Mixed lettuce, green beans, petis pois, avocado and free range chicken with a poached egg and parmesan shavings. Served with home-made dressing. Contains anchovies.

Beef Fillet Salad R87
Rare beef fillet with roasted butternut, courgettes, aubergine, rosa tomatoes and soft Danish feta and balsamic honey-mustard dressing.

QUESADILLA

Not served with a side (fries or salad)

Chicken Quesadilla R74
A toasted whole-wheat tortilla with BBQ chicken strips, melted white cheddar and a tomato puree. Served with guacamole, cream cheese and salsa.

Mixed Veg Quesadilla (V) R70
Grilled aubergine, zucchini, peppers, melted white cheddar and tomato puree. Served with guacamole, cream cheese and salsa.

PLEASE SEE CHALKBOARD FOR ANY DAILY SPECIALS

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