

★ 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	⊕ R8	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,		Iced chai smoothie	
Nomu chocolate & ice-cream		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) Fresh seasonal fruit salad with home-made seed, oat & nut granola on creamy greek yoghurt.	R54	Eggs Benedict With hollandaise sauce	
		With Bacon	R75
		With Spinach (Florentine)	R70
		With Chilli Chorizo	R75
Creamy scrambled eggs With rosemary and thyme oven roasted rosa tomatoes and toasted bread.	R38	Half Eggs Benedict With hollandaise sauce	
Add crispy back bacon	R20	With Bacon	R50
Ciabatta French Toast With pan-fried banana, crispy back bacon, pecan nuts and maple syrup.	R61	With Spinach (Florentine)	R45
		With Chilli Chorizo	R50
Common Ground Breakfast 2 Fried eggs, crispy bacon, roasted tomatoes, fried mushrooms and beef sausage with toast and baked beans.	R80	Sunriser (V) (B) A SOFT poached egg with wilted english spinach, crumbed feta, grilled portobelle mushroom and garlic basil pesto.	R50
		Add crispy back bacon	R20
Egg Basket Baked egg wrapped in bacon and cheese on a bed of rocket and avo salad.	R75	Breakfast Wrap 2 creamy scrambled eggs, bacon and white cheddar rolled in a wholewheat wrap served with rocket.	R70

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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	R9
Oven roasted rosa tomatoes	R15	Haloumi	R20
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		

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

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 R20

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 R90
Chicken/Beef Burger

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 R20

Add Grilled Chicken R20

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 a 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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