



BREAKFAST until midday

breakfast buffet

available at select stores 20 per 100g

bakery

butter croissant

- with butter, mild cheese & preserves 58
- with smoked ham, Emmental cheese, wholegrain mustard & rocket 72
- with creamy scrambled free-range eggs & bacon 74

muffin

- Bran, nut & raisin with butter, mild cheese & preserves 48
- Spinach & feta with a touch of cayenne & butter 38

Lightly toasted banana bread served with honey mascarpone 58

A basket of freshly-milled stoneground bread toasted & served with mild cheese & preserves 48

classics

Seasonal fruit bowl: Greek yoghurt with fresh seasonal fruit, caramelized almonds & raw honey 68

Eggs Benedict free-range poached eggs, crispy bacon & Hollandaise on toasted ciabatta with roasted tomatoes 82

Scrambled free-range eggs, slow-roasted marinated tomatoes served with freshly-milled stoneground toast 72

Traditional English breakfast with free-range eggs, oven-roasted tomatoes & bacon with freshly-milled stoneground toast 78

Melissa's Grand breakfast with free-range eggs, crispy bacon, pork chipolatas, mushrooms, courgette & potato hash brown served with freshly-milled stoneground toast 128

Free-range egg omelette 48
 + mild cheese 18
 + pan-fried mushrooms 18
 + smoked ham 20
 + smoked salmon trout 58

favourites

Free-range poached egg, crispy bacon & Hollandaise on courgette & potato hash brown 76

Courgette & potato hash brown topped with smoked salmon, cream cheese, caper salsa & free-range poached egg 84

Creamy wild mushrooms on toasted ciabatta 89
 + poached egg 10

Flapjacks with seasonal fresh berries, mascarpone & raw honey 68

LUNCH & LATER

lunch buffet

available at select stores 23 per 100g

light meals

Minestrone soup, pesto & Parmesan served with toasted ciabatta 72

Quiche of the day with a fresh green salad 68

salads

Cajun chicken, butternut, feta & toasted seed mix 94

Caesar salad with homemade croûtons, crispy bacon & Parmesan + chicken 84
 32

Roasted cauliflower and lentil salad with a spiced sweet raspberry vinaigrette + chicken 74
 32

artisan sandwiches (fresh or toasted)

	<small>open</small>	<small>closed</small>
Roast chicken & fresh herb mayonnaise	62	76

Smoked ham, mild cheese & tomato	62	76
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BLT (bacon, lettuce, tomato)	62	76
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wraps

Sweet chilli chicken, red pepper & spinach 86

Roasted butternut, lentil, basil pesto & feta 74

mains

Creamy chicken & leek pie with chips 112

Traditional 100% Pure beef burger with chips 112

Smoked salmon, cream cheese & caper salsa on open toasted sourdough rye. + avo 89

Pan-fried chicken livers in a spicy tomato sauce 78

Aubergine Parmiggiano of slow-cooked aubergine, Plum tomatoes, mozzarella, Parmesan & fresh basil 82

Pulled pork, coriander salsa & fresh corn soft taco 78

Corn fritter with coriander salsa & sour cream 68

Bunless 100% pure beef burger on a pan-fried black mushroom 98

Slow-roasted tomato, fresh lemon & parmesan linguini pasta 68

sides

Fresh green salad 32

Thick-cut sweet potato chips served with roasted garlic mayonnaise 38

Bowl of chips served with homemade mayonnaise 36

children

Free-range scrambled eggs on toast 46

Crunchy fried chicken strips 68





SWEETS

scones

Scones served with butter, preserves
whipped cream & mild cheese 52

cakes

Carrot cake 48
 Cheesecake 48
 Pecan Praline cheesecake 58
 Lemon Chiffon cake 42
 Valrhona Chocolate cake 48
 Orange Almond cake **wheat-free** 46

treats

Chocolate brownies 32
 Chocolate caramel shortbread 34
 Carrot cake cupcake 34
 Muesli bars with chocolate & caramel 34
 Fruit & nut biscotti 42

DRINKS

hot

coffee

Exclusively blended, Melissa's coffee is
freshly ground & expertly prepared by
our team of Baristas.

Espresso 22
 Americano 23
 Filter 21
 Flat White sgl 26
 Flat White dbl 28
 Caffe Latte 28
 Macchiato 22
 Iced coffee 28
 add R2 for decaf

hot chocolate

Melissa's traditional 28
 with Nutella baby 12 regular 34

tea

Pot of tea for one 24 for two 28
 Ceylon / Earl Grey / English Breakfast
 / Rooibos
 Pot of loose leaf tea 28
 Japanese Green Sencha / Andean
 Peppermint Leaves / Wild Forest Berry
 infusion / Pear & Cinnamon infusion

red espresso® (Rooibos espresso)

Red Flat White with honey & cinnamon 28
 Red Latte with honey & cinnamon 30
 Red Chai Latte® 32

cold

raw juice

Orange – carrot, apple & orange 42
 Green – apple & cucumber 42
 Red – beetroot & carrot 42
 Pure orange 34
 + ginger / celery / mint / spinach 5

smoothies

Morning – mango, fresh
orange juice, yoghurt & raw honey 38
 Berry – mixed berries, yoghurt,
banana & raw honey 38
 Raw – banana, raw honey,
almonds, soya milk & wheat germ 38

milkshakes

children's 32 regular 42

Melissa's milkshakes are made with real
home-made ice cream, real chocolate,
eggs, milk, cream & sugar
(No preservatives or colourants)
vanilla / strawberry /
dark chocolate / coffee

iced tea

Bos ice tea 26

soda

Appletizer / Grapetizer (red or white) 28
 Coke / Coke light / Tab 20

water

Mineral water (still or sparkling) 20

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