

Refreshments

HOT DRINKS

Café Americano	28
Cappuccino	reg 28 lrg 33
Café Latte	33
Espresso	sng 22 dbl 28
Cortado	26
Mochaccino	42
Macchiato	25
Babyccino	9
Belgian Hot Chocolate	44
Ginger, Orange, Honey & Cinnamon Toddy	38
Almond or Oatmeal Milk - ADD	9



HEALTH LATTES

Matcha - Organic coconut sugar, coconut oil, algae flour, organic matcha powder, green tea & vanilla extract (naturally caffeinated)	46
Turmeric - Raw almond milk, organic cinnamon, black pepper, chia seeds, maca, flaxseed powder, organic coconut cream & turmeric	46

TEAS

Toni Glass Premium Teas	28
Red Cappuccino	reg 34 lrg 36
Chai Latte	38

FRESHLY PRESSED HEALTH JUICES

Green Gratitude	47
Apple, cucumber, kale, celery, lemon & ginger	
The Refresher	47
Apple, carrot & ginger	
The Red Booster	47
Apple, carrot, beetroot & ginger	
Berry Freshness	52
Berries & apple	
Citrusy Orange	42
Orange juice	



ICED TEAS & COFFEE

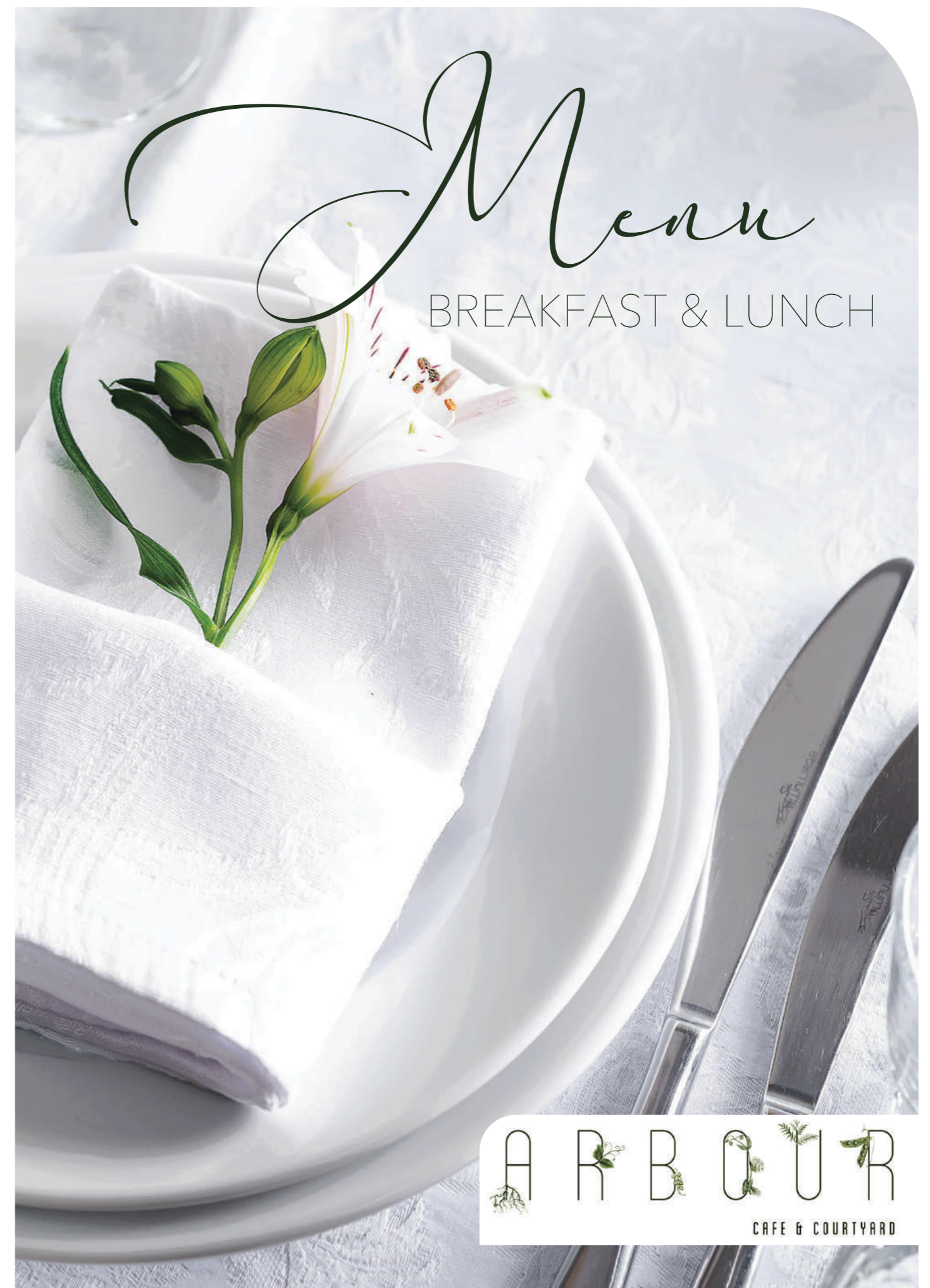
Toni Glass Iced Teas:	
Berry baobab, lemongrass coconut & ginger, kiwi cucumber & mint	38
Sugar Free - sweet apple gooseberry, litchi & lime	44
Homemade rooibos iced tea infused with fruit, honey, mint & lemon	42
Iced coffee latte	42
Coffee freezochino	46

SMOOTHIES

Ice cream smoothies: banana, berry or mixed fruit	53
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We have still & sparkling water & a selection of soft drinks



ARBOUR
CAFE & COURTYARD

DIETARY INFORMATION: Should you be allergic to any food items, please request information regarding the ingredients before placing an order. Some food items have traces of nuts and sesame seeds and are made using dairy product and wheat gluten. All food items are prepared in the same kitchen.

BREAKFAST

Galettes

Our signature French buckwheat pancakes are naturally gluten free

Bacon, scrambled egg, roast rosa tomatoes, feta & caramelised onion	114
Lightly creamed spinach, leek, feta & an egg (V)	96
Creamy herbed wild exotic mushrooms (V)	110
Smoked Norwegian salmon, capers, cucumber, dill crème fraîche & an egg	124
Flambéed chorizo, mozzarella, roast rosa tomatoes, onions & basil	124
Ham, bechamel, emmenthal cheese & red onion	120
Artichoke hearts, mozzarella, basil & pine nuts (V)	98
Duck confit with a 5-spice cherry sauce, julienne carrots, cucumber & spring onion	144



Flambéed Chorizo Omelette

Omelettes

Creamy herbed wild exotic mushrooms (V)	110
Lightly creamed spinach, leek & feta (V)	96
Bacon, cheddar, mozzarella, fresh basil, avo, feta cheese & basil pesto	109
Brie, caramelised onion & rocket (V) (add country ham - 19)	99
Smoked salmon, spring onion, capers & dill crème fraîche	124
Bacon, emmenthal, roast rosa tomatoes & rocket	98
Flambéed chorizo, mozzarella, roast rosa tomatoes, onions & fresh basil	124

Classics

All served with a choice of French baguette, seeded rye or sourdough with homemade raspberry jam & butter

Eggs, bacon, beef chipolatas, roast rosa tomatoes & creamy herbed wild exotic mushrooms	112
Eggs, 120g fillet, beef chipolatas, creamy spinach, feta & leek & roast rosa tomatoes	132
Smashed avo on toast, roast rosa tomatoes & poached eggs (V)	96
Creamy herbed wild exotic mushrooms on toast & grana padano shavings (V)	119
Urban vegan bacon, wilted baby spinach, roast rosa tomatoes, herbed wild exotic mushrooms & avocado (VG)	112

Build Your Own

Two eggs your way with your choice of French baguette, seeded rye or sourdough with homemade raspberry jam & butter 42

ADD:	
Streaky bacon	34
Macon	42
Beef chipolatas	34
Country ham	34
Smoked Norwegian salmon	60
Halloumi	29
Lightly creamed spinach, leek & feta	38
Creamy herbed wild exotic mushrooms	49
Roast rosa tomatoes	25
Avocado	29
Urban vegan bacon	60

Croissants

Plain croissant	35
Plain croissant with homemade raspberry jam, grated cheddar & butter	49
Chocolate croissant	38
Plain croissant with smoked salmon scrambled	112
Plain croissant with bacon scrambled	98
Plain croissant with emmenthal & country ham	98



Plain croissant with smoked salmon scrambled

French Toast

	BAGUETTE	CROISSANT
Maple syrup (V)	72	84
Brie & honey (V)	97	109
Mixed berry compote & crème fraîche (V)	97	119
Add streaky bacon 34 (macon - 42)		

Health Bowls

Our muesli is homemade & sweetened with honey & fruit juice. No sugar!

Oats with banana, coconut flakes & honey	59
Oats with berry compote	82
Fresh seasonal fruit, seed & nut muesli & Greek yogurt	89
Fresh papaya, Greek yogurt, honey & toasted seeds	89
Mixed berry compote, seed & nut muesli & Greek yogurt	97
Activated chia seeds, fresh seasonal fruit, coconut flakes, cranberries & Greek yogurt	109

LUNCH

Appetisers

Smoked salmon & dill crème fraîche phyllo cups	79
Baked brie with pecan nuts & cranberry chili (V)	76
Creamy wild mushroom phyllo cups (V)	76

Salads

Tuna, roast rosa tomatoes, beans, olives, red onion & an egg	98
Smoked salmon, avo, grapefruit, cucumber, red onion, black sesame & citrus dressing	124
Chicken, avo, broccoli, roast rosa tomatoes, parmesan & toasted seeds	119
Grilled halloumi, chicken, avo, baby leaves, roast rosa tomatoes & cucumber	119
Duck confit, orange, fennel, celery, lentils & pomegranate	142

Sandwiches

Served on a choice of seeded rye bread, sourdough or French baguette

Fresh mozzarella, roast rosa tomatoes, avo & basil (V)	98
Smoked salmon, avo, cucumber, dill crème fraîche & red onion	124
Herby tuna mayo with tomato & cucumber	97
Herby chicken mayo with avo	95
Creamy peri-peri chicken	95
Thinly sliced Italian salami, mozzarella, drizzle of olive oil	98
Bacon, lettuce, tomato & garlic aioli	88



Crispy Duck Confit

Mains

All mains include a side of your choice

Chicken fillets with a light creamy white wine, sun dried tomato, spinach & feta sauce	149
Crispy duck confit with a 5 - spice cherry sauce	235
250g Aged ribeye steak with creamy herbed wild mushroom sauce	207
250g Aged ribeye steak with smoked paprika & garlic aioli, roast rosa tomatoes & rocket	189
Wild mushroom linguini, truffle & parmesan shavings (V)	117
200g chicken fillet on a ciabatta roll, tarragon aioli, bacon, lettuce & tomato	99
200g homemade beef patty on a ciabatta roll, creamy herbed wild mushroom sauce & emmenthal	117

Sides

Crispy potato wedges	30
Roasted sweet potatoes with ginger & honey	30
Green salad with grana padano shavings	30
Steamed crunchy green beans, broccoli & toasted seeds	30
Roasted butternut & beetroot	30

DESSERTS

Crepes

Traditional cinnamon sugar & lemon	42
Brandy flambéed orange butter sauce	89
Salted caramel & apple	84
Decadent nutella & banana	87
Mixed berry compote & crème fraiche	89

Something Sweet...

Chocolate brownie with vanilla ice cream	48
Vanilla ice cream with a mixed berry compote	48
Carrot cake	52
Baked cheesecake	48



Brandy flambéed orange butter sauce

Dear guests, as our kitchen is tiny, we'd appreciate if you do not make changes to the menu. If you would like to place a special order please note that it will take longer than usual to prepare. Thanks for your understanding.