

## EATING. WITH PURPOSE

### BREAD OF THE DAY

- essene bread – tuesdays** R50  
Sprouted organic wheat bread - a blend of ancient Khorosan and SA Witwol (both from Lowerland) - mashed together into a paste with a touch of sourdough starter and dessert salt. Slow baked at a low temperature to create a highly nutritious loaf.
- ezeziel – wednesdays** R50  
Inspired by the recipe given to Ezeziel by God himself. He was instructed to create a high protein substance before the famine struck. This loaf contains; Ancient wheats, malted barley-, millet- and chickpea flour combined with lentils, red beans and organic Teff (Lowerland).
- rene's rye – thursdays** R50  
A Wholegrain Rye bread from Tartine. Contains buttermilk, dark beer, flax-, sunflower-, pumpkin- and sesame seeds with a drop of honey. Made with SA grown rye (Lowerland)
- corn porridge bread – fridays** R40  
The ultimate "braai broodjie" bread. Bertie Coetzee from Lowerland Farm, Prieska, farms the tastiest organic yellow mielies. Seeing as mielimeel has no baking qualities, we created a porridge and merged it into country loaf dough.
- mosbolletjie – sundays** R50  
We don't need to tell you anything about this old "staatmaker". Enjoy with too much butter and Nastergal Jam.

## DAILY BREAD

<b>schoon sourdough</b> Our signature loaf, scripted with an "S", requiring 3 days. A combination of rye-, whole wheat- and bread flour makes for a delicious, flavorful everyday loaf for every occasion.	R35
<b>country loaf</b> A sandwich loaf for the daily bread bin. A white and whole wheat sourdough bread made with stoneground flour accentuates the creamy flavours of wheat and revives the memories of how real bread was once made.	R32
<b>baguette</b> A high crust to crumb ratio. Prepared with a long overnight ferment to develop flavor with an added South African touch of yellow maize meal.	R25
<b>rustique</b> A well hydrated loaf with a long overnight ferment baked at high temperatures offers a bread with a very thin crust and a big open, chewy crumb.	R30
<b>whole grain dark rye</b> A dark loaf with a long palate. Made with the only organic rye in the country. Nuances of roasted coriander and honey.	R45
<b>olive bread stick</b> Green olives held together by baguette dough.	R20
<b>cheese stick</b> Grana Padano in baguette dough. An upgraded version of the cheesy bun.	R20
<b>chocolate bread stick</b> A mixture of dark & white chocolate.	R20

## ON TOAST & TOASTED

croissant or toast with jam, boland cheese & salted butter	R45
essene toast with pecan nut butter & honey	R55
toasted country loaf with raw chocolate spread	R45
parsley butter with anchovies & lemon mash on toasted ezeziel	R45
bone marrow on dark rye with bluecheese cream & confit onions	R85
mosbolletjie french toast with banana, cinnamon tahini honey & clotted cream	R60
soft scrambled egg on sourdough with bacon / salmon trout & slow roast tomato	R72/ R88
smoked salmon on rene's rye with ginger & coriander ricotta with toasted chickpeas & mielies	R85
grilled cheese & kimchi	R72
bacon, brie, roast tomato & truffle aioli toasted	R72

## PASTRY OFFERING

<b>plain croissant</b> A layered dough with cultured butter, rolled and folded several times in succession	R20
<b>pain au chocolat</b> Made of the same layered dough as a croissant, filled with a chocolate ganache and drizzled with chocolate	R30
<b>almond croissant</b> The classic version of the breakfast pastry with a sweet almond filling topped with toasted almonds	R30
<b>kouignan in cinnamon, sugar &amp; orange zest</b> Cake (kouign) and butter (amann), the effect is similar to a muffin shaped caramalized croissant, containing layers of butter and sugar	R20
<b>baked cheesecake</b> Made with creamcheese, baked slowly and rested overnight to create a smooth thick texture	R45
<b>baked chocolate cheesecake</b> Made with creamcheese and raw cocoa powder and 65% dark chocolate	R45
<b>pasteis de nata</b> A custard tart with a delicate salty pastry crust. Traditional Portuguese	R25
<b>coconut quidim</b> Basically a coconut cream custard tart	R30
<b>plain friand</b> A small rich lemon cake traditionally made with almond-meal.	R25
<b>seasonal friand</b> Same as the plain friand, but zooshed up with the addition of berries	R25
<b>salted chocolate &amp; hazelnut caramel rye tart</b> Rye chocolate base lined with roasted hazelnuts and salted caramel topped with chocolate ganache. Made to share	R60

## GRAINS

chocolate & almond granola with whole milk & fresh banana	R30
cinnamon rice crispies with apples & whole milk	R48
za'atar bircher muesli with sour figs soaked in fragrant honey syrup	R48
soft mielie pap with burnt honey butter & toasted almonds	R40
mielie pap with truffle mushrooms & grano padano	R65
quinoa & poached chicken salad with a soft boiled egg	R70

## ADD ONS

smoked salmon trout	R40
bacon	R25
poached egg	R12

### NAKED JUICES & INFUSIONS

grapefruit, pear & beetroot	R35
pure apple with lemon & whole mint	R35
iced coffee sweetened with raw honey	R30
still   sparkling water	R15/ R30
tea of life kombucha buchu   original	R40

### HOT BEVERAGES

flat white	R24
red flat	R26
latte	R26
cortado	R22
americano with milk or pouring cream	R22
espresso	R18
hot chocolate a smear of dark chocolate ganache with steamed milk	R40
mocha a smear of dark chocolate ganache, a shot of espresso & steamed milk	R45
salted caramel malt pot	R45
twg tea- rooibos   earl grey   green tea	R30

#### Schoon espresso blend

3 parts Honduras organic, a medium/dark roast with aroma's of vanilla & hazelnut and flavours of nut & chocolate  
2 parts Brazil Cerrado, a medium roast with flavours of almond, chocolate & malt  
1 part Ethiopian Yigacheffe, a medium roast with sweet floral aroma's and a fruity,lemon complex flavour