

V Vegan option
GF Gluten Free



In a hurry?
CALL US TO ORDER

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BREAKFAST

SERVED EVERY DAY UNTIL 11AM

SIDES

Bacon 200/-
Tomato 50/-
Mushroom 200/-
Sausage 100/-
Avocado 50/-
Eggs 50/-

Muesli with fruit & Greek yoghurt 720/-
Muesli with nut milk 650/- **V**
Greek yoghurt with fruit 650/-

Pancakes with lemon & sugar 390/-
Pancakes with banana & chocolate spread 420/-
Pancakes with maple syrup 420/-
Cassava pancakes 450/- **GF**

Tomato on toast 400/- **V**
Any 2 eggs with toast 450/-
Eggy bread with grilled tomato 550/-
Poached Eggs on rye with avocado 550/-
Poached eggs on cauliflower rosti with avocado 650/- **GF**
Avocado with tomato on rye 450/- **V**

Plain omelet 300/- **GF**
Spanish omelet 440/- **GF**
Ham & cheese omelet 440/- **GF**
Spinach & Feta omelet 440/- **GF**
Add toast for 50/-

Bacon butty 550/-
Egg & Bacon butty 580/-
Egg, bacon & avocado butty 600/-
Sausage & caramelized onion butty 600/-
Sausage, caramelized onion & egg butty 650/-

Eggs Benedict 850/-
Eggs Florentine 850/-
Full English breakfast 1100/-

Breakfast pizza with
egg, bacon, mushroom & spring onion 800/-



STARTERS

Soup of the day 550/-

Chicken liver paté with rocket on rye served with tomato relish 600/-

MAINS

Fresh Ottolenghi salad bar 750/- per plate

Each day we serve a fresh selection of super healthy & delicious salads

Please ask our staff about ingredients in case of any allergies

The following are all served alongside the Ottolenghi salad bar

Quiche of the day 950/-

Grilled lemon & thyme chicken breast 1200/- **GF**

Ginger snapper with turmeric cauliflower rice 1200/- **GF**

Fillet steak on rocket with parmesan & balsamic vinegar 1500/- **GF**

Fab fish pie 1300/-

Beef lasagne 1200/-

Ottolenghi's cheese pie with spinach, herbs & filo pastry 1300/-

BURGERS

TRC burger with caramelized onions & cheese 950/-

Spiced chickpea burger 950/- **V**

Chicken Burger 950/-

EXTRAS bacon 200/- Egg 70/-

All are available without the bun **GF**

DON'T FORGET TO TRY OUR CHILLI & CORIANDER SAUCE

CRÊPES 950/-

Feta & coriander (add chicken)

Ham, cheese & homemade pesto

Spinach & ricotta

Tomato & pesto

CHAPATI WRAPS 950/-

Served with kachumbari & guacamole

Beef, chicken or mixed vegetables **V**



TOASTED SANDWICHES

750/- or to pile on the superfood salad 1100/-

Served on rye or ciabatta

Steak & onion with rocket

Steak melt

Ham & cheese

Bacon, cheese & avocado

Chicken, avocado & mayo

Chicken & pesto

Jamie's roast veg **V** OR add melted mozzarella

PIZZAS

Cheese & tomato 950/-

Ham & cheese 950/-

Ham & mushroom 950/-

Mixed grilled vegetable 950/-

Ricotta, spinach & garlic (no tomato sauce) 950/-

Add Rocket: 50/-

V For a vegan option, ask our waiters to hold the cheese

KIDS' MEALS

NO ADDED SALT/SUGAR

Kids' pizza 650/-

Sausages & french toast 650/-

Spaghetti Bolognaise 750/-

Chicken tagine with couscous 750/-

Fish pie 750/-

Shepherd's pie 750/-

Lentil pie 650/- **V**

SWEETS

Flapjack 300/-

Carrot cake 390/-

Banana bread 390/-

Sugar-free banana chai loaf 390/- **GFV**

Chocolate brownie 300/-

Gluten-free brownie 300/- **GF**



SWEETS...contd.

- Oat cookie 250/-
- Flourless chocolate cake 390/- **GF**
- Scones with jam and cream 390/-
- Double Belgian chocolate mousse 550/-
- Sticky toffee pudding 550/-
- Chocolate roulade 550/-
- Delia's icecream 250/- per scoop (various flavours)

DRINKS

HOT DRINKS

- Cappuccino 200/-, Espresso 180/-,
- Macchiato 180/-, Americano 200/-, Latte 250/-
- Mocha 350/-, French Press 200/-,
- Iced coffee 250/-, Babyccino 50/-

- English tea 180/-, Masala tea 200/-,
- Kenyan tea 200/-, Hot chocolate 250/-,
- Fresh mint tea 180/-,
- Fresh lemon & ginger with honey 200/-,
- Iced tea 250/-
- Selection of herbal teas 180/-

WATER

- Still or sparkling
- 1ltr 200/-
- 500ml 100/-

NAUGHTY DRINKS

- White wine, Red wine, rosé 350/-
- Tusker, Tusker Malt 300/-

FRUIT & VEGGIE JUICES 400/-

All of our juices & smoothies are freshly made & seasonal. There is the option for no added sugar

- Pineapple & mint, Tree tomato, Passion,
- Apple & kale, Carrot & apple
- Carrot, beetroot & ginger, Apple & cucumber

RAW SMOOTHIES 400/- **V**

- Mango & banana, Mango & pineapple,
- Avocado & pineapple, Banana & tree tomato,
- Green Goodness
- (cucumber, spinach, apple, lemon & ginger)
- Mint, celery, avocado, spinach, apple,
- honey & moringa

YOGHURT SMOOTHIES 450/-

- Banana & mango,
- Vanilla yoghurt with avocado & pineapple,
- Mango & passion,
- Mango, banana, spinach & mint
- Virgin Piña Colada **V**
- (pineapple, banana & coconut milk)

MILKSHAKES 500/-

- (Made with Delia's icecream)
- Salted Caramel, Toffee almond, Coffee bean,
- Chocolate, Vanilla

ADD MORINGA OR BAOBAB POWDER TO ANY DRINK FOR 100/-

MAKE YOUR OWN

If you'd like a combo that you don't see here, ask our staff & we will do our best to make it for you.