



our concept is our motto
 “food for living”
 we believe in sustainable, grass
 fed, organic, fresh, free range
 locally sourced produce
 we do not use processed refined
 sugars and we cook with the best
 coconut oil, butter and olive oil

BREAKFAST

Served with a choice of rye bread, sourdough or low carb (gluten free) bread

Breakfast of 2 eggs (any style), bacon, mushrooms, seared tomatoes and sweet potato sautés	R75
2 Boiled egg and soldiers	R35
2 egg omelette with bacon and honey	R65
Little Saint Granola with greek yogurt	R65
French toast sweetened with honey and topped with raspberry puree	R50
Add bacon	R20
Sweet potato tortilla (Spanish omelette)	R65
Croissant	R20
Add scrambled eggs and bacon	R35
Add jam and cheese	R20
Seasonal fruit salad	R55
Extras:	
Toast, Peanut butter, Macadamia butter, Little Saint Jam, Honey	R10 each
Spinach, Rocket, Cheddar	
Bacon, Mushrooms, Yogurt	R20 each

LUNCH

Salad or Sandwich

Salads made with mixed leaves / Sandwiches made with a choice of rye or sourdough

With

Triple cooked pork belly	R90
Minute steak	R90
Minted Lamb	R90
Tomato and herb chicken	R80
Sautéed seasonal vegetables	R70
Poached egg and bacon	R70