

MRKT

CAPE TOWN

BREAKFAST

DAILY BERRIES	R82.00
With yoghurt, honey and homemade muesli	
ASIAN BREAKFAST BOWL	R90.00
Rice, dice avocado, toasted nori, sesame seeds, smoked salmon, boiled egg, light soya	
MEDITERANEAN SCRAMBLED EGG	R85
With spinach, danish feta and olives	
ONYX BACON EGG SANDWHICH	R92
Bacon, fried egg, smoked barbeque relish	
AVO HUMMUS TOAST	R68
MRKT FARMERS	R105
Eggs, beef sausage, bacon, assorted mushrooms, grilled tomato	
TEXAN BREAKFAST	R78
Chargrilled corn, avocado topped with coriander and chilli oil	
WARM WINTER OATS	R75
Almond butter, banana, dried fruit	
BREAKFAST WRAP	R60
Scrambled egg, avo, chilli & coriander	
ADD Smoked Salmon	R20
Add Bacon	R20

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WRAPS

Chicken, parmesan, cos lettuce, Caesar dressing	R85.00
Chargrilled beef, corn, guacamole, coriander	R90.00
Grilled vegetables with pesto hummus	R75.00

TOASTIES

Chicken mayo	R62
Tuna mayo	R60
Cheese and tomato	R48
Smoked salmon & cream cheese	R70

OPEN SANDWICHES

Seared beef, caramelised onion, gherkins, mayo and mustard	R90
Smoked salmon, avocado, wasabi mayo, sushi ginger and sesame seeds	R90

MEALS

Served with chips or salad

Deboned baby chicken	R140
Chicken katsu burger	R105

SALADS

Chicken & calamari salad with honey and mustard dressing	R120
Thai chicken, baby gem, noodles, celery, cucumber & toasted cashew nuts	R115
Greek salad with fresh ciabatta croutons and a vinaigrette	R95

POKE BOWLS

Sushi rice, avocado, cucumber, ginger, toasted nori, toasted sesame, sweet soya	
Salmon	R110
Tuna	R110
Veg	R90