

# Roots Café



## Daytime Menu

*Spice up your day with our fresh specialities*

- **Chef's special butternut and beetroot salad** garden fresh greens, roasted butternut, beetroot, carrot shavings, red onion slices and cherry tomatoes. Served with roasted pumpkin seeds and fresh minted vinaigrette on the side R65
- **Pear and cranberry salad** with fresh salad leaves, caramelized walnuts, feta cheese and rosemary infused olive oil R70
- **Fresh garden salad** - salad leaves, cherry tomatoes, cucumber slices, red onion rings, peppers, feta cheese, olives, avocado - served with seasonal salad dressing and sprinkled with our fresh garden herbs R65
- **Nonto's famous spicy butternut soup** served with toasted health bread R45
- **Open sandwiches and wraps** on lightly toasted health bread, polenta medallion, or as a wrap R65
  - avocado, feta and seasonal herb pesto**
  - butternut and halloumi** with roasted cherry tomatoes and pumpkin seeds
  - sweet chilli chicken and gorgonzola** with pecan nuts and rocket from our garden
  - crispy bacon and camembert** with our home-grown rocket and homemade brown onion marmalade
  - salmon and cream cheese** garnished with our fresh herbs (open sandwich only)
- **Toasted sandwiches** with health bread, served with chips or salad R55
  - chicken mayonnaise**
  - cheddar cheese, bacon and tomato**
- **Naked homemade burger** - 180 g ground beef mince patty on a single bread roll, lettuce, fresh tomato, caramelized onions served with choice of chips or garden salad R85
- **Grilled chicken breast** with a light coriander dressing on a bed of couscous, served with a fresh garden salad with home-grown herbs R85
- **Spicy Thai fishcakes** and creamy mashed potato garnished with garden herbs R75
- **Crumbed tender chicken strips** served with chips R65
- **Grilled hake** with lemon and butter sauce, served with minted crush peas and caramelized carrots R80
- **Durban-style chicken curry (spicy)** served with turmeric rice, sambals, minted yoghurt and chutney R85
- **Rich pomodori meatballs on polenta medallion** served with peas R85
- **Lentils on polenta medallion** with fresh carrots, beetroot and parmesan shavings R65
- **Ploughman's platter ala St James** – a chunk of cheddar, a wedge of camembert, homemade pickles, preserves, dried fruit and lightly toasted bruschetta R90

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## Something a little sweeter

- **Seasonal fresh fruit salad** served with or without whipped cream or ice cream R35
- **Seasonal homemade fruit sorbet** no sugar R30
- **Classic vanilla ice cream with chocolate sauce** R35
- **Homemade chocolate brownie** served with berry compote and cream R65
- **Chocolate mousse** served with berry compote R45
- **Muffin** of the day R25

## Refreshing drinks

- **Delia's homemade lemon juice** R15
- **Freshly juiced**
  - Carrot and ginger juice
  - Super-beet (apples, beetroot, cucumber, lemon and mint)
  - Green machine (celery, spinach and granny smith apples) R25
- **Smoothies** variety from seasonal fruit available - dairy free and gluten free, or with yoghurt R30
- **Milkshakes** R20
- **Tea** Rooibos, Earl Grey, English Breakfast, Chamomile, Green Tea R15
- **Cappuccino** R20
- **Latte** R20
- **Hot chocolate** R20

For additional soft drinks as well as alcoholic drinks please refer to the bar menu

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