

Keto menu (clean low carb meals)

breakfast bowel

2 organic pasture raised boiled eggs with smoky crispy bacon, avocado, matured cheddar cheese, butter sautéed mushrooms, rosemary roasted cherry tomatoes, fresh cucumber, beetroot curls served on a bed of rocket spinach and kale leaves in a fragrant thyme and balsamic infused olive oil sprinkled with rosemary toasted pumpkin seeds R140

bending the Benedict

perfectly 3 poached eggs topped with rich truffle hollandaise sauce, crispy bacon curls, on a bed of fresh rocket, balsamic rosemary and olive oil roasted cherry tomato, beetroot curls, creamy goats cheese and, drizzled in thyme infused olive oil and sprinkled with sunflower seeds. Comes with our gluten free low carb seeded slice. R170

option:

*change bacon to thyme butter sautéed mushroom

*change bacon to smoked salmon R27

herb omelette dream

fresh moist herb omelette with smoked salmon roses, danish feta, oven roasted cherry tomato, avocado & fresh rocket. drizzled with thyme infused olive oil and served with our low carb seeded bread (gluten free) R170

power parma salad

2 organic pasture raised boiled eggs, cured parma ham slices, avo, crispy butter roasted Brussels sprouts, beetroot curls, cucumber, parmesan shavings and crushed walnuts served on a bed of fresh mixed leafy greens drizzled with rocket pesto dressing and balsamic vinegar. R170

sirloin supreme

succulent, flamed grilled sirloin medallions (organic and grass fed, grass finished) topped with melting rosemary and garlic farm butter served with oven roasted crisp seasonal cruciferous vegetables in Mediterranean seasoning, where simplicity enhances the natural bursting rich flavours and high nutrients content of the supreme ingredients.

option:

150 gr sirloin R240

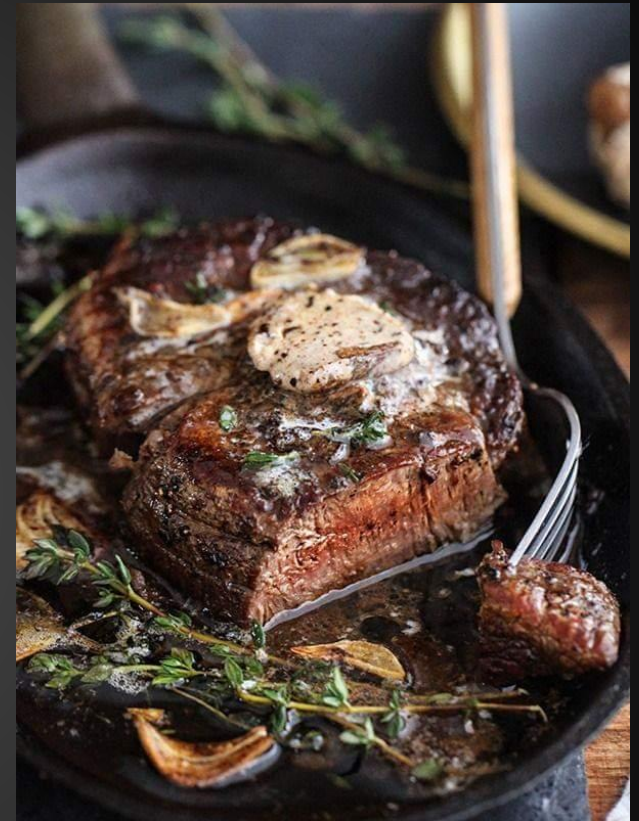
200 gr sirloin R270

keto speciality drinks

16 Oz (500ml) pure extracted celery juice R80

bulletproof keto ice coffee (almond milk base) R95

bulletproof keto ice chocolate R95



Rcaffe menu

Breakfast

the health booster

fresh seasonal fruit, ginger, cardamom touch, and fresh berries coulis, double cream yoghurt and our home made delicious honey roasted muesli loaded with seeds and nuts and dried cranberries.

medium R65

large R90

morning simplicity

3 smoky rashers of crispy bacon, 2 moist scrambled eggs, (pasture raised and organic), nutty rocket pesto, spring onion & watercress garnish served with seeded bread slice R90

vegetarian fix

2 perfectly poached eggs, balsamic, rosemary and olive oil oven roasted cherry tomatoes, fresh basil, feta & avo served with seeded slice R90

full monty

3 rashers of crispy bacon, decadent beef chipolatas, balsamic, rosemary and olive oil oven roasted cherry tomatoes, thyme butter sautéed mushrooms, seeded bread slice and 3 moist scrambled eggs R130

omelette roses

with fresh herbs, danish feta, thyme butter sautéed mushrooms, crispy bacon curls, balsamic and rosemary infused roasted cherry tomato, avo drizzled with a nutty rocket pesto. Served with seeded bread slice R160

mega croissant treat

our freshly baked real butter mega croissant, topped with a scrumptious scrambled eggs infused with black truffle oil & thyme touch, smoked crispy bacon roses, avocado and fresh rocket R145

farm eggs Benedict

butter toasted english muffin topped with organic pasture raised eggs, poached to perfection and drizzled with rich buttery hollandaise sauce joined with crispy bacon curls and sprinkles of fresh spring onion. R145

wrap it all up breakfast

our generous fat wrap all in one, filled with, fluffy scrambled eggs infused with truffle, thyme touch, butter sautéed mushroom, avo, smoky crispy bacon and sundried tomato sesame spread R130



Pasta

the cheeky chicken pasta

in a creamy garlic, mushrooms, thyme & truffle oil sauce, toasted almond bits, fresh basil and grated parmesano R160

Benny bene bolognese

beef mince in a homemade napoli sauce served on a penne pasta topped with fresh basil & grated parmesan R140

vegetable lasagna

fresh pasta sheets layered with roasted veg in homemade napoli sauce, parmesan & creamy béchamel sauce topped with grilled mozzarella cheese R110

meat lasagna

fresh pasta sheets layered with beef mince in homemade napoli sauce, parmesan & creamy béchamel sauce, complemented with grilled mozzarella R130

cafe meals

aromatic tender chicken curry

bursting with flavor, in a rich coconut leaf masala spices infusion, sprinkled with crushed toasted almond and fresh cilantro. served on a steamy jasmine rice R190

mamas chicken thighs

2 oven roasted chicken thighs in olive oil, chili, garlic rosemary and smoked paprika basting, stuffed with creamy goat cheese and served with a seasonal roasted vegetable, parmesan grating & fresh herb R180

not like any soups...

tomato soup to remember

rich creamy long roast tomatoes soup with fresh basil thick cream and grated parmesan R90

slow joe butternut soup

our signature ,slow cooked oven roasted butternut soup with infused coconut cream, aromatic spices, rosemary toasted pumpkin seeds & fresh cilantro R90



sandwiches and wraps

the french connection sarmie

our freshly baked MEGA butter croissant, with smoked sundried tomato sesame spread, imported mature emmenthaler cheese, avo, balsamic, rosemary and olive oil oven roasted cherry tomatoes drizzled with nutty rocket pesto topped with fresh rocket R130

option

add parma ham R39

yummmi bacon and brie sandwich

smokey crispy bacon , Smirnoff flamed caramelized pears, melting slices of brie cheese topped with fresh rocket, nutty rocket pesto and balsamic reduction drizzle on a rosemary bread spread with thyme butter R145

option

change to a wrap

rump stack sandwich

organic grass fed, grass finished flamed grilled medium to rare succulent rump slices stacked on whole wheat bread spread with sriracha mayo, fancy lettuce, balsamic and rosemary infused oven roasted rosa tomatoes, parmesan sprinkle and fresh rocket drizzled with garlic thyme oil. R190

option

change to a wrap

tender roasted leg of lamb wrap

shredded tender oven roasted leg of lamb in Mediterranean seasoning , smoked tehini, crispy yellow pepper, Spanish onion, cabbage and mint salad infused with sesame cumin and lime dressing, finished with double cream tzatziki & fresh cilantro R195

vegetarian stack

seasonal vegetables roasted in garlic, rosemary and olive oil topped with fresh basil and mozzarella cheese, drizzled with a nutty rocket pesto. served on a rosemary bread R135

roasted rooster sandwich

oven roasted chicken breast glazed with macadamia, cashew and ginger satay served on a shredded cabbage, lettuce, basil and spring onion salad infused with sesame oil ,soy and lime emulsion topped with fresh cilantro and toasted sesame seeds . served on a rosemary bread R150



gourmet handmade burgers

(all burgers served with hand cut potato wedges)

fit for kings, teriyaki chicken burger

grilled chicken fillets in teriyaki satay with sriracha slaw, avocado Spanish onion and fresh cilantro. R154

farmer jill veggie burger

seasonal fresh vegetables roasted in olive & Mediterranean spices joined together with fresh herbs to create our symphony of flavours veggie burger with smoked sundried tomato sesame spread, crispy roasted kale, flamed grill red onion rings and watercress garnish. R154

Can't say no beef burger

200 gr 100% succulent beef patty (grass fed, grass finished & organic) with sriracha mayo topped with melting brie cheese, bacon and sambuca flamed caramelized onion and fresh rocket. R190

Don't call me Lucy beef burger

200 gr pure juicy beef patty (grass fed, grass finished & organic) with smoked paprika aioli, melting mature cheddar cheese, fried egg, bacon and smashed avo with crushed nuts and rocket pesto topping 190

the Italian mafia burger

200 gr of flamed grilled 100% beef burger (grass fed, grass finished and organic) with sun dried tomatoes, garlic and fresh herbs aioli, balsamic oven roasted rosa tomato, melted mozzarella cheese, fresh basil and white wine flamed caramelised onion. R190

The french connection burger

200 gr flamed grill beef 100% beef burger (grass fed, grass finished & organic), with butter sautéed mushrooms, creamy truffle oil, parmesan and blue cheese sauce, flamed red onions and fresh rocket R190



Salads

pornstar chicken breast salad

oven roasted chicken breast slices glazed with teriyaki macadamia cashew and ginger satay, toasted sesame seeds, red cabbage ,cucumber, cherry tomatoes and Spanish onion served on a bed of leafy greens and dressed with soy sesame dressing R150

the healthy rancher salad

premium(organic, grass fed, grass finished) grilled medium to rare sirloin slices on a bed of lettuce, beet leaves, fresh herbs, rosa tomatoes cucumber, avocado, & rosemary toasted pumpkin seeds, in honey mustard vinaigrette and smoked balsamic reduction drizzle R210

prosciutto crudo la italia salad

with white wine flamed caramelized pears, gorgonzola cheese, dried cranberries, toasted glazed almond crunch, avo & fresh rocket leaves drizzled with thyme & balsamic reduction R195

Rock & roll and crispy butternut salad

crispy oven roasted butternut in olive oil, celery seeds and garlic basting, with creamy goats cheese, toasted rosemary pumpkin seeds, caramelized onion and crispy bacon bits (optional kale crunch instead bacon) drizzled with our homemade vinaigrette and smoked balsamic reduction. R130



Desserts

cookies

choc chip cookie R30

baklava

phyllo pastry rolled with crunchy crushed nuts and cinnamon filling, drizzled with cloves, cardamom, ginger, star anise, lime and honey infused glaze R40

cakes

baked cheese cake

our homemade melting in the mouth baked cheesecake with maple butterscotch base R70

carrot cake

our rich moist spiced carrot cake with velvety cream cheese frosting and crushed walnuts sprinkles R80

brownies

chocolate brownie

glazed with dark chocolate ganache and walnuts sprinkles R50

low carb banting\ keto brownie

glazed with decadent silky sugar free cocoa ganache R70

coffee and hot drinks

our award winning mocha crema artisan blend consists of 4 different beans originating from Ethiopia, India, Costa Rica and Brazil with a medium to dark roast, it is rich and complex with a bittersweet tang and a hint of chocolate flavor. *all hot drinks come in 350 ml cup

cappuccino R35

latte R35

white mocha R43

hot chocolate R39

red cappuccino R33

americano R30

chai latte R43

white hot chocolate R43

flat white R35

mocha R40

dirty chai R48

options for coffees:

change to deface R3

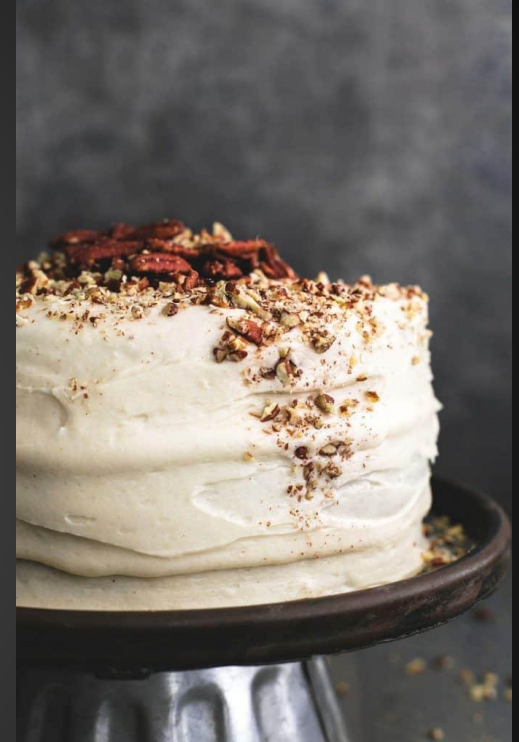
change to almond milk R18

change to soya milk R12

our mocha crema beans:

250gr beans R160

500gr beans R310



drinks

smoothies

(made with fresh fruits & bursting with natural vitamins & antioxidants)

freshly squeezed orange: the whole orange is blended with the pulp R58

energy bomb: mixed berries, seeds, banana, ginger, yoghurt & cranberry juice R74

delish detox: beetroot, carrot, apple, ginger and orange juice R74

tropical treat: cucumber, pineapple, mint, basil, ginger & passion fruit juice R74

spinach zinger: pear, spinach, ginger, cucumber, celery & apple juice R74

summer passion: sweet melon, mint, carrot, ginger and passion fruit juice R74

*add Moringa superfood magic for R18

iced drinks

café freddo

our iced kickass espresso, frothed & served without milk R45

cappuccino freddo

our iced kickass espresso, as above but with a full cream milk R61

mochaccino freddo

now add to the cappuccino freddo yummy chocolate R69

cioccolata fredda

rcaffè iced chocolate R65 or iced white chocolate R69

change to almond milk R18

change to soya milk R12

homemade slushy icy tea

our freshly made lemon and mint, crushed ice tea R65

shake it up milkshakes

vanilla R60 | chocolate R70

strawberry R75 | cappuccino R75 | peanut butter R75

Fresh juices

large 100% fresh fruit juices

mango, orange, passion fruit, apple R45 cranberry R55

