

## banting breakfast

### **scrambled eggs deluxe**

creamy scrambled eggs on our banting seed bread (carb & gluten free) spread with sun-dried tomato pesto with smoked salmon, avocado & rocket **125**  
or with crispy bacon, avocado & rocket **105**

---

### **banting benedict**

poached eggs topped with rich hollandaise sauce, crispy bacon, creamy goats milk cheese, cherry tomatoes roasted in rosemary and olive oil, sprinkled with pumpkin seeds & served on a bed of fresh rocket **115**

---

### **herb omelette dream**

fresh herb omelette with smoked salmon, danish feta, oven roasted cherry tomato, avo, smoked salmon & rocket, served with our banting seed bread (carb & gluten free) **128**

---

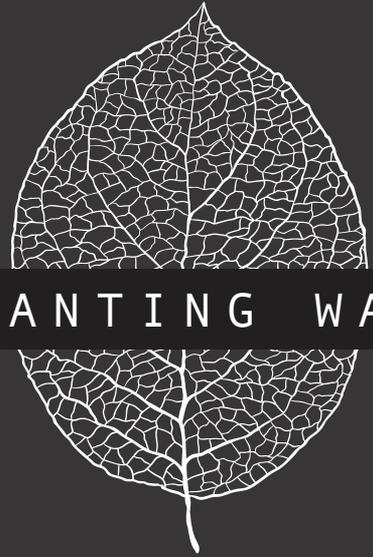
### **power parma salad**

soft boiled eggs, parma ham, avo, sun-dried tomato (marinated in olive oil, garlic & basil), toasted almond flakes & parmesan shavings served on a bed of fresh mixed greens **128**

---

### **mozzarella italiana**

oven baked cherry tomatoes in olive oil, rosemary & crispy bacon, topped with melted fior de latte cheese & fresh basil **115**



BANTING WAY

### **banting seed bread**

the rcaffé low carb seed bread is baked on the premises. It is gluten free, yeast free, dairy free and does not contain soya products. bread subject to availability

## banting lunch

### **sirloin supreme**

sirloin medallions in rosemary & garlic, served with rocket salad, roasted crispy butternut, feta & pumpkin seeds **180**

---

### **tender mediterranean lamb**

oven roasted leg of lamb in rosemary & garlic served on seasonal roasted vegetables, fresh coriander, aubergine sauce & double cream tzaziki **180**

---

### **mamas chicken thighs**

rosemary, garlic & chili oven roasted chicken thighs stuffed with goats milk cheese. served with a roasted vegetable, feta, parmesan & fresh herb bake topped with almond flakes & fresh basil **150**

