

WELCOME TO

THE GRIND 

@THEGRINDZA

This menu is printed on
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THE GRIND COFFEE

We are proud stockists of the following non-dairy milks: *Almond Breeze | Almond Milklab | Alternative Oat Milk | Coconut Milk | Macadamia Milk | Soy Milk*

Short Black*	R25
Long Black	R25
Macchiato	R27
Piccolo	R27
Gibraltar	R27
Flat White	R30 / R32
Cappuccino	R30 / R32
Latte	R32
Magic Grind*	R28
Mocha	R36
Monate Hot Chocolate	R35
Spiced Chai Latte	R45
Matcha Latte	R35
Turmeric Latte	R30
Beet Latte	R30
Rooibos Latte	R30
Extra Shot Extra Single Origin	R5
*All of the above is available with our single origin bean of the day	

TEA	R25
Rooibos Earl Grey Ceylon Mint Chamomile Jasmin Chai Tea	

PRESSED JUICE

All juices & smoothies are vegan friendly.

Pressed Green: spinach, cucumber, celery, lemon, apple	R40
Pressed Yellow: yellow pepper, pineapple, lemon, apple	R40
Pressed Orange: spinach, cucumber, celery, lemon, apple	R40
Pressed Red: beetroot, spinach, lemon, apple	R40
Pressed Scarlet: red pepper, orange, mint, apple	R40
Only Orange: plain pressed orange juice	R40
Only Pineapple: plain pressed pineapple juice	R60
Custom Juice: create your own juice	R60
Healthy Shots (50ml): ginger, lemon; cayenne pepper	R25
Health Shot - Plain Celery	R15
Health Shot - Plain Ginger	R15

ICED SMOOTHIES

Berry & Basil (v/ve)	R45
Watermelon & Mint (v/ve)	R45
Acai (v/ve)	R60

SUPER SMOOTHIES

Also available in Vegan (Alternative Milk) *Almond, Coconut, Soy & Oat milk*

Salted Caramel: spinach, cucumber, celery, lemon, apple	R60
Chia Charge: natural peanut butter, soya milk, banana, chia seeds, cinnamon	R60
Morning Moringa: pineapple, melon, yoghurt, moringa, honey	R60
Feel-Good Flaxseed: strawberries, banana, yoghurt, flaxseed, honey	R60
Berry Baobab: mixed berries, rooibos, baobab, maple syrup	R60
Avant-Garde Avo: pressed green, avo	R60
Strawberry Bowl: frozen strawberries, yoghurt topped with corn flakes, fresh strawberries, almonds & cranberries	R95

BOTTLED WATER

San Pellegrino	500ml R28 750ml R60
Aqua Panna	500ml R28 750ml R60
Antidote Water	500ml R25
Generosity Water	R20

SOMETHING SWEET

Sweet Potato Brownies	R35
Banana Bread	R40
Apple Crumble	R45
Chickpea Cookie	R22

Something Sweet - All Gluten & Sugar Free

COLD BREAKFAST MENU

Acai Smoothie Bowl (v/ve) - mixed berries with acai puree topped with granola, strawberries and fresh bananas	R95
Strawberry Bowl (v) - frozen strawberries with yoghurt topped with corn flakes, almonds, cranberries and fresh strawberries	R95
Choc Peanut (v/ve) - Frozen bananas with peanut butter topped with granola, fresh bananas and drizzled with maple syrup	R95
Pawpaw Boat (v/ve) - yoghurt, granola and honey	R60
Fruit Salad (v) - mixed seasonal fresh fruits	R75

HOT BREAKFAST MENU

Served With 2 Slices Rye or Wholegrain or Sourdough.

ADD Tortilla Wrap - R12 | Sweet Potato Rosti - R18 or Gluten Free Bread - R25

Scrambled eggs with basil pesto (v) three scrambled eggs, basil pesto and a super-food crumble	R60
Tofu Scramble (ve) scrambled tofu, butter beans, baby spinach, peppers, onions and tomato	R90
Smoked Salmon & Poached Eggs smoked salmon, sour cream and two poached eggs	R90
Smashed Avo (v/ve) avo smash, danish feta, strawberries or pomegranate seeds and a super-food crumble	R90
Smoked Salmon & Scrambled Eggs smoked salmon, three scrambled eggs and beetroot infused cream cheese	R95
Poached Eggs with Spinach & Mushrooms (v) two poached eggs, spinach, mushrooms and grilled salsa	R95
Shakshuka (v/ve) beyond meat sausage in a rich tomato sauce served with either poached eggs or tofu	R130
Sweet Pancake (v/ve) sweet pancake with coconut cream, fresh fruit and stewed berries	R75
Gluten Free Flapjacks (v) whipped cream, sliced banana, mixed berry compote and honey	R75
Egg & Avo Croissants two scrambled eggs and avo on a croissant	R55
Quinoa Porridge (v) quinoa, orange and cinnamon	R80

ADD EXTRA

Muesli	R25
Yoghurt	R25

Our free range organic eggs can be ordered fried, scrambled, poached & boiled.

3 EGG OMELETTE

Omelette made with 3 eggs or egg whites.

Vietnamese Omelette (v) - exotic mushrooms, carrots, peppers, spring onion and sweet chilli sauce	R95
The Vegetarian (v) -beyond meat mince, mushrooms and tomato	R115
Chicken Omelette - chicken, cheese and tomato	R95
Spicy Omelette filled with olives, capers, fresh tomato and chilli	R90
Custom Omelette custom omelette with favourite fillings	

ADD EXTRA

Cherry Tomatoes	R12	Avo	R20
Mozzarella Cheese	R15	Feta	R12
Baby Spinach	R15	Chicken	R25
Mushrooms	R15	Beyond Sausage	R60
Sausage	R60	Beyond Patty	R60
Salmon	R38	Fresh Chili	R5
Sweet Corn	R8	Parmesan Cheese	R15
Olives	R12	Basil Pesto	R5
Red Onions	R8	Tuna	R12
Spring Onions	R8	Caramelised Onions	R8

**Please ask your waiter for options not listed.*

BREAKFAST BOWLS

Beans & Lentils (v) (chili) - two poached eggs, butter beans, lentils, tomato & onion salsa, corn, avo and spring onion	R90
Sweet Potato & Greens (v) - two poached eggs, baby spinach, broccoli, sweet potato, cucumber and spring onion	R90
Salsa Verde (v) - two poached eggs, salsa verde, avo and caramelised onions	R80
Quinoa & Fritters (v) - two poached eggs, quinoa & baby marrow fritters and sautéed vegetables	R95
Quinoa & Avo (v) - two poached eggs, quinoa, avo, roasted cocktail tomatoes and a herbed greek yoghurt	R85

(ve - vegan | v - vegetarian)

SANDWICH MENU

Sandwiches prepared on Rye, Wholegrain, Sourdough or Gluten Free Bread

Old School Cheese & Tomato (v)

simply fried egg with pan fried tomato slices and mozzarella cheese

Simply Tuna & Mayo

tuna lightly mixed with mayo, celery, red onion and lemon juice

Chicken Mayo & Rocket

lightly grilled chicken mixed with red onion, mayo and rocket

Righteous

mozzarella, tomato, basil pesto, cream cheese and a balsamic reduction

Trustworthy

brie cheese, apple slices, rocket, cream cheese and cranberry sauce

Incorruptible

grilled chicken, smashed avo, danish feta, caramelized onions, rocket & cream cheese

Reputable

smoked salmon, pickled red onion, baby spinach and cream cheese

R55

R95

R85

R80

R90

R90

R95

HEALTHY APPETITE

Our Toasts are Served on One Slice of Rye, Wholegrain. Sourdough & Gluten Free Bread

Green Toast (ve)

hummus, avo, baby spinach, kale chips and fresh chilli

Red Toast (ve)

hummus, cocktail tomatoes, vegan ricotta, red peppers and chilli oil

Purple Toast (ve)

almond butter, fresh berries, chia seeds and maple syrup

Chickpea Mayo Toast (ve)

chickpeas and vegan mayo

Sweet Potato Chips & Tzatziki (ve)

Vietnamese Summer Rolls (ve)
rice paper filled with crunchy vegetables and a sweet chilli sauce

Cauliflower Wings

with a tahini dipping sauce

R65

R55

R55

R55

R45

R60

R70

WRAP MENU

Sincere

grilled asian aubergine, caramelised onion, danish feta, mixed nuts, baby spinach and cream cheese

Truthful

honey glazed butternut, pumpkin seeds, grilled peppers, rocket, cream cheese and basil pesto

Genuine

roasted tomato, sweet potato, caramelised onion, rocket and cream cheese

Straight Forward

smoked salmon, pickled red onion, avo, baby spinach and cream cheese

Incorruptible

grilled chicken, smashed avo, danish feta, caramelised onions, rocket and cream cheese

R95

R95

R95

R95

R95

SPECIALS

Chicken Stir Fry on Black Rice

seasonal vegetables, pan fried chicken on a bed of black rice

Chicken Schnitzel

oven baked crumbed chicken breast served with homemade sweet chilli mayo and a side salad

Meze Platter (V)

locally sourced nuts with homemade pickles, olives, tapenade, hummus, peppadews, cucumber and celery slices and assorted cheeses and cheese biscuits

Black Fried Rice Exotic (V)

exotic black rice with seasonal vegetables and organic eggs

Sticky Buffalo Wings

lightly marinated chicken wings served with spicy potato wedges

R120

R115

R220

R95

R150

UBER
eats

Your favourite *The Grind Greenery* meals now available on uber eats.

(ve - vegan / v - vegetarian)

SALAD MENU

Brie Salad (v)

baked brie, apple, pecan nuts, baby spinach and a citrus vinaigrette

Citrus Chicken Salad

orange glazed chicken, baby spinach, orange segments and vinaigrette

Butternut & Beetroot Salad (v)

pickle beetroot, butternut, danish feta and tzatziki

CHOOSE 1 BASE TO SERVE WITH THE ABOVE

Black Rice

Quinoa

Couscous

Chopped Green Salad

LUNCH MENU

Chicken Cajun Salad

chicken, lettuce, cucumber, cherry tomatoes, avo, olives, and assorted peppers

Meditarian Tuna Salad

tuna with red onion, cucumber, cherry tomatoes, peppers, olives, feta, chickpeas and lettuce

Quinoa & Baby Marrow Fritters (v/ve)

with avo salsa

Oven baked Melanzane alla Parmigiana (v)

layers of aubergine, cheese sauce, homemade tomato sauce and parmesan cheese

Deconstructed Sushi (v/ve) – R105

smoked salmon, avo, cucumber, nori, mayo, pickled ginger served with black rice

Black Rice Bowl (v/ve)

black rice and peanut – with mushrooms, butternut, babay marrow, baby spinach, sweet potato, sprouts and peanut sauce

Black Rice & Tofu (v/ve)

served with edamame beans, broccoli, roasted tomatoes, avo and hoisin sauce

Quinoa & Hummus (v/ve)

quinoa, hummus, lentils, sweet potato wedges, baby spinach, coleslaw and avo

Chicken Burrito Bowl

avo, black beans, chicken, sweet corn, spring onion, black rice and cherry tomatoes

EXTRA SIDES

Black Rice

Tofu

Sweet Potatoe Fries

Coleslaw

Green Salad

Couscous

Quinoa

BURGERS & HOTDOGS

Tofu Sesame Burger (v/ve)

crumbled tofu with sesame seeds and spring onion pan fried patty served on a black roll with lettuce and pickled ginger

Portobello Mushroom Burger (v/ve)

creamy mushrooms, pan fried caramelised onions and peppers served on a black roll with lettuce and avo

Beyond Meat Vegan Cheese Burger (v/ve)

beyond patty served with mixed lettuce, caramelised onions, grilled tomato with a spicy mayo and vegan cheese

The Mac Beyond Burger (v/ve)

beyond patty, shredded iceberg lettuce, white onions with our secret big mac sauce and vegan cheese on a black roll

The Mac Beyond Burger

beyond patty, shredded iceberg lettuce, white onions with our secret big mac sauce and vegan cheese on a black roll

The Hawaiian Beyond Burger - beyond patty

with grilled pineapple, mixed lettuce and sliced red onions on a black roll

Beyond Hotdog - beyond sausage, gherkins,

pickled onions, mayo and tomato sauce on a white hotdog roll

The Classic Chicken Burger - pan fried chicken

breast with peppers, caramelised onions, avo and lettuce on a black roll

**All our burgers and hotdogs served with a choice of coleslaw, green salad or sweet potato fries.*

YOU MAY ADD

Beyond patty

Beyond sausage

Mustard

Mozzarella (v)

Cheddar (ve)

Jalapeno

Avo

FROZEN MEALS

**Ask our waitrons about our frozen meals.*

Spinach & Butternut Lasagna

Chicken & Mushroom Pie

Mixed Vegetable Soup

Lentil & Vegetable Pie

Chickpea Curry with Couscous

R90

R95

R80

R95

R110

R85

R105

R105

R95

R95

R95

R115

R25

R15

R25

R15

R30

R15

R20

R95

R105

R140

R140

R140

R140

R130

R130

R60

R60

R5

R15

R12

R8

R20

R125

R115

R65

R95

R105

(ve - vegan / v - vegetarian)

COCKTAIL MENU

Strawberry Daquiri	R00
Pina Colada	R00
Mojito	R00
Blue Lagoon	R00
St German Spritz	R00
Martini 0.0 (non-alcoholic)	R00

CHAMPAGNE

Lanson Black Babel Brut	R995
Steenberg Chardonnay Brut (Sparkling wine)	R390

RED WINES

	Glass	Bottle
KWV VR Classic Merlot	R55	R145
Landskroom Pinotage	R60	R175
Zonn Shiraz	R65	R180
Kanonkop Kadette	R80	R215
- Cape Blend		
Coming Soon	R00	R00
Coming Soon	R00	R00

BEERS & CIDERS

Amstel Lager	R25
Amstel Light	R25
Heineken	R28
Peroni	R00
Miller	R00
Corona	R00
Windhoek Draught	R00
Savanna	R00
Hunters dry	R00
Flying Fish	R00
Bernin	R00
Belgravia	R00

WHITE WINES

	Glass	Bottle
Diemersfontein Chenin Blanc	R55	R145
Mulderbosch Sauv. Blanc	R60	R170
Fat Bastard Chardonnay	R65	R180
Coming Soon	R00	R00
Coming Soon	R00	R00
Coming Soon	R00	R00

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