

All day BREAKFAST

bliss
balls 18

WEEKDAYS 7AM-3.30PM

SATURDAYS BREAKFAST ONLY 8.30M- 1.30PM

TO FEED
THE
HEART
& SOUL

FOOD FACT

WE SOURCE SUPPLIERS MINDFULLY - SMALL PRODUCERS. LESS PROCESSED.
MEAT & EGGS ALWAYS FREE RANGE PASTURE REARED. ANTIBIOTIC FREE
WE ARE WHAT WE EAT - FUEL YOUR BODY. BALANCE WITH THE GOOD STUFF
REAL HOMEMADE FOOD. BETTER CHOICES. HEALTHY HABITS
COOKED FROM SCRATCH - SO WE CAN TELL YOU WHAT'S IN IT
PACKAGED IN PLANTS - NO STRAWS, NO PLASTIC
BECAUSE YOUR FOOD SHOULD NOT COST THE EARTH. **BIODEGRADABLE.**

EGGS

Free range farm eggs & bacon

JOHNNY DEPP

2 POACHED EGGS, SOURDOUGH,
CRISPY BACON, ROAST TOMATOES,
HOLLANDAISE* 88
(V) SWAP BACON FOR AVO*

LARDER COOKED

2 EGGS POACHED OR SCRAMBLED,
CRISPY BACON, ROAST TOMATOES,
TOAST 75 (V) SWAP BACON FOR AVO*

JOHNNY SLIM

2 POACHED EGGS SOURDOUGH
TOAST, HOLLANDAISE* 58 (V)

PARADIS

2 POACHED EGGS, SAUTÉED ONION &
SPINACH, HOLLANDAISE* 68 (V)

MUSHROOM RAGU ON TOAST,
SOURDOUGH, MUSHROOM THYME &
GARLIC RAGU, POACHED EGG 65 (V)

AVO CRUSH*

SOURDOUGH, CRUSHED AVO,
POACHED EGG, FETA, CHILLI 65 (V)

FRITTATA SEASONAL ROAST
VEGETABLES, EGGS, HERBS 35 (V)
WITH SALAD 50 / WITH AVO 65

EGG & BACON BUTTIE

1 FRIED EGG, CRISPY BACON,
HOMEMADE BUN, HOUSE KETCHUP 50

EGG MARMITE SARNIE (V)

CHOOSE SOURDOUGH OR BUTTIE
HERBY OMELETTE & MARMITE 45

HALOUMI SCRAMBLE

EGGS, TOASTED SESAME SEEDS,
SPINACH, SUMAC, TOAST 62 (V)

EGGS ON TOAST

POACHED OR SCRAMBLED 48 (V)

SALMON SCRAMBLE

3 EGGS, SMOKED SALMON TROUT,
LEMON CREAM CHEESE 98

OMELETTES

Free range farm eggs

MEXICAN ROCKET 3 EGGS,
HERBS, CHILLI, FETA & ROCKET 48 (V)

HERBY 3 EGGS HERBS & LEMON
CREAM CHEESE 48 (V)

SHROOM 3 EGGS, BRIE, CREAMY
MUSHROOM, SPINACH & HERBS 70 (V)

VEGAN FARINATA (V+) CHICKPEA
FLOUR OMELETTE, ROAST TOMATOES,
"CHEDDAR", AVO & PLUM KETCHUP 70

BAKERY

SWEET TREATS - SEE THE COUNTER

CINNAMON BUNS 20 (V)

AVOCADO* TOAST

ROCKET, LEMON 55 (V+)
ON ARTISAN SOURDOUGH, WHOLE-
WHEAT, RYE / GLUTEN FREE SPINACH
BREAD 60

CROISSANT FRENCH TOAST

WITH CARAMELISED BANANAS,
YOGHURT, TOASTED COCONUT, MAPLE
SYRUP 65 (V)

BUTTERMILK SCONE

LARDER JAM OR MARMALADE,
BUTTER, SOUR CREAM 35 (V)
WITH JAM SELECTION 55 (V)

PIMPED SUPERFOOD BANANA BREAD
WITH HONEYED YOGHURT, TOASTED
COCONUT, NUTS 70 (V)

GLUTEN FREE & REFINED SUGAR FREE

BOWLS

GRANOLA (GF, RSF)

HOUSE NUT & SEED CINNAMON SPICED
GRANOLA, GREEK YOGHURT 70
*ASK WAITER FOR (V+) OPTION

AÇAÍ BOWL(V+) (GF, RSF)

ANTIOXIDANT OVERLOAD SMOOTHIE
WITH BLUEBERRY, BANANA &
CINNAMON 95

COFFEE

Ethically sourced African beans

FLAT WHITE 210ML 22 / 26
LATTE 310ML 26 / 30
AMERICANO 18 / 22
ESPRESSO 16 / 20
MACCHIATO 21 / 25
CORTADO 21 / 25
ICED COFFEE 32
LOADED 30/ MOCHA 30
SOY 5/ ALMOND 10 / CREAM 5

SIGN UP FOR
coffee loyalty

CAFFEINE FREE

REAL HOT CHOCOLATE 35
VEGAN HOT CHOC 30/35
RED CAPPUCINO 210ML 30
RED VELVET BEET LATTE 35
GOLDEN TURMERIC LATTE 35
MATCHA LATTE 48

SIDES

BREAD & BUTTER 15
(GLUTEN FREE SPINACH BREAD AVAIL)
LARDER JAM OR MARMALADE 10
THICK HAND CUT CHIPS 25
AVOCADO 30*
(*SEASONAL PRICE VARIANT)
DALEWOOD BRIE 25
FREE RANGE CRISPY BACON 30
MUSHROOM RAGU 25
ROAST TOMATOES 18
SMOKED SALMON TROUT 50

BARGAIN BREAKFAST

Weekday combo's before 10am

SINGLE FLAT WHITE OR
AMERICANO WITH..

CINNAMON BUN & COFFEE 35
E&B BUTTIE & COFFEE 60
FRITTATA & COFFEE 50
EGG SCRAMBLE & COFFEE 45
2 EGG OMELETTE & COFFEE 50
SALMON EGG BUTTIE & COFFEE 75

Catering available

(V) = Vegetarian (V+) = VEGAN *Hollandaise sauce & mayonnaise contains raw eggs, not suitable for pregnant or immunocompromised

www.thelarder.co.za TEL:021 671-1958 @praisethelarder

Lunch

FRESH HONEST FOOD TO FEED THE HEART & SOUL

WEEKDAYS 11AM-3PM

DAILY

SOUP 35 / BREAD 50 (V)

FRITTATA (V) ROAST SEASONAL VEG,
HERBS & FETA WITH SALAD 50

FALAFEL PLATE (V)

SWEET POTATO FALAFEL, TZATZIKI, BRIE,
AVOCADO*, HUMMUS, CORN
CHIPS, SALAD 95
WITH BREAD & BUTTER 110
*ASK WAITER FOR (V+) OPTION

GOURMET SAUSAGE ROLL

CHICKEN, LEMON & CHILLI,
HOUSE CHUTNEY, SALAD 55

THE BURGER

180G PASTURE REARED BEEF BURGER,
SESAME BUN, CARAMELISED ONIONS,
PICKLE, MAYO, KETCHUP,
THICK HAND CUT CHIPS 98
WITH BRIE 123 / WITH FRIED EGG 108

CHICKEN BURGER

CHICKEN BURGER, SESAME BUN, HOUSE
CHUTNEY, ASIAN SLAW, AVOCADO*
THICK HAND CUT CHIPS 98
WITH FRIED EGG 108

FALAFEL BURGER (V+)

SWEET POTATO FALAFEL, SESAME BUN,
HOUSE CHUTNEY, ASIAN SLAW,
AVOCADO*, THICK HAND CUT CHIPS 98
WITH FRIED EGG 108 (V)

SALAD

GARBANZO (V)

CHICKPEAS, MINT, FETA, TOMATOES,
AVOCADO, SEEDS, CHILLI, LEMON
CHILLI DRESSING 75

*ASK WAITER FOR (V+) OPTION

PLANT POKE (V+)

SWEET POTATO FALAFEL, ASIAN SLAW,
AVO, HUMMUS, ROCKET, QUINOA,
WASABI DRESSING 78

SPICY CHICKEN POKE

CHICKEN, ASIAN SLAW, AVOCADO*,
CUCUMBER, SESAME SEEDS
CHIMICHURRI DRESSING 105

OMEGA

SMOKED SALMON TROUT, SPINACH,
AVOCADO*, CHIA, TOASTED SEEDS,
FETA, LEMON DRESSING 115

WINE

*AVAILABLE AFTER 11AM /250ML GLASS

WHITE

SPIER SAUVIGNON BLANC 58 / 165

SPIER CHENIN 55 / 150

RED

SPIER MERLOT 65 / 180

SPIER BLEND 65 / 180

BUBBLY 750ML

SPIER SECRET SLIGHTLY SWEET,
PINK & FULL OF SUNSHINE 250

BOTTOMLESS MIMOSA R95*
WITH ANY MEAL

CRAFT BEER

BARKING DOG

SIT STAY / IPA 440ML/39

FETCH / LAGER 440ML/39

ANKLEBITER / PALE ALE 440ML/39

DRAGON FIERY

GINGER BEER 330ML / 39

TEAS

CEYLON, ROOIBOS 20

MINT INFUSION, GINGER INFUSION 25

HOT LEMON 10

NIGIRO LEAF TEAS

ORANGE & SPICE ROOIBOS 25

STRAWBERRY & VANILLA ROOIBOS 25

SAKURA JAPANESE CHERRY BLOSSOM 25

MASALA CHAI / LADY GREY /JASMINE 25

ORGANIC MATCHA / 35

SOFT DRINKS

STILL WATER 500ML

COOL REUSABLE BOTTLE 25

SPARKLING WATER 15

GINGERBEER 15

LEMONADE & MINT PRESSE 28

HOUSE ROOIBOS ICED TEA 28

JUICEBOX FIZZ SEASONAL 35

UBER MANGO & VANILLA 35

COLD PRESSED JUICES

PLEASE ASK FOR

SEASONAL FLAVOURS 39

Catering available

SANDWICHES / WRAP

Vegan coconut wrap / Add R12

HUMMUS DELIGHT (V)

HUMMUS, PEPPERS, BRIE,
AVOCADO*, CUCUMBER, SALAD 70

*ASK WAITER FOR (V+) OPTION

BAHN MI

FREE RANGE CHICKEN,
SPICY SLAW, PEPPERS
PEANUT MAYO SAUCE 85

VEGAN MI (V+)

AVOCADO*, SPICY SLAW
PEANUT "MAYO" SAUCE 80

BELLA FALAFEL (V)

SWEET POTATO FALAFEL,
AVOCADO*,
TZATZIKI, SALAD 70

CHICKEN MAYO

FREE RANGE CHICKEN,
MUSTARD MAYO,
PESTO & SALAD 75

TOASTIES

Artisan sourdough, wholewheat, rye.

Gluten free spinach bread + R5.

Eat in served with salad

THE SHROOM (V)

CREAMY MUSHROOMS,
SPINACH, DALEWOOD BRIE 60/75

CHICKEN MAYO

CHICKEN, HOMEMADE MUSTARD
MAYO & PESTO 60/75

THE BASIC (V)(V+)

MATURE CHEDDAR & TOMATO 50/65

EGG MARMITE BUTTIE (V)

HERBY OMELETTE & MARMITE 50

SPANAKOPITA (V)(V+)

MATURE CHEDDAR, FETA,
SPINACH, PESTO 60/75

*VEGAN CHEESE (V+) +25

* hollandaise sauce & mayonnaise contains raw eggs, not suitable for pregnant or immunocompromised

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