



THE BREAK ROOM EATERY

2 Quarry Road, Hilton
Mon to Sat, 8am to 3pm
Open public holidays



BREAKFAST

AVO ON TOAST R95

Avo on toasted sourdough with beetroot hummus, peppadew relish, Everything spice and feta.

COWBOY BEANS R88

Baked beans, chickpeas and butter beans in a curry sauce, two poached eggs and sourdough.

THE CROAST R140

Croissant toast, poached egg, smashed avo, haloumi, hot honey, rocket and hard cheese snow.

PEANUT BUTTER CHOC OATS R89

GF V N

Gluten free oats topped with almond crunch, housemade granola, pumpkin and sunflower seeds.

THE TURKISH R135

Creamed feta, mushrooms, shakshuka, avo, two poached eggs, Everything spice and toasted sourdough.

THE FORAGER R125

V

Pan fried mushrooms, spinach, onion marmalade, a hint of chilli, vegan mayo and beetroot hummus on sourdough.

Add extra avo, smoked brisket or vegan bacon.

SMOKED TROUT 'N EGGS R140

Three scrambled eggs, avo and locally sourced smoked trout with Everything spice, micro greens and sourdough.

BIRDS NEST ROSTI

Potato rosti, cheese sauce, poached egg and hollandaise.

Spinach and mushroom R95

Bacon, spinach and mushroom R115

Smoked trout and spinach R135

SMOOTHIES

BOWL / 500ML / 350ML

MAKING ME CACAO R125 / R85 / R75

GF V N

Frozen banana, peanut butter, cacao, chia seeds, maca, hemp, desiccated coconut and almond milk. Bowl topped with housemade granola, banana, cacao nibs and a peanut butter drizzle.

SUNRISE DREAMING R120 / R85 / R75

GF V

Frozen mango, banana, mint, granadilla pulp, cucumber, pea protein and coconut milk. Bowl topped with seasonal fruit and housemade granola.

AÇAÍ BERRY R135 / R89 / R79

NEW GF V

Frozen mixed berries, açai, banana, coconut milk, chia seeds and mint. Bowl topped with seasonal fruit and housemade granola.

SALTED CARAMEL PEANUT BUTTER CHOC R130 / R85 / R75

GF V N

Frozen banana, dates, Himalayan salt, almond milk, peanut butter drizzle and vegan chocolate. Bowl topped with banana, housemade granola, coconut shavings and sprinkled nuts.

PEANUT BUTTER CACAO R130 / R85 / R75

GF V N

Frozen banana, cacao, peanut butter, Himalayan salt and almond milk. Bowl topped with housemade granola, desiccated coconut and cacao nibs.

THE GROUNDED R125 / R80 / R70

NEW N L

Mesquite, yoghurt, dairy milk, dates, peanut butter and cocoa powder. The bowl has banana in it too.

Mesquite is a superfood espresso made from the mesquite plant.

LUNCH AT THE BREAK ROOM

HOME OF THE SUSHIDOGG



LUNCH

POKÉ BOWL

GF V

Sushi rice, greens, brown rice or broccoli and cauliflower rice, with pineapple, edamame, cucumber, pickled cabbage, carrot ribbons, nori, avo, kewpie mayo, pickled ginger and black sesame.

	VEG	TOFU	TUNA	SALMON	CRISPY CHICKEN
Plain	R115	R140	R170	R170	R150
Sweet chilli	-	R145	R175	R175	R155
Gochujang Korean chilli paste	-	R145	R175	R175	R155
Yoh sauce Soy, ginger, garlic, sugar, sriracha	-	R145	R175	R175	R155

CRISPY FRIED SUSHI TACOS

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Three mini fried tacos drenched in our 'yoh!' sauce and mayo, on a cucumber and pickled ginger salad with a Thai peanut dressing.

Crispy tofu	R120
Crispy fried chicken	R145
Salmon and tuna	R160

MINI CAULIFLOWER HOT WING TACOS

R115

V

Crispy, crunchy cauliflower hot wings, vegan mayo, sriracha, pickled cabbage, charred corn and avo with a coriander mint sauce.

MEXICAN GREEN GRAIN BOWL

R145

V

Cauliflower and broccoli rice, lentil and chickpea Mexican spiced 'mince', avo, salsa, greens, butternut, chilli and nachos with coriander mint sauce.

THE ORIGINAL FALAFEL WRAP OR SALAD

R95 / R125

V

Housemade falafels, brinjal, salad and pesto in a wholewheat wrap.
Gluten free wraps on request.

SRIRACHA CHICKEN, AVO AND HALOUMI WRAP

R140

Have it as a wrap, a salad or a sarmie, with chips or salad.
Gluten free wraps on request.



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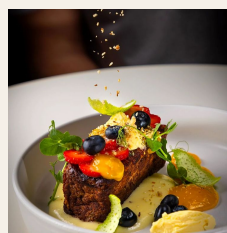
THE ORIGINAL SUSHIDOGG

Sushi rice rolled in nori, battered and deep fried, sliced down the middle and loaded with cucumber, pickled ginger, edamame, avo, pickled cabbage, sauces and micros.

Can be made gluten free.

PICK YOUR FILLING

Veg	Tofu	Crispy chicken	Tuna	Salmon
R120	R130	R145	R150	R155



TREATS

Cakes and treats change daily. Check the counter.

ASK US ABOUT

WHOLE CHEESECAKES TO ORDER

PLATTERS FOR EVENTS AND FUNCTIONS

CORPORATE CATERING

