

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 **115**
or with crispy bacon, avocado & rocket **92**

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 **99**

herb omelette dream

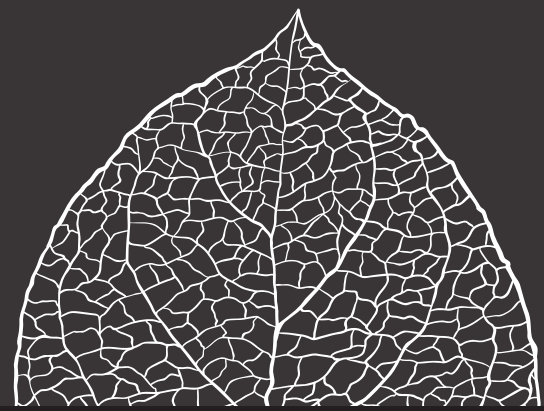
fresh herb omelette with smoked salmon, danish feta, oven roasted cherry tomato, avo, smoked salmon & rocket, served with our banting seed bread (carb & gluten free) **115**

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 **115**

mozzarella italiana

oven baked cherry tomatoes in olive oil, rosemary & crispy bacon, topped with melted fior de latte cheese & fresh basil **105**



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 **160**

tender mediterranean lamb

oven roasted leg of lamb in rosemary & garlic served on seasonal roasted vegetables, fresh coriander, aubergine sauce & double cream tzaziki **170**

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 **140**

