



restaurant menu

70-74 Bree Street, CT
tel 087 8065856
www.foodlab.co.za

OPENING SPECIAL valid till 15 December 2016

book a table of 10 or more for breakfast or lunch (Monday-Friday) and get 15% off the menu

+ break-fast

(served from 07h00-10h00)

- 1 sunshine -seasonal fruit seeds greek yogurt R65
- 2 health -avo beet hummus cottage cheese cucumber sprouts seeds R55
- 3 smoked salmon -eggs beet crème fraiche lemon zest capers pickled red onion baby spinach R65
- 4 spicy + nice -shakshuka eggs poached smoked paprika tomato mole olive gravel R60
- 5 naughty -french toast tart berry pearls vanilla buttercream maple syrup pancetta R80

extras

egg R12 toast | seed shards R10 tomatoes | avo | mushrooms | pancetta R15

+ wraps + toasties + fresh

(served all day)

- scrambled egg pancetta brie tomato chilli jam R65
- crispy pancetta smoked mozzarella caramelized onion mustard mayo wild rocket R65
- rainbow vegetable crunch feta mousse beetroot hummus avo R65
- harissa spiced chicken charred corn avo peppers shakshuka mayo R70
- seared fillet aubergine caramelized onion feta wild rocket balsamic drizzle R80

+ lunch bliss bowls

(served from 11h00)

- 1 crunch -sprouts basil mint rice paper wraps peanut satay sauce papaya crunch R60
- 2 med -halloumi charred veg olives baby spinach pesto pita shards R80
- 3 asian -ginger chilli soy marinated chicken raw stir glass noodles sesame seeds peanuts fresh lime R80
- 4 salmon -wasabi cream pasta greens toasted seeds R85
- 4 pulled beef -sweet soy pickled ginger coriander spring onion egg noodle R90
- 6 greek lamb -roasted tomato couscous cucumber tzatziki baby spinach pink onion fresh mint R90
- 7 amigo -charred fillet blackened corn avo peppers pineapple salsa beans jalapeno cream taco crunch R100

Would you like fresh veggie juice, chilled glass of wine or a fabulous cup of coffee made by our barrister?

Party packages available for those special occasions

eat in + take out