

## HOT

### Espresso

Espresso (Single   Double)	23
Cortado   Macchiato	27

	Reg	Lrg
Americano	26	30
Long Black	26	30
Cappuccino	32	38
Flat White	32	42

Mocha	45
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Latte	38
Latte *Flavoured	44

Honey | Roasted Hazelnut  
Salted Caramel | Vanilla



### Milky

Hot Chocolate (Traditional <b>or</b> Dark)	42
White Hot Chocolate	42
Milktart Latte	42
Chai Latte   Dirty	42   46
Top Deck	45
White Choc & Belgian Dark Choc Pieces	
Dark Chocolate & Oat Milk <b>V</b>	45

### Tea

	Reg	Lrg
Red Cappuccino	32	38
Red Honey Latte	44	
Rooibos Espresso & Infused Honey		
Five Roses   Earl Grey   Rooibos	22	
Green Tea   Chamomile		

### Add-on

Decaffeinated	+ R3
Dairy Free	Reg   Lrg
Almond   Oat	+ R12   R16
Soy	+ R8   R12

**N** New | **V** Vegan

[Drinks & Food may contain nuts, dairy products, gluten & honey]

## COLD

Iced Coffee	38
Iced Coffee *Flavoured	46

Honey | Roasted Hazelnut  
Salted Caramel | Vanilla

### Frappe

<b>Classic</b>	60
Coffee	
Chocolate	
White Chocolate	

### Signature

Milktart (Sweet Cinnamon Chai)	65
Spicy Chai	
Strawberry Candy	
Turkish Delight	
Mocha (Espresso & Chocolate)	
Roché (Roasted Hazelnut & Chocolate)	

### Iced Tea

Mixed Berry	36
Blueberry & Blackberry Pulp	
Peach	36
Peach Pulp & White Peach Syrup	
Red Apple	36
Rooibos Espresso & Cloudy Apple Juice	

### Fresh Juice | Frosti **N** 28 | 45

Orange | Fruit Cocktail | Mango | Apple

\*Frosti - a combination of fresh juice, crushed ice and fruit syrup

### Soft

Coke   Coke Zero   Coke Light	22
Cream Soda	
Sparkling Water   Still Water	20
Grapetiser	32

### Sir Fruit Cordial

Kola Tonic	30
Passion Fruit	30
+Served with Soda <b>or</b> Lemonade	

### Cake & Pastry

Baked Cheesecake	65
SLOUW Carrot Cake	60
Roasted Hazelnut Chocolate Cake	55
Lemon Velvet Cake	55
Apple Strudel with cream	38
Scones with jam, cheese <b>or</b> cream <b>N</b>	35
Croissant with jam, cheese <b>or</b> cream	50

# SLOW Café

-eat-

## BREAKFAST

<b>Eggs your Way</b> <b>N</b> <b>V</b>	45
eggs, toast, butter, jam	
<b>Not so SLOW</b>	60
eggs, bacon, italian tomatoes	
<b>The SLOW</b>	116
eggs, bacon, italian tomatoes, mushrooms, thin boerewors	
<b>Breakfast Croissant</b>	88
filled with scrambled eggs, bacon	
<b>SLOW Benedict</b>	80
poached eggs with hollandaise on brioche <b>or</b> veggie hash brown	
+ Avo <b>or</b> Bacon	
<b>Fresh Start</b> <b>V</b>	85
granola bowl, double cream yogurt, honey, seasonal fruit and berries	
<b>Sweet Start</b>	105
french toast, bacon, fried banana, crème fraiche, maple flavoured syrup, seasonal berries	
<b>Plain French Toast</b> <b>N</b> <b>V</b>	60
with maple flavoured syrup	

## SLOW OMELET

<b>4 Cheese</b> <b>V</b>	70
white cheddar, cheddar, cream cheese, mozzarella	
<b>Continental</b> <b>N</b>	78
mozzarella, bacon, tomato, onion, green pepper	
<b>Mexican</b> <b>S</b> <b>Mild</b>   <b>Hot</b>	102
chili con carne mince, white cheddar, cheddar, cream cheese, mozzarella, fresh italian tomato salsa	
<b>Bacon, Mushroom &amp; Cheese</b>	115
white cheddar, cheddar, cream cheese, mozzarella, bacon, mushroom	
<b>*Egg white only with any omelet</b>	+5

## GOURMET BURGER

<b>Chicken</b>	110
crispy chicken breast, cheddar, spicy jalapeno <b>or</b> garlic mayo, fries <b>or</b> salad	
+ Avo	
<b>Classic SLOW</b> <b>N</b>	108
pure beef patty, white cheddar, pickles, aioli, fries <b>or</b> salad	
<b>Bacon &amp; Cheese</b> <b>N</b>	128
pure beef patty, bacon, white cheddar, balsamic red onion, aioli, fries <b>or</b> salad	

**N** New | **V** Vegetarian | **S** Spicy | **V** Vegan

Selected items are served with freshly baked artisan bread | Food may contain nuts, dairy products, gluten & honey

## PRESSED SANDWICH

<b>Cheese Deluxe</b> <b>V</b>	68
cheddar, mozzarella, white cheddar, mayo	
<b>Chicken Pesto</b>	94
roast chicken, white cheddar, red pepper pesto, basil mayo	
<b>Club SLOW</b>	98
roast chicken mayo, white cheddar, bacon, tomato on brioche	
<b>SLOW Rye</b> <b>V</b> <b>N</b>	75
basil pesto, cream cheese, tomato, mashed avocado, balsamic red onion with rocket on rye	

## OPEN SANDWICH

<b>SLOW Mayo</b>   <b>Half as much</b>	82		48
roast chicken breast, gourmet mayo			
+ Avo			
<b>Smashed Avo</b> <b>V</b>   <b>Half as much</b>	88		51
with crème fraiche, feta, lemon, dukkah, rocket on fresh ciabatta			
+ Poached Eggs			
	98		56
<b>Vegan Stacker</b> <b>N</b> <b>V</b>	90		
sourdough, basil mayo, smashed chickpeas, vegetable hash brown, avo, rocket			

## CLASSIC FAVOURITE

<b>Mexican on Toast</b> <b>N</b>	60
chili con carne mince, white cheddar, poached egg on single toast	
<b>Crispy Chicken Strips</b>	98
oven-fried strips, sesame seeds, garlic mayo, sweet chili sauce with salad <b>or</b> fries	
<b>Cheese Quesadilla</b>	70
tortilla, white cheddar, crème fraiche, avo, fresh salsa	
+ Bacon <b>or</b> Chourico <b>or</b> Chicken	
<b>Vegan Quesadilla</b> <b>N</b> <b>V</b>	98
tortilla, basil mayo, smashed chickpeas, sautéed mushrooms, avo, fresh salsa	
<b>Quiche with salad</b> <b>or</b> fries <b>V</b>	88

## SALAD

<b>Greek Salad</b> <b>V</b>	35
greens, tomato, feta, onion, olive	
<b>Protein Bowl</b>	98
quinoa, roast chicken, roasted butternut, mixed seeds, italian tomatoes, avo	
<b>SLOW Cob</b>	108
roast chicken, crispy bacon, avo, boiled egg, italian tomatoes	

## EXTRA ADD-ON (to any menu item)

avo   bacon   mushroom   fries	27
cheese   feta   italian tomatoes	19
egg   jalapeno slices	11
toast with butter & jam	20

Our food is prepared fresh.

Please be patient as orders may take 30-45min on average to prepare. Thank you.

# SLOW PIZZA

<b>Focaccia   add Cheese</b> <span style="color: green;">V</span>	<b>55   85</b>
parmigiano reggiano, olive oil, herbs & freshly chopped garlic	
<b>Margherita</b> <span style="color: green;">V</span>	<b>80</b>
italian tomato sauce & parmigiano reggiano	
<b>Four Cheese</b> <span style="color: green;">V</span>	<b>100</b>
cheddar, white cheddar, cream cheese & mozzarella	
<b>Tropicana</b>	<b>110</b>
streaky bacon bits, danish feta & banana <b>or</b> pineapple	
<b>Caprese</b> <span style="color: green;">V</span>	<b>110</b>
home made basil pesto & olive oil, <i>buffalo mozzarella</i> topped with fresh basil	
<b>SLOW Mayo</b> <span style="color: blue;">N</span>	<b>125</b>
chicken, gourmet mayo, sweet peppers & chives	
<b>Sweet Cajun Chicken</b>	<b>125</b>
spicy sweet chilli chicken, pimento peppers & danish feta	
<b>Chourico</b>	<b>130</b>
portuguese " <i>chourico caseiro</i> ", kalamata olives, caramelised red onion topped with fresh basil	
<b>Bacon &amp; Avo</b>	<b>135</b>
streaky bacon bits, avo & danish feta	
<b>Pepperoni</b>	<b>140</b>
italian pepper salami & portobellini, mushrooms topped with fresh rocket <i>[add chilli free]</i> <span style="color: red;">S</span>	
<b>Parma Ham</b>	<b>140</b>
cured parma ham, <i>buffalo mozzarella</i> topped with shaved parmigiano reggiano & fresh rocket	

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Pizza bases are made from sourdough topped with authentic italian sauce, parmigiano reggiano & plain mozzarella or buffalo mozzarella

N New | S Spicy

V Vegetarian

[Food may contain nuts, dairy products, gluten & honey]

