

BREAKFAST

monday – friday until 11:30

saturday until 14:00

KICK START

6,50

*1 AFRO COFFEE, AFRO TEA or Hot Cocoa Drink
Bagel with cottage cheese or hummus (A,G,N)*

VITALITY

12,90

*1 AFRO COFFEE, AFRO TEA or Hot Cocoa Drink
Smoothie, cream cheese (G), yoghurt (G)
fruit salad, vegetable sticks, turkey ham,
cheese, camembert (G), butter (G),
whole grain bread (A)*

BREKKIE SANDWICH

7,90

*Cereal bread with organic fried egg, salad,
tomatoes, cucumber, cress, hummus + Smoothie (A,G,C,O,H)*

FRESH START

8,90

*Free range scrambled eggs on toasted walnut bread,
baby spinach with pomegranate-mint-vinaigrette
and sunflower seeds (A,O,G)*

HAM & EGGS

5,90

free range eggs with toast (A,G)

SCRAMBLED EGGS

4,90

free range eggs with toast (A,G)

... with ham and cheese

5,90

Boiled Egg

1,90

free range egg, soft or hard boiled

CEREAL BOWL

5,90

Cereals, yoghurt, nuts, fruit salad, dried fruits (G,H,O)

BREAKFAST BOWL

6,50

*Sweet couscous with yoghurt, fruits, hemp seeds,
sunflower seeds and roasted almonds (G,E)*

BREKKIE WRAP

7,50

*Sweet Creme Fraiche (G), rose hip jam,
banana, crunchy cereals + Smoothie (A,G,O,E,H)*

VANILLA PORRIDGE

5,90

Oats porridge with dried dates, pomegranate, hemp seeds (A,G,O,E,H)

WAFFLES

6,30

with fruit salad, maple syrup and cream (A,G,C)

Croissant with Nutella or jam

3,10

BREAKFAST BUBBLES

BREKKIE Prosecco

2,90

MIMOSA

4,50

STARTERS & SALADS

from 11:30

LENTILS-HARISSA-SOUP 4,50

with puff pastry (A,G,C)

SALAD BOWLS

*with olives, tomatoes, dried tomatoes,
cress, corn, cashews and polenta stick
optionally with chili-lemon or herb dressing* (A,G,O)

Feta cheese 9,20

Chicken & bacon 10,90

Prawns & bacon (G) 13,90

ORGANIC VEGETABLE CHIPS 3,60

with sour cream

MAINS

from 11:30

AFRO BOWLS

*served with rice, red cabbage, okra, cress,
mushrooms, yellow radish, violet carrots
and romanesko optionally with:
figs-tangerine-joghurt-sauce (O,F,N), spiced-chestnut-sauce (N,M,O)
or chakalaka sauce (O,I)*

KANO I Chick-pea-ragout (O) 13,90

TSHWANE I Ostrich steak (G) 16,90

HARARE I Prawns (G) 15,90

MAPUTA I Smoked whitefish 16,90

SPARE RIBS 14,90

*with Coleslaw-Salad, flat bread and
roasted peanuts
BBQ-Sauce optionally:
spicy-smoky or mild-fruity (A,C,G,O,F,N)*

MAINS

from 11:30

AFRO WRAPS

with salad, roasted onions, tomato, cucumber, sour cream (G,A,O)

Feta cheese	8,60
Chicken and pineapple	8,90
Bobotie and corn (N,I)	8,90

AFRO CLUBSANDWICH

13,90

with bacon, salad, fried egg, tomato and chili-mayonnaise

optionally with side salad or French fries (A,G,I,O,M)

AFRO OSTRICHBURGER

14,90

with bacon, cheddar, red onion confit, salad, sour cream, tomato, cucumber

and French fries with pineapple ketchup (A,G,I,O,C)

SWEETS

from 11:30

WAFFELN

6,30

with cream, fruit salad, maple syrup (A,C,G,O)

SEMI LIQUID CHOCOLATE BROWNIE

6,90

with berries ragout and sour cream-cranberry-ice cream (G,A,C)

HOMEMADE CAKES

3,90

from our display

ICE COFFEE

5,90

Vanilla ice cream, coffee, cream (G)