

## BREAKFAST

<b>OATMEAL (V)</b> CREAMY OATS TOPPED WITH HAZELNUTS, BANANA AND DRIED CRANBERRIES	80
<b>AVO, HUMMUS &amp; TOAST (V)</b> TOAST OF YOUR CHOICE SPREAD WITH HUMMUS AND AVO, DRESSED WITH BABY TOMATOES, SUNFLOWER AND CHIA SEEDS	95
<b>FRENCH TOAST (V)</b> CINNAMON AND SUGAR-COATED EGG-TOAST, SERVED WITH BLUEBERRIES AND HONEY	95
<b>BREAKFAST CROISSANT</b> FRESHLY BAKED CROISSANT STUFFED WITH SCRAMBLED EGGS AND BACON	86
<b>SCRAMBLED EGGS, AVO &amp; TOAST</b> SCRAMBLED EGGS AND AVO SERVED WITH YOUR CHOICE OF TOAST	79
<b>LOW CARB EGGS BENEDICT</b> AVO, ROCKET, BACON AND MUSHROOMS SERVED WITH POACHED EGGS AND CREAMY HOLLANDAISE SAUCE	105
<b>EGGS BENEDICT FLORENTINE (V)</b> BLANCHED SPINACH, MUSHROOMS AND POACHED EGGS ON AN ENGLISH MUFFIN WITH A CREAMY HOLLANDAISE SAUCE	135
<b>SALMON BENEDICT</b> CREAM CHEESE, SALMON, AVO AND POACHED EGGS SERVED ON AN ENGLISH MUFFIN WITH A CREAMY HOLLANDAISE SAUCE WITH CAPERS	145
<b>SALMON BREAKFAST BAGEL</b> 2 SCRAMBLED EGG AND SALMON SERVED ON A SOFT BAGEL WITH CREAM CHEESE	135
<b>CROQUE MONSIEUR</b> FRENCH CROISSANT FILLED WITH HAM, EMMENTAL CHEESE, PARMESAN CHEESE AND BÉCHAMEL SAUCE	115
<b>MORNING ROLL</b> POACHED EGGS, BACON, AVO AND GREEN PESTO SERVED ON A BUN	95
<b>SHIFT BREAKFAST</b> 2 RASHERS OF BACON, TWO EGGS, A BEEF OR PORK SAUSAGE, MUSHROOMS AND BABY TOMATOES SERVED WITH YOUR CHOICE OF TOAST	115
<b>SCRAMBLED EGG &amp; SWEET CORN BOWL</b> 4 SCRAMBLED EGGS, SWEET CORN, BACON AND PARMESAN CHEESE GARNISHED WITH SPRING ONION, RADISH AND MICRO HERBS	98
<b>OMELETTE #1 (V)</b> 3 EGG OMELETTE SERVED WITH CHEDDAR CHEESE AND AND YOUR CHOICE OF TOAST	75
<b>OMELETTE #2</b> 2 EGG OMELETTE SERVED WITH HAM, CHEDDAR CHEESE, MUSHROOMS AND YOUR CHOICE OF TOAST	85
<b>OMELETTE #3 (V)</b> 2 EGG OMELETTE SERVED WITH GREEN PEPPERS, CHERRY TOMATOES AND CHEDDAR CHEESE AND YOUR CHOICE OF TOAST	80
<b>PLAIN FRENCH CROISSANT</b> SERVED WITH PRESERVES	45
<b>BANANA BREAD</b> HOME-MADE BANANA BREAD SERVED WITH PRESERVES	45

## BAGELS

<b>THE BASIC (V)</b> MOZZARELLA, AVO, LETTUCE, TOMATOES AND RED ONION SERVED WITH GREEN PESTO	92
<b>THE SALMON</b> SMOKED SALMON ON A TOASTED BAGEL, CAPERS, RED ONIONS AND CREAM CHEESE	115
<b>THE BACON</b> CREAM CHEESE, BACON AND AVO	98
<b>THE ROCKSTAR</b> GRILLED CHICKEN, AVO, SPANISH ONION AND TOMATOES SERVED WITH GREEN PESTO	95
<b>THE CLUB</b> CHICKEN AND BACON SERVED ON A BED OF LETTUCE WITH ONION, TOMATOES AND MAYO	95

## BOWLS

<b>CHICKPEA BOWL (V)</b> CHICKPEAS SERVED WITH QUINOA, CUCUMBER, BABY TOMATOES AND RED ONION GARNISHED WITH RADISH, CHIA SEEDS, SUNFLOWERS SEEDS AND LEMON VINAIGRETTE	95
<b>MINCE BOWL</b> MINCE COOKED IN OUR HOMEMADE BOLOGNESE SAUCE WITH QUINOA, CORN, AVO AND FETA CHEESE GARNISHED WITH RADISH, SUNFLOWER AND CHIA SEEDS	115
<b>SALMON BOWL</b> SALMON SERVED WITH QUINOA, AVO, CARROTS AND CUCUMBER GARNISHED WITH SPICY MAYO, SOYA SAUCE AND TOASTED SESAME SEEDS	149
<b>CHICKEN &amp; BROCCOLI BOWL</b> CHICKEN STRIPS SERVED WITH QUINOA, CHICKPEAS, BROCCOLI AND AVO GARNISHED WITH PARMESAN, CHIA SEEDS AND LEMON VINAIGRETTE	110

## LIGHT MEALS

<b>CHICKEN SALAD</b> GRILLED CHICKEN, AVO, CHERRY TOMATOES AND FETA CHEESE SERVED ON A BED OF LETTUCE	110
<b>MEDITERRANEAN CHICKPEA SALAD (V)</b> CHICKPEAS, CUCUMBER, BABY TOMATOES, RED ONION AND ENGLISH PARSLEY GARNISHED WITH SUNFLOWER SEEDS AND OUR LEMON VINAIGRETTE	92
<b>STEAK SALAD</b> 150G SIRLOIN STEAK, MIXED LETTUCE, BABY TOMATOES, AVO, RED ONION, PEAS AND CORN GARNISHED WITH SUNFLOWER SEEDS, PARMESAN CIABATTA TOAST AND BALSAMIC REDUCTION	145
<b>SCHNITZEL &amp; LONG STEM BROCCOLI SALAD</b> CRUMBED CHICKEN FILLET SERVED WITH LONG STEM BROCCOLI, PARMESAN CHEESE, CORN, AND PEAS DRESSED WITH OUR LEMON VINAIGRETTE	135
<b>STEAK ROLL</b> (SERVED WITH A SIDE OF FRIES) 150G SIRLOIN STEAK MARINATED IN A HOT SAUCE, SERVED ON A BURGER ROLL WITH ONIONS, LETTUCE, TOMATOES AND FRIES	145
<b>PERI PERI CHICKEN KEBABS</b> (SERVED WITH A SIDE OF FRIES)	130
<b>STEAK &amp; CHIPS</b> (SERVED WITH A SIDE OF FRIES) 200G SIRLOIN STEAK SERVED TO YOUR PREFERENCE	150

## BURGERS

(SERVED WITH A SIDE OF FRIES)

<b>SHIFT CHEESE BURGER</b> 150G BEEF PATTY, CHEDDAR CHEESE, LETTUCE, TOMATOES AND ONIONS SERVED ON A SESAME SEED BUN WITH MAYO	129
<b>BACON, AVOCADO FETA BURGER</b> 150G BEEF PATTY, FETA CHEESE, AVO, LETTUCE, TOMATOES AND ONIONS SERVED ON A SESAME SEED BUN WITH MAYO	145
<b>CHICKEN BURGER</b> CHICKEN BREAST, CHEDDAR CHEESE, LETTUCE, TOMATOES AND ONIONS SERVED ON A SESAME SEED BUN WITH MAYO	110
<b>CRUMBED CHICKEN BURGER</b> CRUMBED CHICKEN FILLET, CHEDDAR CHEESE AND SPICY MAYO SERVED ON A BED OF LETTUCE, ONION AND TOMATOES ON A SOFT SEEDED BUN	125
<b>VEGAN SHIFT BURGER (V)</b> PLANT-BASED PATTY, VEGAN MAYO, VEGAN CHEESE SERVED ON A BED OF LETTUCE, ONION AND TOMATOES ON A SOFT SEEDED BUN ONION AND TOMATOES	140

## TOASTIES

(SERVED WITH A SIDE OF FRIES)

<b>GRILLED CHEESE</b>	85
<b>GYPSY HAM &amp; GRILLED CHEESE</b>	88
<b>CHICKEN MAYO</b>	88
<b>BACON, EGG &amp; CHEESE</b>	89
<b>BACON, AVO &amp; FETA</b>	95
<b>MONTE CRISTO</b> (EGG-TOAST, EMMENTAL CHEESE, HAM, PARMESAN CHEESE AND BÉCHAMEL SAUCE SERVED WITH A SIDE OF FRIES)	105

(V) VEGETARIAN

ALLERGENS: ATTENTION CUSTOMERS WITH FOOD ALLERGIES. PLEASE BE AWARE  
THAT OUR FOOD MAY CONTAIN OR COME INTO CONTACT WITH COMMON  
ALLERGENS, SUCH AS DAIRY, EGGS, WHEAT, SOYBEANS, TREE NUTS, PEANUTS,  
FISH, SHELLFISH OR WHEAT.

## EXTRAS

<b>SALMON</b>	49
<b>CHICKEN, BACON, MINCE, AVO, EMMENTAL CHEESE</b>	40
<b>GYPSY HAM</b>	35
<b>MUSHROOM, CHERRY TOMATOES, SWEET CORN, FETA BLOCKS</b>	30
<b>CHIPS</b>	35

# DEATH BEFORE DECAF

## ARTISAN COFFEE

	R	M
ESPRESSO	26	
MACHIATTO	28	
CORTADO	34	
CAPPUCCINO	38	40
FLAT WHITE	38	40
AMERICANO	34	36
LATTE		46
MOCHA		50
RED CAPPUCCINO		40
HOT CHOCOLATE		60
CHAI LATTE		55
MATCHA LATTE		56
HAZELNUT LATTE		50
CARAMEL LATTE		50
VANILLA LATTE		50

## SPICE THINGS UP

	R	M
<b>HONEY BADGER</b> SHOT OF BRAZILIAN SINGLE ORIGIN SERVED WITH HONEY AND OAT MILK (SERVED HOT OR COLD)		49
<b>PICK ME UP</b> DOUBLE SHOT OF ESPRESSO (SINGLE ORIGIN BRAZILIAN), INDIAN TONIC AND LIME		49
<b>ITALIAN PLUMBER (THE OTHER MARIO)</b> BLENDED DOUBLE SHOT OF ESPRESSO, VANILLA ICE CREAM AND NUTELLA		69
<b>DIRTY CHAI</b> ESPRESSO MIXED WITH CHAI LATTE		49

## LIKE IT COLD

	R	M
ICED AMERICANO		40
ICED LATTE		40
CAFÉ FRAPPUCCINO		48
ORANGE JUICE & CREAM MATCHA		75
BANANA MILK LATTE		60
ICED MOCHA CREAM		65
ICED ORANGE ESPRESSO		60
ICED HAZELNUT LATTE		48
ICED CARAMEL LATTE		48
ICED VANILLA LATTE		48

## TEAS

ASSORTED TEAS		28
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ASK YOUR WAITRON FOR OUR IN-STORE SELECTION

## ALT MILKS

ALMOND, MACADAMIA OR OAT MILK	12
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## FRESHLY JUICED

ORANGE	52
PINEAPPLE & GINGER	52
ORANGE & CARROT	52
GREEN JUICE KALE, APPLE, LEMON AND GINGER	52
GINGER SHOT	35

## SMOOTHIES

RASPBERRY & MANGO	65
BLACKBERRY & PINEAPPLE	65
STRAWBERRY & RASPBERRY	65
PEANUT BUTTER & BANANA MADE WITH OAT MILK	65

## MILKSHAKES

CHOCOLATE MILKSHAKE	60
PEANUT BUTTER MILKSHAKE	60
HAZELNUT MILKSHAKE	60

## COLD DRINKS

STILL/SPARKLING WATER 500ML	32
STILL/SPARKLING WATER 1L	38
COCA COLA	30
COKE ZERO	30
ASSORTED SAN PELLEGRINO	40
TIZERS	38

