

From the Bakery

Croissants

Plain	16
Plain with Butter, Jam & Cheese	26
Norwegian Smoked Salmon & Cream Cheese	58
Ham & Cheddar	36
Ham & Emmental Cheese	39
Nutella – plain Croissant with a Choc/Hazelnut Spread	25

Muffins

Ask your waiter for our selection of freshly baked Muffins (sweet & savoury) served with Butter, Jam & Cheddar Cheese

Homemade Scones with Butter, Jam & Cream	25
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Homemade Cakes & Desserts

Carrot Cake	38
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½ Slice	24
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Lemon Meringue	36
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Baked Cheesecake Nougat or Chocolate & Hazelnut, New York or Salted Caramel	40
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½ Slice	24
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Triple Dark Chocolate Nougat Brownies with Vanilla Ice Cream	46
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Deep-fried Chocolate	48
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homemade Dark Chocolate, Nougat & Toffee bar, wrapped in Phylo Pastry, deep-fried & served with Toasted Almonds & Vanilla Ice-cream

Cake of the Day	38
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Ask your waiter which cake was freshly baked this morning

½ Slice	24
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Pavlova	40
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Homemade Pavlova shells filled with Fresh Cream & Fruit

Creme Brulee	38
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Fresh Cream infused with Vanilla Pods, baked & then topped with Caramel (when available)

Breakfast

Eggs on Toast

Scrambled, Poached or Fried on Whole Wheat, Rye or White Toast or Homemade Health

Mushrooms on Toast	59
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Mixed Mushrooms, sautéed with White Wine, Herbs & a dash of Cream, served on a slice of Toasted Ciabatta with low-fat Cream Cheese. **Add Sausage**

Mini Traditional	45
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1 Egg, Bacon, Grilled Tomato, Toast & Preserves

Traditional	66
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2 Eggs, Bacon, Mushrooms, Homemade Pork & Sage Sausage, Grilled Tomato, Toast & Preserves

Norwegian	77
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Potato Cakes with Norwegian Smoked Salmon, Crème Fraiche & a Wholegrain Mustard Dressing

Mince on Toast	58
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2 Slices of Toast topped with our Homemade Bolognese Sauce & 2 Fried Eggs

Anchovy Toast with a Twist	47
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Rye/Whole Wheat Toast topped with a low-fat Cream Cheese, Anchovy Spread, Sliced Tomato, Wild Rocket, Capers, Avo & Parmesan Cheese

Sage Flapjacks	46
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Buttermilk Flapjacks served with Crispy Bacon, Fresh Banana & Maple Syrup. **Loose the toppings & have them Plain with Syrup on the side**

Breakfast Smoothie	38
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Mixed Berries blended with Fresh Strawberry Juice, Honey & low-fat Greek Yoghurt. **Add Muesli**

Breakfast Bagel	49
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Toasted Bagel with Cheese, Bacon & Fried Egg, served with French Fries

Sage Health Breakfast	49
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Seasonal Fresh Fruit with Greek Yoghurt, Honey, Ginger, Mint & Seeds. **Add Muesli**

Sage Oats Breakfast	30
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Deliciously creamy oats, served plain **Add Fruit R14** and **Add Nuts R14**

Sage Eggs Benedict	62
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Toasted Bagel with 2 Poached Eggs, Crispy Bacon & Hollandaise Sauce.

Half Benedict	39
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Eggs Florentine Benedict	66
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Toasted Bagel with 2 Poached Eggs, Crispy Bacon, Creamed Spinach & Hollandaise Sauce.

Half Florentine	42
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Eggs Florentine Onassis	75
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Toasted Bagel with 2 Poached Eggs, Smoked Salmon, Creamed Spinach & Hollandaise Sauce

Half Onassis	55
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Toasted Bagel / Toast	16
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Served with Fish Paste, Jam or Bovril

Breakfast Croissant	47
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Plain Croissant with Scrambled Egg & Crispy Bacon

French Toast	45
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2 Slices of French toast served with Bacon, Maple Syrup & Berries or Banana - your choice.

Health & Avo	45
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Mashed Avo, Bacon & Feta on Health Toast

Omelettes Served with 1 slice of Toast

Sage	58
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Bacon, Brie, Asparagus & Roasted Red Peppers

Killer Cheese	58
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Brie, Danish Feta, Mozzarella & Cheddar - with a touch of Tomato relish.

Deluxe	58
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Bacon, Avo, Danish Feta & Cherry Tomato Relish

Danish	54
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Danish Feta, Sun-Dried Tomatoes, Olives & Rocket

Classic	58
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Bacon, Mushrooms, Tomato, Mozzarella & Cheddar

Vegetarian	58
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Roasted pepper, Cherry Tomato Relish, Marrows, Feta & Olives

Bagels / Ciabatta

Choose between Traditional Boiled Bagels, baked freshly every day or freshly baked Ciabatta (add R10) served with French Fries or a Green Salad

New York Norwegian Smoked Salmon, Cream Cheese & Gherkins. Add Avo - R12	75
Cottage Low-fat Chunky Cottage Cheese, Avo & Bacon	56
BLT Bacon, Lettuce & Tomato, with Cream Cheese & Pesto. Add Avo - R12	68
Boston Norwegian Smoked Salmon & Avo	75
Deli Pastrami, Salami, Mustard & Piccalilli with Lettuce, Tomato & Gherkins	70
Chicken & Avo Grilled Chicken Breast & Avo with a creamy Wholegrain Mustard Dressing	75
Chicken Pesto Grilled Chicken Breast with Roasted Red Peppers & Basil Pesto	75
Vegetarian Homemade Hummus with Marinated, Roasted Vegetables	59
Chicken Mayo Chicken & Mayo with Lettuce, Tomato & Gherkins	48
Swiss Emmental Cheese, Avo with Lettuce, Tomato & Gherkins	59
Roma Provolone Cheese, Grilled Aubergine, Tomato & Basil Pesto	59
Sage Provolone Cheese, Parma Ham, Rocket, Avo & Basil Pesto	82
Mediterranean Chicken Bagel Burger Marinated Grilled Chicken Breast Fillet with Lettuce, Tomato, Cucumber, Red Onion & Tzatziki	78

Toasted Sandwiches

on white, rye or health and served with French Fries or salad

Cheese, Ham & Tomato	34	Mozarella Cheese, Pesto & marinated cherry Tomato	36
Mince and Cheese	38		
Ham & Cheese	34	Peri-peri Chicken	38
Chicken & Mayo	36	Prawn in Seafood Mayo	54

Kiddies' Breakfast

French Toast with Maple Syrup. Add Bacon - R14	22
Crumpet with maple syrup. Add Bacon - R14	20

Homemade Sausage & Chips	28
1 Egg & Toast. Add Bacon - R14	16
Mince on Toast. Add Egg - R10	30
Chocolate Spread on Bread	22

Kiddies' Drinks

Kiddies Milkshakes Choc, Vanilla, Strawberry, Lime OR Bubblegum	24
Kiddies Fruit Juices Apple, Cranberry, Orange, Strawberry	24

Drinks

Coffee / Hot Drinks

Cappuccino	20	Espresso double	20
Cappuccino Grande	24	Café Latte	24
Red Cappuccino	20	Americano	18
Double Shot Cappuccino	24	Filter	16
Espresso single	14	Chocochino	26
Milo / Horlicks / Hot Chocolate / Chai Latte / Dirty Chai	26		

Teas

Five Roses / Rooibos	16	Herbal Teas	18
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Soft Drinks Sodas, Coke, Coke Light, Fanta Orange or Grape, Cream Soda, Tab, Coke Zero	19
Appletizer / Red Grapetizer, Frankies Lemonade, Ginger Beer or Cream Soda	20

Peach / Lemon / Apple Iced Tea – BOS	24
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Homemade Lemonade, Homemade Blueberry Lemonade	20
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Juices Orange, Mango, Pineapple, Strawberry, Fruit Cocktail Or Cranberry & Apple	20
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Milkshakes Double thick: Chocolate, Strawberry, Lime, Vanilla	26
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Crushes Chai Chiller, Granadilla, Pineapple, Iced Tea, Coconut, Mixed Berry	26
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Smoothies Mango, Wild Berry, Apple, Coffee, Chocolate	33
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Frozen Lemonade	34
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Gourmet Milkshake

Dulce Deleche (Salted Caramel)	42	Ferrero Rocher	48
Horlicks, Honey & Banana	41	Peppermint Crisp	42
Peanut Butter & Banana	41	Nutella & Banana	42
Strawberries & Cream	44	Bar One	41



BREAKFAST MENU

Depresso: How you feel if you haven't had your coffee!

www.sagecafe.co.za | info@sagecafe.co.za | 032 525 8059

Breakfast served until 11:30am

All dressings & condiments used in our meals are sold from the Sage kitchen.

Contact our catering department
crookedfork@sagecafe.co.za
for your outside catering needs.