

BREAKFAST

Freshly baked bread options: homemade sourdough, rye, ciabatta boerebrood or health bread

Eggs can be served as scrambled, fried, poached or just egg whites

Eggs Benedict

Two poached eggs served on a split croissant or your choice of freshly baked bread with homemade hollandaise sauce

Smashed Avo V R110
Crispy Bacon R115
Creamy Chicken Livers S R130

Flapjacks

R125

Fluffy homemade flapjack stack served with:

Berry compote and mascarpone cream V* V
Bacon, caramelized banana, grated cheese and maple syrup

Avo & Sundried Tomato V R95

Smashed avo topped with sundried tomato, Danish feta and a poached egg

Breakfast Bun

R95

Egg of your choice served with bacon, spicy tomato relish and fried slices of tomato

The English

R145

Eggs of your choice served with bacon, sausage, roasted rosa tomatoes, mushrooms and baked beans on your choice of bread

Sausage options: boerewors, pork sausage or lamb sausage

Mexican Eggs

S

R165

Two eggs baked in spicy tomato beef mince served with avo, jalapenos and mexican corn bread and fresh rocket

Add a slice of corn bread R22

Green Shaka-Shuka V* S R125

Poached eggs cooked in a nest of spinach topped with Danish Feta served with your choice of bread

The Banter

R145

Eggs of your choice served with bacon, sausage, Danish feta, avo, rocket, and roasted rosa tomatoes and mushrooms

Add a slice of banting bread R22

3 Egg Omelette

Nutty Veg

R125

A fluffy three egg omelette fillet with spinach and Danish feta served with roasted crushed cashew nuts and toast of your choice

V

Cheesy Bacon

R130

A fluffy three egg omelette filled with spicy tomato relish, mozerella and bacon served with toast of your choice

Ask your friendly server about our freshly baked croissants, muffins, pastries, breads and more...



sage bakery & café

GO U R M E T S A R M I E S

All Gourmet Sarmies are served on our freshly baked breads with a side salad

Avo, Halloumi & Rocket V R120

Grilled Halloumi served with smashed avo, Hummus dressing and fresh rocket served on a open sarmie

Avo, Mushroom, Basil V+ R95

Smashed avo topped with roasted mushrooms and fresh basil leaves

add a poached egg

add bacon

R15

R30

Prego Roll S R120

Homemade Portuguese roll served with our delicious prego sauce and micro herbs

Chicken or Beef

Mediterranean Chicken S R145 Wrap

Grilled chicken breast, crisp salad, roasted peppers topped with spicy sriracha mayo

Middle Eastern Falafel V R135 Wrap

Chickpea Falafel, crisp salad, hummus, roasted peppers

Moroccan Lamb Wrap S R145

Crispy spicy maroccan lamb served with a tzatziki dressing, rocket, cherry tomatoes and fresh mint

TOASTIES

Served with your choice of bread- Ciabatta, Rye, Sourdough, Boerebrood, or health bead and a side salad

Cheese R65

Cheese and Tomato R65

Cheese, Tomato and Ham R69

Bacon and Cheese R69

Chicken Mayo and Avo R75

Honey and Mustard Chicken R75

Mince and Cheese R75

Add:
Chips or Sweet potato chips for R25

CURRY

topped with fresh coriander in a homemade Boerebrood half loaf served with sambals

Lamb Bunny S R135

Flavourful and robust lamb curry cooked to perfection in an array of aromatic herbs and spices

Butter Chicken Bunny S R125

Tender pieces of chicken breast cooked in a fragrant herb and spiced butter

Veg Bunny S V R120

Curry cooked to perfection in a array of aromatic herbs and spices

V VEGETARIAN V+ VEGAN S SPICY

 fresh from our oven 



SALADS

Served with your choice of bread

Grilled Calamari & Avo

R145

Grilled calamari served on crisp lettuce, carrot, cucumber and avocado served with our homemade coriander aioli

Moroccan Lamb Green Salad



R145

Spicy Moroccan lamb pieces served with crisp lettuce, cherry tomatoes, red onions, cucumber ribbons and tzatziki

Honey Mustard Chicken Salad

R145

Lettuce, rocket, cherry tomatoes, cucumber and carrot ribbons, red onions, Danish feta, avo, honey mustard dressing and chicken breast

Roasted Veg, Feta & Avo



R145

A medley of roasted vegetables, bulgar wheat, danish feta, onion, cucumber, tomato, avo and mixed seeds served with a balsamic reduction

Grilled Chicken & Crispy Bacon

R145

Crisp lettuce, cucumber and carrot ribbons, red onions, Danish Feta, grilled chicken pieces, rosa tomatoes and crispy bacon served with a lemon mayonnaise

SBC Summer Salad

R145

Strawberries, blueberries, pecan nuts, feta, spinach and basil served with a Balsamic glaze

SEAFOOD

Served with your choice of bread

Calamari Poppers



R125

Zesty chili Parmesan saucy jalapeno filled calamari tubes served with a choice of bread

Zesty Calamari

R125

Grilled calamari tubes and tentacles served with lemon butter cream and a side of your choice

Muscle Pot

R125

Half shell muscles prepared in a traditional cheesy white wine sauce served with your choice of bread

Fish & Chips

R125

Battered hake fillets served with a side of your choice and tartare sauce

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BURGERS

served with a side of your choice

Chicken Burger

Lettuce, sliced tomato, red onions, melted cheese, caramelized onions, gherkins served with a tangy lemon basted chicken breast patty

Bun R165

Naked R135

Beetroot Burger



Homemade beetroot patty, lettuce, avo, hummus & basil dressing

Portuguese Bun R165

Naked R135

Beef Burger

Lettuce, sliced tomato, red onions, melted cheese and caramelized onions, gherkins served with a bbq basted 200g beef patty and wholegrain mustard dressing

Bun R165

Naked R135

Triple Chilli Chicken Burger



Lettuce, sliced tomato, red onions, gherkins, crumbed chicken breasts, jelepinos and triple chili sauce

Bun R165

Naked R135

PASTA

served on homemade linguine and with your choice of bread

Roast Vegetable



Roasted vegetables, mixed roasted seeds, Danish feta & basil pesto

R125

Creamy Paprika Chicken & Mushroom

R125

Creamy paprika chicken, mushrooms, parmesan and parsley

Alfredo

R115

Creamy Ham, mushroom, Parmesan and parsley

Creamy Chicken Livers



R135

SBC Spicy chicken livers served in a creamy sauce with Parmesan

Creamy Basil & Calamari

R135

Grilled calamari, creamy white wine sauce, fresh basil, parmesan & peppers

Bolognese

R125

Tomato based beef mice served on top of homemade linguine topped with parmesan

Creamy Spinach, Feta and Mushroom

R115

Creamy spinach and feta served with mushrooms and sun dried tomatos

Malezane



R125

Layed aubergines, naploitana sauce, mozzarella and Parmesan cheese

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CORTELA DELLA PIZZA

Calzone
R25 extra

served on our homemade pizza base

Margarita



Napolitana sauce, herbs & mozzarella

R99

Moroccan Lamb & Tzatziki



Napolitana sauce, Moroccan lamb, tzatziki, sundried tomato, feta, rocket with a balsamic reduction

R175

Bacon, Honey & Avo

Crispy bacon, mozzarella, feta, avo, rocket & chilli honey drizzled with homemade balsamic reduction

R165

Sage Siciliana

Napolitana sauce, capers, fresh sliced tomato & anchovies

R145

Mediterranean



Napolitana sauce, sundried tomatoes, olives, Danish feta, olives, artichoke, fresh rocket & basil pesto

R145

Chicken Twist

Chicken, cream cheese, tomato chilli jam and fresh rocket

R160

Mexicana



Napolitana sauce, spicy bolognese, mozzarella, onion, garlic, peppers & chilli

R175

Hawaiian

Napolitana sauce, ham, mozzarella and pineapple

R145

Roast Veg



Zucchini, peppers, butternut, sundried tomato and feta drizzled with a balsamic reduction

R145

Regina

Napolitana sauce, ham, mozzarella and mushroom

R145

Principessa

Napolitana sauce, salami, olives, artichokes, mushroom and mozzarella, garnished with fresh rocket

R165

Portifino

Napolitana sauce, onions, pequinete peppers, chicken, sweet chilli sauce, mozzarella and Danish feta

R145

FOCACCIA

Plain Focaccia



Garlic, herbs, olive oil

R65

Focaccia with cheese



Garlic, herbs, olive oil & mozzarella

R80

VEGETARIAN VEGAN SPICY

fresh from our oven



KIDS

All our kiddies meals are served with a liquifruit juicebox flavour of your choice and fresh fruit

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| Kiddies Breakfast | R75 |
| egg, bacon, toast | |
| Flapjacks | R79 |
| Ice cream and chocolate sauce | |
| Scrambled Eggs & Toast | R79 |
| Hake Fingers with chips | R75 |
| Chicken Strips with chips | R79 |
| Toasted cheese sarmie with chips | R75 |
| Toasted chicken mayo sarmie with chips | R79 |
| Burger | R79 |
| Kiddies beef / chicken burger served with chips | |
| Mac & Cheese | R79 |
| Spaghetti Bolognese | R79 |
| Chip Roll | R79 |
| Pizza | R75 |
| Kiddies Margarita / Hawaiian | |