



FOOD MENU

Breakfast all Day

(ciabatta, health, rye, white or brown)

French Toast	R60
Anchovy Toast	R70
Avo Toast	R90
Muesli and Yogurt	R100
Scrambled Eggs and Mushroom	R85
Three Roses Breakfast Bowl (carb-free)	R85

Salads

Greek Salad	R130	Three Roses House Salad	R130
Tuna Salad	R130	(Choice of cous cous, quinoa, bulgar wheat)	
Smoked Salmon Salad	R160	Roast Veg Salad	R130
		(Choice of cous cous, quinoa, bulgar wheat)	

Baguettes

(ciabatta, health or rye)

Smoked Salmon, Cream Cheese & Red Onion	R98
Tuna Mayo, Pickles, Tomato & Onion	R80
Cheese & Tomato	R80
Scrambled Egg, Mozzarella & Mushroom	R100

Toasted Sandwiches

(brown or white)

Toasted Cheese	R60
Toasted Cheese & Tomato	R70
Toasted Tuna	R75

Extras	
Cheese	R16
Tomato	R10

Chalav Yisrael options available

Pizza

(Not Pas Yisroel)

Classic Margherita (M)	R105
Classic Margherita (L)	R135

Toppings			
Mushrooms	R16	Peppers	R16
Olives	R16	Avo	R22
Tomato	R10	Onions	R10



DRINKS

Americano	Regular	R35	Grande	R40
Latte	Regular	R38	Grande	R45
Cappuccino	Regular	R38	Grande	R45
Cortado	Single	R35	Double	R38
Espresso	Single	R28	Double	R30
Flat White	Regular	R37	Grande	R45
Hot Chocolate	Regular	R45	Grande	R50
Red Cappuccino	Regular	R42	Grande	R50
Spiced Chai Latte	Regular	R37	Grande	R45
Cafe Mocha	Regular	R45	Grande	R56
English Tea		R30		
Rooibos Tea		R30	Alternate Milk Available:	
Baby Chino		R12	Almond Milk	R11
Extras			Oat Milk	R11
Espresso Shot		R12	Soy Milk	R11
Pistachio / Lavender Shot		R30	Chalav Milk	
Cold Drinks 300ml				R30
Water 500ml				R27
Crusher				R55
(Mango / Strawberry / Passion Fruit / Mixed Berry) (Parev)				
Freezo				R55
(Coffee / Chocolate Decadence / Caramel / Bar One / White Chocolate / Chai)				
Fruit Juice				R32
Milkshake				R65
(Chocolate / Strawberry / Vanilla / Coffee)				
Chalav Yisroel & Parev options available				
Unicorn Lavender Shake				R65
Dragon Pistachio Shake				R65



BAKES

Plain Butter Croissant	R55
Chocolate Croissant	R65
Almond Croissant	R70
Scones (served with cream & jam)	R45
Bulkas	R35
Ginger Bread Man	R25
Paint Your Own Biscuit	R45
Bakehouse Cookie	R45
Carrot Cake	R55
Cheese Cake	R70
Choc Chip Cookie	R28
Chocolate Brownie	R30
Shortbread Biscuit	R20
3 Seed Crunchie	R28

SNACKS

Oh Mio Gelato	R50
Ice Cream Tubbies	R27
Lays Chips	R11
Juice Box	R20