

TO DRINK

COFFEE

100% SINGLE ORIGIN ETHIOPIAN BEANS

Espresso (<i>Single / Double</i>)		25
	REGULAR	LARGE
Cortado Macchiato		30
Americano	30	34
Long Black	30	34
Cappuccino	36	40
Flat White	36	45
Mocha		50
Latte		40
Flavoured Latte		48
<i>Cinnamon & Vanilla, Roasted Hazelnut, Salted Caramel, Vanilla</i>		

MILKY

Hot Chocolate		44
<i>Traditional or Dark</i>		
White Hot Chocolate		44
Milktart Latte		46
Chai Latte Dirty	48	52
Top Deck		48
<i>White Choc & Belgian Dark Choc Pieces</i>		

ICED COFFEE

Iced Coffee		42
Flavoured Iced Coffee		50
<i>Cinnamon & Vanilla, Roasted Hazelnut, Salted Caramel, Vanilla</i>		

FRAPPE

CLASSIC		65
Coffee		
Chocolate		
White Chocolate		
SIGNATURE		70
Milktart (<i>Sweet Cinnamon Chai</i>)		
Spicy Chai		
Strawberry Candy		
Turkish Delight		
Mocha (<i>Espresso & Chocolate</i>)		
Roché (<i>Roasted Hazelnut & Chocolate</i>)		

ADD-ON

Decaffeinated		+4
Dairy-free	REGULAR	LARGE
Almond / Oat	+12	+16
Soy	+8	+12


TEA

	REGULAR	LARGE
Red Cappuccino	36	42
Red Cinnamon Latte <i>Red Espresso, Cinnamon & Vanilla</i>		48
LMC Collection Tea LMC LIZE MOUTON COLLECTION <i>Ceylon Black, Pure Rooibos, Earl Grey, or Lemon Chamomile & Lavender</i>		32

SMOOTHIES

MANGO TANGO	68
Mango, Apple, Mango Juice, Orange Juice	
DOUBLE BERRY	70
Blueberry, Strawberry, Banana, Apple Juice, Honey, Yogurt	
POWER WHEY	75
Peanut Butter, Banana, Dates, Honey, Whey Protein, Yogurt	
FRESH GREEN	78
Pineapple, Cucumber, Spinach, Banana, Mint, Apple Juice, Lemon	

FRUITY

FROSTI	48
<i>*Frosti – a combination of fresh juice, crushed ice and fruit syrup</i> Orange Fruit Cocktail Mango Apple	
FRUIT JUICE 	32
Orange Fruit Cocktail Mango Apple	
CORDIAL	34
Kola Tonic Passion Fruit <i>Served with Soda or Lemonade</i>	

ICED TEA

MIXED BERRY	38
Blueberry & Blackberry Pulp	
PEACH	38
Peach Pulp & White Peach Syrup	
RED APPLE	40
Rooibos Espresso & Cloudy Apple Juice	

SOFT

Coke Coke Zero Coke Light Cream Soda	26
Sparkling Water Still Water	20
Grapetiser	38

Drinks & Food may contain nuts, dairy products, gluten & honey

EAT



BREAKFAST

EGGS YOUR WAY  45
eggs, toast, butter, jam


NOT SO SLOW 60
eggs, bacon, italian tomatoes

THE SLOW 132
eggs, bacon, italian tomatoes, mushrooms, thin boerewors

BREAKFAST CROISSANT 92
filled with scrambled eggs, bacon, white cheddar


SLOW BENEDICT 94
poached eggs with hollandaise on brioche or veggie hash brown
+ avo or bacon +22

PLAIN FRENCH TOAST  62
with maple flavoured syrup & cheese


GRANOLA BOWL  90
granola, double cream yogurt, honey, seasonal fruit and berries

SWEET START 115
french toast, bacon, fried banana, crème fraiche, maple flavoured syrup, seasonal berries

SLOW OMELETTE

4 CHEESE  72
white cheddar, cheddar, cream cheese, mozzarella

CONTINENTAL 84
mozzarella, bacon, tomato, onion, green pepper

MEXICAN  Mild | Hot 105
chili con carne mince, white cheddar, cheddar, cream cheese, mozzarella, fresh italian tomato salsa

BACON, MUSHROOM & CHEESE 112
white cheddar, cheddar, cream cheese, mozzarella, bacon, mushroom

**Egg white only with any omelette* +12

ADD-ONS EXTRA ADD-ON to any menu item

avo | bacon | mushroom | fries 27

cheese | feta | italian tomatoes 19

egg | jalapeno slices 13

toast with butter & jam 20

BOWLS


PEACH SMOOTHIE BOWL 85
peach, mango, yogurt, apple juice topped with granola & fresh apple

TROPICAL SMOOTHIE BOWL 87
mango, pineapple, banana, coconut milk topped with granola, coconut flakes, chia seeds

BULGAR WHEAT BOWL 110
roasted broccoli, cherry tomatoes, red onion, butternut, baby spinach & bulger wheat with tahini lime dressing


SANDWICH

PRESSED SANDWICH

CHEESE DELUXE  72
cheddar, mozzarella, white cheddar, mayo


CHICKEN PESTO 105
roast chicken, white cheddar, basil mayo, red pepper pesto


CLUB SLOW 112
roast chicken mayo, white cheddar, bacon, tomato on brioche

SLOW RYE  80
basil pesto, cream cheese, tomato, smashed avocado, balsamic red onion with rocket on rye

OPEN SANDWICH

SLOW MAYO | Half as much 90 | 53
roast chicken breast, gourmet mayo
+ avo +16 | +22

SMASHED AVO | Half as much  94 | 55
with crème fraiche, feta, lemon, dukkah, rocket on ciabatta
+ poached eggs +18 | +13

VEGAN STACKER  90
sourdough, basil mayo, smashed chickpeas, vegetable hash brown, avo, rocket

FRESH FROM OUR BAKERY

Baked Cheesecake 68

SLOW Carrot Cake 60

Roasted Hazelnut Chocolate Cake 55

Apple Strudel with cream 42

Scones with jam, cheese or cream 35

Croissant with jam, cheese or cream 50

CLASSIC FAVOURITES

MEXICAN ON TOAST 60

chili con carne mince, white cheddar, poached egg on single toast

CRISPY CHICKEN STRIPS 119

chicken strips, artisan breadcrumbs, sesame seeds, garlic mayo, sweet chili sauce with fries **or** salad

CHEESE QUESADILLA 70

tortilla, white cheddar, crème fraiche, avo, fresh salsa

+ Bacon **or** Chourico **or** Chicken +22

VEGAN QUESADILLA 108

tortilla, basil mayo, smashed chickpeas, sautéed mushrooms, avo, fresh salsa

QUICHE 98

with fries **or** salad

CHICKEN SCHNITZEL 130

chicken breast with artisan breadcrumbs, topped with gourmet cheese **or** creamy mushroom sauce, fries **or** salad

BURGERS

CHICKEN 125

crispy chicken breast, white cheddar, spicy jalapeno **or** garlic mayo, fries **or** salad

+ avo +10

+ gourmet cheese sauce +10

SMASH BURGERS

CLASSIC SLOW 120

100% pure beef patty, white cheddar, pickles, aioli, fries **or** salad

TRIPLE CHEESE SMASH 130

100% pure beef patty, gourmet cheese sauce, white cheddar, red onion, fries **or** salad

MUSHROOM 130

100% pure beef patty, grilled mushroom, white cheddar, red onion, fries **or** salad

BACON & CHEESE 140

100% pure beef patty, bacon, white cheddar, balsamic red onion, aioli, fries **or** salad

TO TOP IT OFF

Malva Pudding with vanilla ice cream 44

Pecan Pie with cream 46

Brownie with vanilla **or** tin roof ice cream and chocolate sauce 40

PIZZA

Pizza bases are made from sourdough topped with authentic italian sauce, parmigiano reggiano & italian mozzarella

FOCACCIA / add Cheese 58 | 88

parmigiano reggiano, olive oil, herbs & freshly chopped garlic

MARGHERITA 88

italian tomato sauce & parmigiano reggiano

FOUR CHEESE 110

cheddar, white cheddar, cream cheese & mozzarella

CAPRESE 120

home made basil pesto & olive oil, topped with fresh basil

FUNGI 120

portobellini mushrooms, rocket, balsamic reduction

HAWAIIAN 125

bacon, danish feta & banana **or** pineapple

REGINA 125

bacon, mushroom

MEXICAN 135

chili con carne mince, pepperito peppers

SWEET CAJUN CHICKEN 138

spicy sweet chilli chicken, pepperito peppers & danish feta

CHOURICO 140

portuguese "chourico caseiro", kalamata olives, caramelised red onion topped with fresh basil

PEPPERONI 145

italian pepper salami & portobellini mushrooms topped with fresh rocket [add chilli free]

FOUR SEASONS 145

bacon, mushroom, artichokes, olives

BACON & AVO 148

bacon, avo & danish feta

SALAD

CAESAR SALAD 105

roast chicken, greens, avo, ciabatta croutons, parmigiano cheese, caesar dressing

PROTEIN BOWL 112

quinoa, roast chicken, roasted butternut, mixed seeds, italian tomatoes, avo, greens

SLOW COB 116

roast chicken, crispy bacon, avo, boiled egg, italian tomatoes, greens



Vegetarian



Vegan



Hot / Spicy

Selected items are served with freshly baked artisan bread | Food may contain nuts, dairy products, gluten & honey