



WOODLANDS

RESTAURANT



CALL 032 525 3290

SERVED FROM 08:00 - 11:30



BREAKFAST

- | | |
|--|---|
| COUNTRY FRENCH TOAST 78 | GRANOLA BOWL 65 |
| Vanilla and cinnamon croissant french toast with seasonal fruit, yoghurt & honey | Fresh seasonal fruit, crunchy granola and plain full-cream yoghurt |
| BASIC 3 EGG OMELETTE 50 | WOODYS BREKKIE 79 |
| With mozzarella cheese & toast | Two eggs, bacon, grilled tomato, herbed mushrooms & toast |
| Add bacon 22 | SMASHED AVO 70 |
| Add avocado 25 | Spring onion lemon smashed avocado served on toast with a poached egg |
| Add mushrooms 24 | KIDS BREKKIE 50 |
| Add beef mince 35 | One scrambled egg, bacon & toast |
| Add spinach 20 | <i>*White, wholewheat or sourdough</i> |
| Add spicy chicken livers 35 | |
| EGGS FLORENTINE 82 | |
| Sourdough toast topped with grilled tomato, spinach, poached eggs & hollandaise | |

PROPA™ SMOOTHIES

VEGAN FRIENDLY / DAIRY FREE / GLUTEN FREE / REFINED SUGAR FREE



- | | |
|---|--|
| BERRY CHEESECAKE 65 | ACAI BLISS 65 |
| Strawberry, pineapple, banana, cashew, coconut, pea protein, beetroot juice & dates | Banana, strawberries, blueberries, acai, cashew, coconut, beetroot juice & dates |
| MANGO & COCONUT (no nut!) 65 | VANILLA CARAMEL (no banana) 65 |
| Mango, coconut, banana, coconut milk, dates, turmeric & Himalayan salt | Sweet potato, macadamia, coconut, dates, vanilla extract & Himalayan salt |
| GREEN MATCHA 65 | KETO PEANUT BUTTER 65 |
| Banana, avocado, almond, coconut, matcha, dates, moringa, spirulina & green tea | (no banana - 3g net carb) |
| CHOCOLATE PEANUT BUTTER 65 | Cauliflower, peanut butter, coconut, coconut milk, xylitol, erythritol, stevia, vanilla extract & Himalayan salt |
| Banana, peanut butter, cocoa, pea protein powder & dates | |

