

daytime menu

The GOOD NEIGHBOUR

CAFÉ & BAKERY

BREAKFAST & BAGELS 7am – 3pm
LUNCH MENU, SANDWICHES & SALADS 11am – 3pm
DINNER MENU served from 3pm – kitchen closes at 8.30pm

whats for BRUNCH

MUESLI BOWL R 95
Home baked muesli, served with greek-style full cream yoghurt and seasonal fruits.

HOT OATS & FRUIT BREAKFAST R 90
Rolled oats soaked overnight in honey, cinnamon & coconut milk, served hot, topped with roasted and fresh fruit, orange zest & toasted flaked almonds.

EGGS ON TOAST R 65
Two free range eggs as you like, served with sourdough toast.
Swop Sourdough for a croissant +15 | Add bacon +40 | Add avo +35

AVOCADO TOAST R 105
Half a fresh avocado, sliced and served on sourdough toast with toasted seeds and fresh salsa
Add poached egg +15 | Add bacon +40 | Add mushrooms +35

HOTEL BREAKFAST R 110
Two eggs served to your liking, three rashers of streaky bacon, grilled mushrooms and seared tomatoes, served with toast.

RUSTIC SCRAMBLE R 125
Scrambled eggs with bacon, spring onion and hard cheese, topped with caramelised onions. Served with Good Neighbour sourdough.

SEASONAL VEG SCRAMBLE R 120
Scrambled eggs with sauteed seasonal vegetables served with creamy feta cheese. Served with Good Neighbour sourdough.

EGGS BENEDICT
Two poached eggs served to your liking with freshly made Hollandaise sauce and a choice of:
Bacon R 130 | Salmon R 150 | Mushroom & spinach R 125

MUSHROOMS ON TOAST R 105
Mixed mushrooms sauteed in butter, garlic and curry spices served on sourdough with melted white cheddar, topped with a poached egg.

FRENCH TOAST R 125
Custard soaked, pan-fried french toast served with:
• Bacon and banana and cinnamon syrup
• Fresh seasonal fruit, fruit compote and crème fraiche

extras

Bacon, Fresh fruit 40	Avocado, Roasted mushrooms 35	Sauteed Spinach, Tomatoes, White cheddar 20	Smoked Salmon Trout Cream cheese Sourdough Jam 50 30 12 12
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our BAGELS

SALMON & CREAM CHEESE R 105
Served with red onion and capers.

BREAKFAST BAGEL R 90
Fried egg, bacon, cheddar cheese, spicy tomato onion chutney and rocket.

CREAM CHEESE SCHMEAR BAGEL R 50
Cream cheese and spring onion smeared on a toasted bagel and served open.

BACON, CREAM CHEESE & HOT HONEY R 95
Trust! Spicy, sweet and salty all on a fresh bagel.

LUNCH menu

GOOD NEIGHBOUR SMASH BURGER R 145
100% pure beef patty topped with cheddar cheese, caramelized onion, pickles, tomato and our house burger sauce. Served with skinny fries or a side salad.
Add bacon +40

CREAM CHEESE AND HOT HONEY BURGER R 165
That's right, our lightly toasted brioche bun smeared with cream cheese and topped with a smash burger patty, bacon and hot honey. Served with skinny fries or a side salad.

BACON JAM CHEDDAR BURGER R 165
Housemade smokey bacon jam smothered over a classic cheeseburger, with pickles, tomato and our house burger sauce. Served with skinny fries or a side salad.

CLASSIC CHICKEN BURGER R 135
Grilled or fried, topped with house made pickles and spicy mayo. Served with skinny fries or a side salad.

KOREAN CHICKEN BURGER R 155
Panko crumbed chicken filet, covered with our sweet and spicy Korean sauce, served on a brioche bun. Served with skinny fries or a side salad.

MOZAMBIKAN COCONUT CURRY
Slightly Spicy and aromatic Curry served with Basmati rice, fresh coriander and roasted cashew nuts.
Chicken R 155 | Veg R 135

RED THAI CURRY
Fresh, fragrant and spicy red curry served with Basmati rice, fresh coriander and crushed roasted peanuts.
Chicken R 155 | Veg R 135

ROASTED RED PEPPER AND TOMATO SOUP R 75
Fire roasted vegetables blended and finished with fresh cream and toasted sourdough.
Add toasted cheese and caramalised onion sandwich + R 40

SANDWICHES

Our sandwiches are served with a side salad.
Gluten Free bread: +R10 | Add fries for R25

CHICKEN MAYO & AVOCADO R 125
Oven roasted chicken, sliced and tossed in our house made mayonnaise, served with fresh avocado.

CHICKEN TIKKA R 115
Spicy, aromatic sandwich served with toasted almonds and fresh herbs.

FRENCH ONION ROAST BEEF SANDWICH R 145
Rare roast beef, wholegrain mustard, caramelised onion and cheddar cheese.

GOOD NEIGHBOUR BACON SANDWICH R 105
Crispy bacon, caramelized onion, fresh tomato, rocket and spicy mayo.

HAM & CHEESE R 80
Classic, add wholegrain mustard and/or caramelised onions.

FALAFEL & VEG SANDWICH R 110
Crispy falafel balls, carrot and beetroot, hummus, pickled veg, fresh herbs and tahini dressing.

SALADS

THE GOOD NEIGHBOUR SALAD
Finely chopped roasted and fresh veg, seasonal fruit, toasted seeds and nuts served with avocado, creamy feta and a zesty vinaigrette.
Add chicken + R 35 | Add falafel balls (3) + R 25
R 135

THAI CHICKEN AND CASHEW NUT SALAD
Mixed baby leaves, shredded cabbage, carrots, cucumber and red pepper, served with creamy Thai Peanut dressing
R 155

drinks menu

The GOOD NEIGHBOUR

Café & Bakery

OPENING HOURS

Mon – Sat: **7am – 9:30pm**

Sunday: **7am – 3pm**

Kitchen closes 1 hour before closing time.

COFFEE

All coffees are served as a double shot unless otherwise specified.
All coffees can be served iced on request.

ESPRESSO	R 26
MACCHIATO	R 27
AMERICANO	R 32
CORTADO	R 34
FLAT WHITE	R 37
LATTE	R 42

other HOT DRINKS

Milk alternatives (Almond and oat) +10

	MEDIUM	LARGE
MOCHA	R 44	R 50
HOT CHOCOLATE	R 40	R 46
CHAI LATTE	R 40	R 48
DIRTY CHAI LATTE	R 44	R 50
ROOIBOS LATTE	R 36	R 44
VIETNAMESE ICED COFFEE		R 50
BABYCCINO		R 10

TEA

CEYLON TEA	R 26
EARL GREY TEA	R 26
ROOIBOS TEA	R 26
GREEN TEA	R 26
MINT TEA	R 26

fresh JUICES

FRESH ORANGE	R 49
Freshly pressed Orange Juice.	
GREEN JUICE	R 55
Spinach, green apples, lemon and ginger.	
RED JUICE	R 55
Beetroot, carrot, apple and ginger.	

SMOOTHIES

BERRY SMOOTHIE	R 65
Frozen berries, honey and yoghurt.	
PEANUT BUTTER & BANANA SMOOTHIE	R 65
Frozen banana, peanut butter and honey.	

soft DRINKS

COCA-COLA/COKE ZERO	R 30
APPLETISER/GRAPETISER	R 45
ROCK SHANDY	R 45
COLA TONIC & LEMONADE	R 35
STONEY GINGER BEER	R 30
WATER 500ML STILL OR SPARKLING	R 25
WATER 1L STILL OR SPARKLING	R 45
UPLIFT KOMBUCHA	R 45

menu note

- We support local, free range & sustainable practices*
- Not all ingredients are listed, please inform your server of any allergies*
- Please observe our worker policy and limit laptop usage to 90 min*
- Dogs on leads are welcome in our outside section. Strictly no dogs allowed on any furniture.*
- Please be considerate to your fellow guests and the staff*
- Smoking in designated areas only*

WORKERS NOTE:

In order to preserve the culture of the Good Neighbour, laptop use and remote working in our space is limited to **90 minutes**.
The Good Neighbour is a full service cafe and bakery. Enjoy the food, staff and atmosphere.
The adjacent Neighbourgood workspace is open to everyone, with service available upon request.
