

Autumn 2017

Breakfast Options – Served All Day

ask your waitron for our gluten free, vegan & Banting options

- **Cinnamon spice hotcakes** served with banana, crème fraiche and honey 60
- **Prosciutto and Asparagus** with poached egg and honey grain mustard 79
- **House made honey granola** with stewed citrus segments and double cream yoghurt 55
- **Smoked salmon and sweet potato cakes**, organic poached eggs and herbed cream cheese 75
- **Potato rösti with streaky bacon**, rocket, tomato relish and organic poached eggs 69
- **Market Ranchers'** with avo, cheddar, roast potato and spicy kidney bean salsa 78
- **French toast croissant** topped with honey and cinnamon banana finished with almonds and berries 65
- **Full-house breakfast stack**; Organic eggs, streaky bacon, lamb sausage, sautéed portabellini mushrooms, roasted cherry tomato and toast 89
- **Organic scrambled eggs** on a toasted bagel with wilted baby spinach 42
Add maple bacon and avo 30
Add smoked salmon and crème fraiche 35
- **Market benedict** with smoked gammon and mustard hollandaise on Savoury crumpets 78
- **Courgette and corn fritter** with crème fraiche, rocket and roast cherry tomatoes 58

Casual Meals

- **Lunch steak** flame grilled and served on seasonal vegetables with homemade chips and a green peppercorn cream SQ
- **Lamb chops** flame grilled and served on roasted sweet potatoes, rocket and cherry tomato dressed with a mint pesto 155
- **Ploughman's platter** – ask your waitron 195
- **Grilled Pork Chops** with apple mash & Dijon mustard Cream 125

We only use the freshest local and where possible organic ingredients and employ traditional cooking methods, which may sometimes take a little more time and require a little more patience - Only one corkage wine per two patrons - Market is a non-smoking restaurant, please feel free to smoke out in the courtyard, however should a fellow patron complain please move to the driveway

- **Fishcakes** on house salad with roasted garlic and herb aioli 79
- **Sweet potato quinoa** with grilled prawns and minted plum salad. 125
- **Tuna antipasto salad** with marinated chickpeas and fresh greens 128
- **Warm hoisin plum shredded duck salad**, with tropical segments, red cabbage and mixed Leaves 79
- **Market Cobb salad**, with bacon, gorgonzola and avo 89
- **Chicken Tagliatelle** with basil pesto and roasted cherry tomatoes 85
- **Seafood aglio olio** with prawns clams , mussels and a hint of chilli 130
- **Mushroom and courgette tortellini** with sundried tomato and creamy almond spinach Reduction 78
- **Cannelloni** of brinjal stuffed with ricotta, feta and baby spinach topped off with tomato relish 79
- **Lamb burger Moroccan** spiced with minted feta crust and tomato, red onion and coriander salsa 125
- **Chef's speciality burger** – Ask your waitron SQ
- **Sesame lentil burger** with beetroot and house made mayo 95
- **Homemade falafel**, on a fresh salad with hummus, salsa and sesame lavash 85
- **Pizza** – ask your waitron S.Q
- **Pulled Pork Sarnie** with apple, bacon bits and cranberry compote on ciabatta 68
- **Fillet and Brie Sarnie** with whole grain mustard on dark rye 84
- **Grape and Parma ham Sarnie** with mozzarella on gluten free toast 78
- **Grilled Chicken pita bread** with pepper dew, bacon bits and avo 75
- **Crispy halloumi**, avocado, red pesto and rocket on Rye toast 68
Add bacon 18

Desserts

- **Cheese cake of the day** 40
- **Chocolate mousse cake** 45
- **Deep fried banana** 35
- **Lemon tart with berries** 35
- **Cranberry and cashew nut chocolate brownie** 40

A 12% Service charge will be levied on tables of 9 or more guests – A Levy of R100 per "No Show" will be charged on tables of 9 or more without prior notification – Due to municipal noise and business regulations we are required to vacate the premises by 11pm Daily