

Winter 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 wilted greens with poached eggs 79
- Oats with fresh seasonal fruits 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 soft boiled eggs, kidney beans, mushrooms, relish, and a hint of chilli 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 or potato & rosemary toast 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
- Pulled Pork benedict with passion fruit hollandaise 69
- Courgette and corn fritter with crème fraîche, rocket and roast cherry tomatoes 58

Casual Meals

- Lunch steak flame grilled and served on seasonal vegetables with homemade chips and gorgonzola butter compote 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 – serves two 165
- Grilled Pork Chops on apple mash & Dijon 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
- **Calamari quinoa, red pesto and macadamia nut Salad** 115
- **Sautéed Vegetables** tossed in millet, basil pesto and tzatziki 84
- **Warm hoisin plum shredded duck salad, with tropical segments, red cabbage and mixed Leaves** 79
- **Pear and spiced cashew nut salad with bacon** 86
- **Market Cobb salad, with bacon, gorgonzola and avo** 89
- **Prawn and asparagus risotto with saffron** 130
- **Sage roasted butternut, bacon and pine kernel cream penne** 86
- **Chicken Tagliatelle with basil pesto and roasted cherry tomatoes** 92
- **Seafood chowder with Linefish, 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 topped with red onion, beetroot and apple salsa** 125
- **Hand crafted pork sausages grilled and served with an onion and red wine gravy on either mustard mash potato or a cauliflower mash** 118
- **Free range beef burger topped with gorgonzola, bacon, avo and jalapeno onion marmalade** 135
- **Sesame lentil burger with beetroot and house made mayo** 95
- **Homemade falafel, on a fresh salad with hummus, salsa and sesame lavash** 85
- **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- Ask your waitron

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