

Lockdown Menu

A selected number of favourites during this lockdown period.

We strive to use fresh, seasonal, locally-sourced ingredients and to support ethical farmers and local artisans.

- Free range chicken & grass-fed, free range beef
- Usana's pasture-raised eggs
- Artisan cheeses and farm butter
- Premium stone-ground flours
- Our breads, sourdoughs, bagels, tarts and cakes are baked fresh at Origin

All baked goods and breads are available for home or office. If you want them in quantity please pre-order the day before.

Bakery

Keep an eye out - we will regularly be bringing new items on. Check the counter or speak to your waiter.

Pasteis de nata	25
Plain butter croissant	22
Almond croissant	36
Chocolate babka ring	28
Carrot cake	30
Pecan nut chewy brownie	30
Nutella cookie	22
Cranberry, white chocolate & oat cookie	22

Bagels

JOEL'S MONTREAL BAGELS

Made in the famous, authentic, Montreal-bagel style eaten by Joel since 1969. Stone-ground flour, hand-rolled, boiled & baked at Origin since 2007. (sesame only during lockdown)

Available plain or toasted

— Plain cream cheese	30
— Norwegian smoked salmon & cream cheese	85
— BLAT - Bacon, lettuce, avo & tomato	40
— Shredded chicken, lime mayo & avo	50
— Plain	10

BAGEL EGGS BENEDICT

Two poached pasture-reared Usana eggs with homemade hollandaise on a sesame seed Origin bagel (for a change!)

— with bacon	95
— with salmon	115
— with mushroom & spinach	85

(banting-friendly - leave out the bagel!)

Breads

Baked at Origin, using stone-ground flour and our own natural leavens in the sourdoughs.

Speak to your waiter for today's selection of breads to have with your breakfast.

Breads for home:

JOEL'S MONTREAL BAGELS

Freshly boiled & baked at the back. Sesame only during lockdown.

— each	10
— half dozen (6)	55
— dozen (12)	95

ORIGIN SOURDOUGH 35

SPENT-ESPRESSO SOURDOUGH 35

(Saturdays only)

CHALLAH (Fridays only) 30

Breakfast or brunch

HEALTH BREAKFAST

Home-made muesli, Greek-style yoghurt, fresh seasonal fruit, pure Cape honey 70

VEGAN HEALTH BREAKFAST

chia seeds in coconut milk, genuine maple syrup, fresh seasonal fruit, toasted coconut flakes 65

AVO SMASH

sun-dried tomatoes, chilli-marinated feta, red onion pickle, kale chips, sourdough toast 70
— add 1 or 2 poached eggs +10 ea

ORIGIN SHAKSHUKA

Two pasture-reared poached eggs, fragrant tomato sauce, spinach, chickpeas, harissa, sourdough and...
— with Merguez-style, lamb meatballs 100
— vegetarian (no sausage) 90

EGGS & TOAST

Two pasture-reared Usana eggs as you like, choice of our hot sauces (green apple-jalapeño or habanero-pineapple) served with your choice of bread 50
with croissant +15

PLAIN OR FILLED OMELETTE

Three pasture-reared Usana eggs served with your choice of bread 50
with croissant +15
Choose your fillings + extras below

Extras

Fresh chilli	6
Fresh red onion	6
Fresh or seared cherry tomatoes	12
Sautéed spinach	15
White cheddar	18
Borenkaas	24
Avocado	20
Roasted mixed mushrooms	35
Homemade hollandaise	22
Bacon	24
Merguez (spicy lamb sausage)	30
Smoked Franschoek salmon trout	45