

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

- Free range chicken
- Usana's pasture-raised eggs
- Artisan cheeses and farm butter
- Premium stone-ground flours

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

# Bakery

Check the counter or speak to your waiter.

## SWEET

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

## SAVOURY

MUSHROOM & ARTICHOKE BOREK	
This Turkish-stye philo pie is great for vegetarians and meat-lovers alike (we challenge them not to love it)	30

# Breads

Our breads, sourdoughs, bagels, tarts and cakes are baked fresh at Origin using stone-ground flour and our own natural leavens in the sourdough.

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 and brunch

## HEALTH BREAKFAST

Home-made muesli, Greek-style yoghurt, fresh seasonal fruit, pure Cape honey	70
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## VEGAN HEALTH BREAKFAST

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

## FRENCH TOAST

Custard-soaked Origin challah, pan-fried and served with fresh fruit and creme fraiche	75
— add genuine Vermont maple syrup	25

## 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!)	

## 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
Succulent, marinated chicken breast	35
Smoked Franschoek salmon trout	45

# 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

# Other

We will be adding a number of new lunch items over the next few weeks. Watch this space.

## STEAK SANDWICH

Marinated steak on a baguette with pickled onion and baby spinach	85
— add cumin-spiced potato wedges	20

## AUBERGINE QUINOA SALAD

aubergine caponata, baby spinach, tomatoes, red peppers, fresh Belnori goats cheese, quinoa, mint and coriander. Finished with sherry dressing, toasted pecan nuts	85
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