

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

<b>MUSHROOM &amp; ARTICHOKE BOREK</b>	
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.

## BREADS FOR HOME

<b>JOEL'S MONTREAL BAGELS</b>	
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

## 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

## EGGS & TOAST

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

## OR FILLED OMELETTE

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

## 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

## 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!)PLAIN

## FRENCH TOAST

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

# Bagels

## JOEL'S MONTREAL BAGELS

In the famous, authentic, Montreal style eaten by Joel since 1969. Stone-ground flour, hand-rolled, boiled & baked at Origin since 2007.

Available plain or toasted

— Plain cream cheese	30
— Norwegian smoked salmon & cream cheese	85
— BLAT - Bacon, lettuce, avo & tomato	40
— Deli - salami, gypsy ham, fontina cheese, lettuce, tomato & sweet mustard	65
— Plain	10

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

# Lunch

## STEAK SANDWICH

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

## KOREAN FRIED CHICKEN

Spicy, fried chicken with kimchi rice, asian pickled vegetables, sesame 75

## AUBERGINE QUINOA SALAD

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

## CHICKEN AND ARTICHOKE SALAD

Watercress, mint, cherry tomato, feta lemon & herb artichokes, grilled chicken breast, pecans and a yoghurt and lemon dressing 75

# Extras

Fresh chilli	6
Fresh red onion	6
Fresh or seared cherry tomatoes	12
Sautéed spinach	15
White cheddar	18
Local, young, fontina-style cheese	24
Avocado	20
Roasted mixed mushrooms	35
Homemade hollandaise	22
Bacon	24
Merguez-style spicy lamb meatballs	30
Succulent, marinated chicken breast	35
Smoked Franschhoek salmon trout	45