

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 order the day before.

Bakery

Check the counter or speak to your waiter

SWEET

Proof Bakery plain butter croissant	24
Our almond paste in their croissant	38
Proof Bakery pain au chocolat	34
Pasteis de nata	25
Spiced caramel Christmas roll	30
Carrot cake	33
Seasonal fruit and frangipane tart	35
Rustic lemon tart	30
Sofia's chewy pecan nut brownie	33
Cranberry, white chocolate & oat cookie	26
Nutella cookie	26
Chocolate and tahini cookie (vegan)	26

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.

BREADS FOR HOME

JOEL'S MONTREAL BAGELS	
Freshly boiled & baked at the back.	
— each	10
— half dozen (6)	55
— dozen (12)	95
ORIGIN SOURDOUGH	35
SPENT-ESPRESSO SOURDOUGH (Saturdays only)	35
CHALLAH (Fridays only)	30

Gelato

210ml CUP	45
vegan 	

a collab with our friend Robert from Ice Cream Lovers

I asked Robert to make a coffee ice cream with the level of complexity & intensity of freshly brewed Origin espresso, and celebrating the subtlety of Nigiro's teas. We offer these to you along with some of Robert's more traditional flavours.

ORIGIN COFFEE GELATO	
Summer Blend espresso	
Mocha (espresso + chocolate)	

NIGIRO TEA GELATO	
Jasmine oolong tea	
Earl Grey	
Orange & spice rooibos	

CLASSIC FLAVOURS	
Chocolate	
Vanilla	
Roasted hazelnut	
Mixed berry 	
Mango 	
Lemon 	

Breakfast and brunch

HEALTH BREAKFAST

Home-made muesli, Greek-style yoghurt, fresh seasonal fruit, pure Cape honey	75
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GREEN GODDESS SMOOTHIE BOWL

fresh mango, banana, spinach, avocado, almond milk and honey smoothie topped with fresh seasonal fruit and a seed crumble	70
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AVO SMASH

sun-dried tomatoes, chilli-marinated feta, red onion pickle, kale chips, sourdough toast	75
— 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

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
— with halloumi	100
— vegetarian (no sausage)	90

SABICH BREAKFAST SANDWICH

Iraqi Jewish / Israeli cult breakfast sandwich. Roasted aubergine, chopped fresh salad, hummous, amba (fresh mango sauce) and yogurt dressing, topped with a boiled egg	75
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BAGEL EGGS BENEDICT

Two poached pasture-reared Usana eggs with homemade hollandaise on a sesame seed Origin bagel (for a change!)	
— with bacon	99
— with salmon	120
— with mushroom & spinach	85
(banting-friendly - leave out the bagel!)PLAIN	

FRENCH TOAST

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

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
Pan-fried halloumi	34
Avocado	20
Roasted mixed mushrooms	35
Homemade hollandaise	22
Bacon	24
Merguez-style spicy lamb meatballs	30
Succulent, marinated chicken breast	35
Smoked Franschoek salmon trout	45

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	32
— Norwegian smoked salmon & cream cheese	90
— BLAT - Bacon, lettuce, avo & tomato	50
— 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

SAIGON SUB (bánh mì)

One of the greatest sandwiches in the world. A flavour explosion of marinated, grilled pork, lightly pickled carrot & daikon radish, a generous handful of fresh coriander & mint and a touch of chilli. Served on a baguette.	80
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STEAK SANDWICH

Marinated steak on a baguette with pickled onion and baby spinach	90
— add cumin-spiced potato wedges	20

KOREAN FRIED CHICKEN

Spicy, fried chicken with kimchi rice, asian pickled vegetables, sesame	80
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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
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CHICKEN AND ARTICHOKE SALAD

Watercress, mint, cherry tomato, feta lemon & herb artichokes, pecans and a yoghurt and lemon dressing	
— with grilled chicken breast	80
— for vegetarians, pan-friend halloumi	80