

LUNCH - À LA CARTE



12H00 - 14H00
Tuesday - Sunday

SOUP OF THE DAY.	R42.00
always thick and healthy, served with home-baked bread	
CHILLI BITES, three with sweet chilli sauce.	R35.00
MUFFIN PLATTER	R55.00
six mini muffins with butter, jams, paté and cashew cream	
BEETROOT FALAFEL WITH FRENCH TOAST CROUTONS.	R65.00
on salad greens from our garden with balsamic reduction and cashew cream	
PLATTER FOR 2 /3.	R130.00
a surprise of crackers, patés, dumplings, nuts, slices, salads	R185.00
and home-made bread	
SPRING ROLL TRIO.	R55.00
spinach, corn and cashew cheese, sweet potato and lentil, seitan and peppadew with 3 dipping sauces	
CARAMELISED APPLE, ALMOND AND TEMPEH TEMPURA.	R65.00
on a bed of greens with lemon-herb dressing	
VEGETABLE STIR-FRY ON FLATBREAD.	R70.00
<i>Asian-style</i> - with coconut cream and some spice on a spinach paratha <i>Italian-style</i> - with basil and olives on a on tomato flatbread	
QUINOA BURGER	R65.00
with salad, choose between sweet chilli sauce, mayonnaise or tomato sauce	
PASTA WITH CINNAMON BUTTERNUT AND CHILLI	R70.00
topped with a green salsa	
COTTAGE PIE	R85.00
made the traditional way but with a selection of vegetables and grains, beetroot chips on the side	
EXTRAS	
two slices of home-baked bread with coconut butter	R12.00
potato chips on the side	R20.00
side salad	R15.00

. . . . NOTHING TASTES AS GOOD AS VEGAN FEELS

Old Joe's Kaia - N4 Schoemanskloof Road - Mpumalanga +27 83 2293751 - www.oldjoes.co.za



THE
SEEDLING
vegan restaurant

CHILDREN

BANANA FRENCH TOAST with salad pieces. R35.00

TOASTED SANDWICH

vegan cheese, tomato and seitan slice Adult R45.00
Child R35.00

DESSERT

DATE PUDDING R42.00
with ice cream and caramel sauce

APPLE AND CHOCOLATE SPRING ROLL. R40.00

BISCUIT TASTER R25.00

DRINKS

TEA /COFFEE R18.00

CAPPUCCINO R25.00

ICE TEA R18.00

KOMBUCHA /KEFIR SPRITZER. R20.00

VEGANISM

...is not just about what we eat and what we don't eat. It is a lifestyle. It is a connectedness to the environment and visitors from all corners of the globe. We emphasise gentleness and kindness to the Earth and all her sentient beings, treading lightly and causing as little harm as possible. We share and exchange knowledge via our restaurant and by running cooking workshops that create ripple effects from the many seeds that we plant. We nourish your taste buds, mind and soul through delicious and beautiful cuisine, because

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