

# CONTINENTALE

## BUILD YOUR CONTINENTAL BREAKFAST

### MEATS

<b>PROSCIUTTO COTTO</b>	30
Italian farm-style ham	
<b>PROSCIUTTO BRAGLIA</b>	35
Italian cured ham	
<b>PROSCIUTTO DI PARMA</b>	55
D.O.C cured ham from Parma	
<b>MORTADELLA</b>	28
Large Italian cold cut with pistachio nuts	
<b>MILANO</b>	40
Fine grain Italian salami	
<b>PASTRAMI</b>	25
Local brined beef	

### CHEESES

<b>EDAM</b>	20
Mild and creamy cow's milk cheese	
<b>EMMENTHAL</b>	22
Fruity and sweet flavour	
<b>TALEGGIO</b>	35
Washed-rind soft cheese	
<b>ASIAGO BLACK</b>	30
Delicate smooth flavour	
<b>GRANA PADANO D.O.P</b>	35
Italian hard cheese	
<b>WHITE CHEDDAR</b>	18
Earthy and savoury	

### CROISSANTS

<b>PLAIN (V)</b>	30
<b>CHOCOLATE (V)</b>	39
<b>CUSTARD (V)</b>	55
<b>ALMOND (V)</b>	55
<b>BACON AND CHEESE CRUFFIN</b>	50

### TOAST

<b>PANE SEGALE RYE BREAD</b>	5
<b>RUSTICO CIABATTA</b>	5
<b>PANE SEMI SEED LOAF</b>	6

### SIDES

<b>BACON</b>	35	<b>MAMMA'S BAKED BEANS (V)</b>	30	<b>CREAM CHEESE FRIKET (V)</b>	25
<b>LUGANICA SAUSAGE</b>	35	<b>SPINACH (V)</b>	20	<b>FRUIT SALAD (V)</b>	35
<b>SMOKED SALMON 40G 80G</b>	55   110	<b>HUMMUS (V)</b>	39	<b>YOGHURT (V)</b>	15
<b>GRILLED MUSHROOMS (V)</b>	35	<b>ROASTED TOMATOES (V)</b>	15	<b>MUESLI (V)</b>	35
<b>AVOCADO (V)</b>	30				

## COLAZIONE

### — BREAKFAST —

#### OVO SAPIENS

Artisanal toast, scrambled eggs, tomato roasted in garlic and thyme, mushrooms and bacon

95

#### FRENCH TOAST

French toast served with grilled banana, bacon and maple flavoured syrup

78

#### BENEDICT

Poached eggs served with bacon, rocket and hollandaise sauce on artisanal toast

95

#### THE COWBOY\*

Homemade luganica sausage braised in white wine, tomato, beans, chilli and fresh herbs. Served on toast with sautéed spinach and topped with a poached egg

80

#### SALMON AND HASH BROWNS

Parsley hash browns, basil pesto mayo, rocket, herbed cream cheese and smoked salmon  
- ADD POACHED EGG

105

#### RUSTICO (V)

Artisanal toast served with fresh sliced tomato, homemade hummus, crushed avocado and cream cheese friket

85

#### SHAKSHUKA

Eggs baked and served in napoletana sauce, chorizo sausage, cannellini beans, peppers and onion. Served with artisanal toast

120

#### GRANOLA (V/GF)

Seed, nut, honey and grain granola baked with coconut flakes and goji berries

45

#### L'OMELETTE (V)

3 Egg omelette or egg white with mozzarella cheese, served with toasted artisanal bread

70

- ADD BACON

15

- ADD MUSHROOMS (V)

15

- ADD SPINACH (V)

12

- ADD BREAKFAST SAUSAGE

22

- ADD MILK

10

- ADD ALMOND MILK

20

- ADD YOGHURT

20

- ADD FRUITS

20

#### TONY SOPRANO

Artisanal toast topped with rocket, bacon, mushrooms, poached eggs and parmesan béchamel sauce. Finished of with crushed walnuts

105

#### BREAKFAST ROLL

Basil aioli, fried egg, bacon and rocket on a ciabatta roll

65

\*Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

## VISIT OUR BAKERY FOR TODAY'S SPECIALS

Our health conscious sourdough breads contain a natural pre-fermented yeast known as levain which has probiotics beneficial for your gut and is made with imported rye flour. All of our breads are preservative and GMO free, made using filtered water, non-iodised salt and unbleached, stoneground flour in its purest form.

Right of admission reserved. Ingredients subject to availability. Menu descriptors do not contain all ingredients. All of our food items are prepared in a kitchen where nuts, dairy products, wheat gluten, egg and soya are used.

OTI VA/11/09/2020



**OLD TOWN**  
—x—  
ITALY

# OLD TOWN

—x—  
CAFFÉ

# TÉ

— CLASSIC & SPECIALITY TEAS —

FOR 1 | FOR 2  
R25 | R38

<b>ESPRESSO</b>	R22
Single shot	
<b>DOPPIO ESPRESSO</b>	R25
Double shot	
<b>MACCHIATO</b>	R24
Single shot topped with hot frothed milk	
<b>CORTADO</b>	R24
Single shot topped with steamed milk	
<b>CAPPUCCINO</b>	R25
Single shot topped with hot frothed milk	
<b>AMERICANO</b>	R22
Single shot topped up with hot water	
<b>NUTELLA MOCHA</b>	R35
Single shot blended with chocolate nutella milk	
<b>BAMBINOCCHINO</b>	R 10
Espresso cup filled with warm, frothed milk and topped with cocoa sprinkles for the little ones	
<b>HOT CHOCOLATE</b>	R35
Nomu's sustainably sourced cocoa powder based hot chocolate	
<b>LATTE</b>	
Hot frothed milk served with a single shot of espresso	
- REGULAR	R30
- CHAI	R35
- VANILLA	R35
- CARAMEL	R35
- HAZELNUT	R35

## SMOOTHIES

<b>CHUCK BERRY</b>	R48
Blueberries, spinach, banana, almond milk and honey	
<b>BLAST SMOOTHIE</b>	R55
Peanut butter, pea protein, banana, almond milk, dates and honey	

## FRAPPÉS

<b>ROOIBOS AND ALMOND</b>	R55
Red espresso, Milk Lab almond milk, honey	
<b>LA MOCHA</b>	R35
Espresso, dark chocolate, milk and honey	
<b>OREO SUMMIT</b>	R45
Espresso, dark chocolate, oreos, milk and honey	

<b>ENGLISH BREAKFAST</b>	R22	FOR 1   FOR 2 R25   R38
A blend of teas from Assam, Ceylon and Kenya		
<b>EARL GREY</b>	R25	R25   R38
A black tea infused with the oil of bergamot and orange zest		
<b>CEYLON</b>	R24	R25   R38
A black tea of Sri Lankan origin		
<b>ROOIBOS</b>	R24	R25   R38
A herbal tea made from the rooibos plant		
<b>GREEN</b>	R25	R25   R38
Minimally oxidised Camellia sinensis from China		
<b>MOROCCAN MINT</b>	R22	R34   R48
A green tea of North African origin, with Sahara mint		
<b>VANILLA BOURBON</b>	R35	R34   R48
A red tea of South African origin with vanilla infusion		
<b>CHAMOMILE</b>	R 10	R34   R48
A herbal tea made from the chamomile plant		
<b>RED CAPPUCCINO</b>	R35	R32
Rooibos tea-based cappuccino		

## COLD PRESSED JUICES

Classic orange	R50
Carrot, apple, orange, granadilla and ginger	R50
Watermelon, raspberry, apple, lemon and mint	R50
Apple, beetroot, raspberry, carrot, ginger	R50
Apple, cucumber, spinach, kale, mint	R50

## HEALTH SHOTS

<b>FIERY GINGER</b> - Apple, ginger	R30
<b>SPICY TURMERIC</b>	R30
<b>CBD SHOT</b> - Apple, spinach, green rooibos, 10mg CBD	R35
<b>ENERGY SHOT</b> - Apple, pressed cranberries, green coffee, guarana extract	R35

## ITALIAN SOFT DRINKS

<b>SAN PELLEGRINO</b>	R35
Aranciata - Orange	
Limonata - Lemon	
Aranciata Rossa - Blood orange	
Aranciata Melograno - Pomegranate orange	
<b>MACARIO RETRO DRINK</b>	R42
Aranciata Rossa - Blood Orange	
Limonata - Lemon	
Chinotto - Dark Citrus Soda	

## ICED TEAS

<b>SAN BENEDETTO ICED TEA</b>	R35
Peach	
Lemon	

