

# BRUEGELS

italian menu

## BREAKFAST BOWLS

### Granola Bowl

homemade granola, double cream plain yogurt, seasonal fruit, passionfruit compote

### Multi Seed Oat Bowl

Gluten free rolled oats, multi seed blend, poached apple, cinnamon, walnuts, coconut milk and maldon sea salt flakes

## TRADITIONAL BREAKFAST

served with eggs and toast.

### Spicy Chicken Livers

Free range chicken livers, homemade peri peri sauce, coriander and chopped salsa

### Eggs Benedict with Salmon

smoked salmon, baby spinach, grilled asparagus, slow-roasted tomato, hollandaise

### Breakfast Pizza

eggs, salami milano, avocado, rocket

### Woodfired Smoortjie

Tomato-onion relish, sardines, chilli, coriander

### Butterbean Shakshuka

Butterbeans, tomato harissa sauce, grilled zucchini, parsley, yogurt dressing

### Eggs & Toast

create your own with a list of ingredients below.

- sourdough, rye, bagel, croissant
- eggs, falafel
- bacon, salami milano, chorizo, smoke salmon
- baby spinach, mushrooms, avocado, slow-roasted tomato
- basil pesto, hollandaise
- chilli, garlic, pecorino

## BAGELS

lightly toasted

### Breakfast

cream cheese, lettuce, wild rocket, avocado, bacon, egg, slow roasted tomato, sriracha mayo

### Pastrami

cream cheese, lettuce, wild rocket, pastrami, gherkin, slow roasted tomato, mustard mayo

### Chicken

cream cheese, lettuce, wild rocket, red onion, gherkin, slow-roasted tomato, cajun crumbed chicken breast, garlic aioli

### Caprese

cream cheese, lettuce, basil, avocado, tomato, fior di latte, pesto, balsamic glaze

### Hummus

hummus, lettuce, wild rocket, avocado, red onion, tzatziki

### Falafel

hummus, lettuce, wild rocket, falafel, tomato, red onion, tzatziki

### Salmon

cream cheese, lettuce, smoked salmon, wild rocket, red onion, capers

### Plain Jane

cream cheese

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## SALADS

### House Salads

tomato, cucumber, peppers, red onion, kalamata olives, feta, italian parsley, greek salad dressing

### Vibrant

boutique leaves, tomato, cucumber, peppers, red onion, olives, avocado, italian parsley, greek salad dressing

### Apple, Pear & Walnut

iceberg lettuce, baby salad leaves, apple, pear, walnuts, pumpkin seed oil, parmigiano reggiano, maldon sea salt flakes

### Roasted Vegetable

*boutique salad leaves, quinoa, grilled vegetables, walnuts, dates, feta, pesto*

### Chopped Salad

*red cabbage, boutique leaves, dried cranberry, walnuts, carrots, baby marrow, radish, peppers sweet corn, grilled vegetables, baby tomatoes, parsley & basil oil*

### Falafel Salad

*boutique leaves, apples, grape, cucumber, coriander, mint, multi seed blend, dried cranberry, grilled vegetables, falafels, hummus & tahini dressing.*

## STARTERS

*served with a garlic focaccia*

### Roasted Balsamic Mushrooms

*mushrooms, olive oil, balsamic vinegar, pecorino, fresh italian parsley*

### Caprese

*di bufala burrata, tomato, fresh basil, avocado, pesto, olive oil, balsamic glaze*

### Classic Focaccia

*pizza bread, olive oil, garlic, mixed herbs*

### Focaccia with Chevin

*goats cheese, tomato & wild rocket, garlic*

### Focaccia with Blue Cheese Fig

*blue cheese, fig, garlic*

## LASAGNE

### Beef Lasagne

*passata, slow-cooked ragu, pasta, bechamel, fior di latte, parmigiano reggiano, parsley*

### Vegetable Lasagne

*passata, grilled vegetables, pasta, bechamel, pesto, fior di latte, parmigiano reggiano, parsley*

## PASTA

*homemade pasta with the choice of spaghetti, tagliatelle, pappardelle or linguini*

### Funghi Esotico

shimeji and portobello mushrooms, red onion, cream, parmigiano reggiano, lemon juice, wild rocket, white alba truffle

### Puttanesca

*passata, anchovies, olives, capers, cherry tomatoes, garlic, white wine, fresh basil and parmigiano reggiano*

### Primavera

seasonal vegetables, kalamata olives, garlic, chili, lemon juice, olive oil, parmigiano reggiano, parsley

### Alfredo

*guanciale, portobello mushrooms, cream, parmigiano reggiano, parsley*

### Beef Ragu

classic slow-cooked ragu, beef chuck mince, parmigiano reggiano, parsley

### Spinach & Ricotta Ravioli

*spinach, ricotta ravioli, passata, cream, parmigiano reggiano, parsley*

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## PIZZA

*homemade pizza bases with the choice of bari, napoletana and gluten free bases*

## VEGETARIAN

### *John Cage*

*fior di latte (smoked), exotic mushrooms (shimeji, portabella), fresh italian parsley*

### *Hopper*

*artichoke, olives, pineapple, sun dried tomato*

### *Stern*

*peppadews, feta, onion, chili*

### *Warhol*

*seasonal roasted vegetables, cherry tomatoes, feta and vegan pesto*

### *Muholi*

*fior di latte, mozzarella, tomato base, cherry tomato, grana padano, basil,*

## CHICKEN

### *Bruegels*

*smoked chicken, bacon, cherry tomatoes, feta*

### *Yamamoto*

*teriyaki chicken, mushrooms, peppadews, roasted sesame seeds*

### *Gauguin*

*thai chicken, pineapple, peppers, fresh coriander*

### *Sher-Gil*

*tikka chicken, onions, cherry tomatoes, coriander, yogurt sauce*

## MEAT

### *Botticelli*

*bacon, brie, peppadews*

### *Da Vinci*

*bacon, avocado, mushrooms, garlic*

### *Dali*

*gypsy ham, mushrooms, garlic*

### *Denis*

*beef mince, peppadew, bacon, onion, chilli*

### *Giordano*

*chorizo, olives, mushrooms, capers*

### *Mona Lisa*

*gypsy ham & pineapple*

### *Monet*

*mince, baby spinach, peppadew, onion, garlic, chili, feta*

### *Nash*

*bacon, blue cheese, green fig preserve*

### *Basquiat*

*salami, mushrooms, peppers, olives*

## SEAFOOD

### *Qi Bashi*

*prawns, basil, garlic, chili, parmigiano reggiano, creme fraiche*

### *Roselli*

*anchovies, olives, garlic, fresh italian parsley*

### *Degas*

*smoked salmon, capers, crème fraîche, wild rocket*