

# Bakery

Check the counter or speak to your waiter

## BAGELS

Available plain or toasted

Plain cream cheese	30
Franschoek smoked salmon trout and cream cheese	85
Plain	10

## BAKED GOODS

Pasteis De Nata	25
Plain butter croissant	22
Montreal chocolate danish	28
Almond croissant	36
Cinnamon roll	26
Brownie of the day	30

## GLUTEN-FREE BAKED GOODS

Vegan peanut butter cookie	24
----------------------------	----

# Bread

Baked at Origin, using stone-ground flour and our own natural leavens in the sourdoughs.

Speak to your waiter for today's selection of breads to have with your breakfast or lunch.

All baked goods and breads are available for home or office. If you want them in quantity please pre-order the day before.

## Breads for home:

### JOEL'S MONTREAL BAGELS

Freshly boiled & baked at the back.

Sesame, garlic & onion or sun-dried tomato (depending on daily availability)

— each	10
— half dozen (6)	55
— dozen (12)	95

ORIGIN SOURDOUGH 35

SPENT-ESPRESSO SOURDOUGH 35  
(Saturdays only)

CHALLAH (Fridays only) 30

100% RYE 50

MULTI-GRAIN 65

We strive to use fresh, seasonal, locally-sourced ingredients and to support ethical farmers and local artisans.

- Free range chicken & grass-fed, free range beef
  - Usana's pasture-raised eggs
  - Artisan cheeses and farm butter
- Premium stone-ground flours from Eureka Mills
  - Our breads, sourdoughs, bagels, tarts and cakes are baked fresh at Origin

# 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

## EGGS & TOAST

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

## EGGS BENEDICT

Two poached pasture-reared Usana eggs with homemade hollandaise on a home-baked English muffin  
— with bacon 95  
— with salmon 115  
— with mushroom & spinach 85  
Banting-friendly - leave out the muffin

## BABALAS HASH

crispy potatoes, peppers, onions, lamb Merguez sausage, melted boerenkass, two poached pasture-reared eggs 95

## PLAIN OR FILLED OMELETTE

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

## SHAKSHUKA

Two pasture-reared poached eggs, fragrant tomato sauce, spinach, chickpeas, harissa, sourdough and with  
— Merguez lamb sausage 100  
— pan-fried halloumi (vegetarian) 100  
— excluding sausage (vegetarian) 90

## FRENCH TOAST (weekends only)

Challah french toast, caramelised banana, seasonal berries, nutella cream, toasted pecan nuts 75  
add genuine maple syrup + 25

## MUSHROOMS ON TOAST

Sautéed mixed mushrooms with asparagus, wilted spinach, grated fontina on toasted brioche with a touch of truffle oil 85

## AVO SMASH

sun-dried tomatoes, chilli-marinated feta, red onion pickle, kale chips, sourdough toast 70

## TOPPINGS & SIDES

Fresh chilli	6
Fresh red onion	6
Rocket	12
Fresh or seared cherry tomatoes	12
Sautéed spinach	15
White cheddar	18
Avocado	20
Potato wedges	20
Homemade hollandaise	22
Bacon	24
Emmentaler	30
Merguez (spicy lamb sausage)	30
Roasted mixed mushrooms	35
Grilled chicken breast	35
Smoked Franschoek salmon trout	45

# Plates and Bowls

MUSHROOM RISOTTO  
sauteed brown, white and oyster mushrooms  
and a drizzle of white truffle oil 95

KOREAN FRIED CHICKEN  
spicy, fried chicken with kimchi rice, asian  
picked vegetables, sesame 75

CLASSIC BEEF BURGER  
umami ketchup, fennel mayo and all the  
fixings. Served with potato wedges or a side  
salad 115

AUBERGINE QUINOA SALAD  
aubergine caponata, baby spinach,  
tomatoes, red peppers, fresh goats cheese,  
quinoa, mint and coriander, sherry dressing,  
toasted pecan nuts 85

THAI CHICKEN SALAD  
pineapple, carrot, cucumber, chili, mint,  
coriander, basil with a lime and fish sauce  
dressing 70

VIETNAMESE NOODLE BOWL  
greens, fresh herbs, rice noodles, lightly  
pickled carrot & daikon radish, bean  
sprouts, roasted peanuts, classic Nuoc  
Cham sauce and fresh chilli  
— with grilled, marinated pork 95  
— with grilled lemongrass chicken 95  
— banting - double veg, no noodles 100

# Sandwiches

SMOKED CHICKEN  
harissa slaw, plum tomato, English spinach  
and cucumber 55

ROASTED VEG  
roasted red peppers, courgettes,  
mushrooms, baby spinach, fresh goats  
cheese, rocket, balsamic glaze 55

PASTRAMI  
with coleslaw, horseradish, gerkin,  
and honey mustard. 65

# Beer and Cider

NOON GUN SMOOTH BORE LAGER  
*Muizenberg*. Draft 42 | 30

STELLENBRAU GOVERNOR'S RED  
*Stellenbosch*. Draft 52 | 38

HEY JOE WITBIER  
*Franschhoek*. Bottle 45

FRANSCHHOEK LIBERTY APA  
*Franschhoek*. Bottle 48

CBC KRYSTAL RASPBERRY WEISS  
*Paarl*. Bottle 40

LITTLE WOLF HIBISCUS CIDER  
*Stellenbosch*. Can (300ml) 45

*We curated a short list of beers, ciders and wines for you  
with a focus on smaller, local producers and some lesser  
known beer styles and wine varieties:*

# Wine and Bubbles

SIMONSIG BRUT KAAPSE VONKEL  
MCC: Chardonnay / Pinot Noir / Pinot  
Meunier  
*Stellenbosch* 75 | 280

MIMOSA  
Simonsig Brut Kaapse Vonkel and freshly  
squeezed orange juice 50

THE BLACKSMITH BAREBONES  
CINSAULT  
*Riebeek Kasteel* 75 | 265

GABRIELSKLOOF THE BLEND  
*Botrivier* 60 | 220

USANA "THE RUNWAY" PINOT GRIS  
*Stellenbosch* 50 | 185

TRIZANNE TSW SAUVIGNON BLANC  
*Elim, Stellenbosch* 55 | 205

HERMANUSPIETERSFONTEIN BLOOS  
Rose - 5 bordeaux varieties  
*Walker Bay* 46 | 175