

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
Lemon croissant	35
Proof Bakery pain au chocolat	34
Pasteis de nata	25
Sofia's chewy pecan nut brownie	33
Nutella cookie	26
Chocolate and tahini cookie (vegan)	26

## SAVOURY

A borek is a turkish-style pie. Ours in a light philo pastry.

### MUSHROOM & ARTICHOKE BOREK

Mushrooms,, seared artichokes and creamy feta. Great for vegetarians and meat-lovers alike (we challenge them not to love it)

30

### POTATO, LEEK & ONION BOREK

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

### ORIGIN SOURDOUGH

35

### SPENT-ESPRESSO SOURDOUGH

35

(Saturdays only)

### CHALLAH (Fridays only)

30

# Breakfast and brunch

## HEALTH BREAKFAST

Home-made muesli, Greek-style yoghurt, fresh seasonal fruit, pure Cape honey 75

## GREEN GODDESS SMOOTHIE BOWL

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

## AVO SMASH

with *pico de gallo* (fresh tomato, onion and coriander salsa), fresh green chilli (on the side) and 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 a croissant + 15  
Choose your fillings + extras to the right

## ORIGIN SHAKSHUKA

Two pasture-reared poached eggs, fragrant tomato sauce, spinach, roasted cauliflower, harissa, sourdough and...  
— with Merguez-style, beef meatballs 100  
— with halloumi 100  
— as is (no sausage or cheese) 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

## BAGEL EGGS BENEDIOT

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

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

# Extras

Homemade apple-jalapeno hot sauce	5
Fresh chilli	6
Fresh red onion	6
Fresh or seared cherry tomatoes	12
Sautéed spinach	20
White cheddar	18
Local, young, fontina-style cheese	24
Cremalat cow+goat creamy feta	20
Pan-fried halloumi	34
Sweet red pepper jelly	15
Chaloner apricot jam	15
Chaloner blueberry & raspberry preserve with a hint of lavender	15
Chaloner Seville orange marmelade	15
Avocado	20
Roasted mixed mushrooms	35
Homemade hollandaise	22
Hummous	20
Bacon	24
Merguez-style spicy beef meatballs	30
Succulent, marinated chicken breast	35
Smoked Franschhoek 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 in three varieties  
— sesame, zatar, garlic & onion

— Plain cream cheese	32
— Norwegian smoked salmon & cream cheese	90
— BLAT - Bacon, lettuce, avo & tomato	50
— Chicken with lime mayo, coriander and a touch of green chilli	60
— Plain	10

# Our food philosophy

*Since I've got some space on this version of the menu, I figure I might as well try to explain what we are up to...*

In my view, cafe food can be a freer exploration of the diversity of the world of food, much like our coffee is. We don't need to be strongly typed (French, Italian or whatever) but instead we can draw inspiration from many great cuisines worldwide

— Turkish, Vietnamese, Moroccan, French, Chinese, Spanish, Mexican, Peruvian and others, but of course with some influences from closer to home in Africa and South Africa.

I have visited over 40 countries and constantly find new inspiration as I travel that I try to bring home to Origin.

Our mission is to surprise and delight you with extraordinary, everyday food. In so many places you discover that the greatest and most memorable food is not necessarily what you find in fine restaurants. Bon appetit

— Joel

## Plates

KOREAN FRIED CHICKEN  
Spicy, fried chicken with kimchi rice, asian pickled vegetables, sesame 80

YASSA FISH & JOLLOF RICE  
Fresh line fish of the day, baked in a lime, ginger & garlic sauce, served with fragrant tomato rice and caramelized orange sweet potato 90

BURGER & SALAD BOWL  
Healthy option for the burger lover. Searerd beef burger (no bun), served on a bed of fresh baby spinach, red cabbage, lightly pickled carrots & daikon radish. avocado, edamame beans, bean sprouts, spring onion and a creamy Japanese sesame dressing. 100  
— substitute garlic, ginger and soy-marinated tofu 85

## 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.*

## Sandwiches

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

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

NIGIRO TEA GELATO  
Matcha (Japanese green tea - wonderful)  
Earl Grey

CLASSICS  
Chocolate  
Roasted hazelnut  
Watermelon ☺  
Mixed berry ☺  
Mango ☺  
Lemon ☺

## Salads

BURRATA & HEIRLOOM TOMATO SALAD  
*(this one will be short lived only as long as we can get these tomatoes!)*  
Succulent, heirloom oxheart and cherry tomatoes, fresh burrata (mozzarella stuffed with stracciatella & cream), fresh basil, extra virgin olive oil and some crispy Origin sourdough to soak it up 95

CHICKEN AND ARTICHOKE SALAD  
Watercress, mint, cherry tomato, feta red onion, lemon & herb artichokes, pecans and a yoghurt and lemon dressing  
— with grilled chicken breast 90  
— for vegetarians, pan-friend halloumi 80

## Other Beverages

FRESH JUICES  
Watermelon, pear, lime & mint 34  
Pure, fresh orange 36  
Fresh mango & cardamon lassi (yoghurt) 40  
Green juice - spinach, cucumber, pineapple and ginger 35  
GRAPETISER/APPLETISER 28  
WATER  
Eco-friendly sparkling filtered water 15  
Bottled still water 500ml 24  
Bottled sparkling water 500ml 24