



## MENU

# Long Café

Please take **note** of our **serving times**  
to avoid disappointment.

### BREAKFAST

07H00 – 10H30

**Two poached eggs, or eggs of your choice** with hollandaise  
on wholewheat sourdough with a choice of:

Smoked sweet mustard salmon	165
Spinach and mushroom VE	120
Bacon and caramelized onion	125
Crushed avocado with bang-bang sauce VE	120

**Gluten free** on request. For a **carb-free** breakfast try one of the  
above fillings in a 3-egg omelette.

**Full English breakfast** with free-range eggs of your choice, 145  
baked beans, sauté potato, mushrooms, bacon, tomato and  
a choice of pork banger or beef sausage

**Banting house-made muesli** with coconut yoghurt 105  
and fresh berries GF

### SALAD & QUICHE

12H00 – 15H30

House green salad	95
Masala Caesar, cos lettuce, soft boiled egg, Parmesan, bacon	135
Caprese salad	110
Bacon, gruyère and chive quiche	125
Spinach, caramelized onion and feta quiche	125
For a light lunch try a quiche with a half salad	175

### BAGELS

12H00 – 15H30

*Served with fries*

Masala steak bagel with caramelized onion, gem lettuce and atchar mayo	135
Salami and brie bagel with pickles and mustard mayo	125
Smoked salmon bagel with sweet mustard and pickled onion	165
Club bagel with bacon, cheese, tomato, chicken mayo and fried egg	135
Vegan Reuben bagel with vegan pastrami, vegan cheddar cheese and sauerkraut VG	135

**BAKERY****08H00 – 15H30**

Almond and custard filled croissant	55
Nutella Oreo croissant	60
Butter croissant with jam and cheese	75
Lemon blueberry muffin	55
Vegan chocolate and pecan nut muffin VG N	55
Bran and banana muffin	50
Two scones, served with cream, jam and cheese	90

**BISCUITS & TREATS****08H00 – 15H30**

Biscotti packs of 5 or 10	25/45
Peanut butter blondie	35
Kit Kat and marshmallow brownie	55
Double chocolate chip cookies	45

**CAKE & CONFECTIONERY****12H00 – 16H00**

Cake of the day	85
Baked cheesecake	85
Mini banana loaves	45
Mini citrus chiffon cake	45
Lemon meringue choux puffs	55
Double chocolate tart	55
Raspberry and custard choux puffs	55
Banting brownie GF	50