



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	175
Spinach and mushroom VE	120
Bacon and caramelized onion	125
Crushed avocado with bang-bang sauce VE	125

***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,
baked beans, sauté potato, mushrooms, bacon, tomato and
a choice of pork banger or beef sausage GF **155**

Banting house-made muesli with coconut yoghurt
and fresh berries GF **120**

SALAD & QUICHE

12H00 – 15H30

House green salad	95
Caesar, cos lettuce, soft boiled egg, Parmesan, bacon	135
Caprese salad	135
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	145
Salami and brie bagel with pickles and mustard mayo	135
Smoked salmon bagel with sweet mustard and pickled onion	175
Club bagel with bacon, cheese, tomato, chicken mayo and fried egg	145
Vegan Reuben bagel with vegan pastrami, vegan cheddar cheese and sauerkraut VG	145

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	70
Bran and banana muffin	50
Two scones, served with cream, jam and cheese	90

BISCUITS & TREATS**08H00 – 15H30**

Biscotti packs of 5 or 10	30/60
Peanut butter protein bar	55
Chocolate protein bar	55
Double chocolate chip cookies	45

CAKE & CONFECTIONERY**12H00 – 16H00**

Cake of the day	85
Baked cheesecake	85
Banting brownie GF	50