



**OVEN BAKED FLATBREAD
BREAKFAST**

Baked to order in our wood fired
pizza oven:

**MEDITERRANEAN
FLATBREAD**

Italian Herbed Marinara Base,
Crispy Bacon, 1 Egg, Mozzarella
Cheese, Grilled Cherry Tomatoes,
Baby Spinach Leaves, Freshly
Chopped Organic Rosemary
R70,00

MOROCCAN FLATBREAD

Harissa and Tomato Marinara
Base, Crispy Bacon, 1 Egg,
Mozzarella Cheese, Grilled Cherry
Tomatoes, Baby Spinach Leaves,
Freshly Chopped Organic
Rosemary
R75,00

VEGETARIANO FLATBREAD

Italian Herbed Marinara Base,
Mozzarella Cheese, 1 Egg, Grilled
Cherry Tomatoes, Baby Spinach
Leaves, Avocado, Freshly
Chopped Organic Rosemary
R70,00

DELUXE NEW YORK BAGEL

Freshly Baked Bagel, served with
Norwegian Smoked Salmon, Fresh
Basil, Avocado, Cream Cheese, Dill
and Chives.

R95,00

BACON BREAKFAST BAGEL

Freshly Baked Bagel, Streaky
Bacon, Emmental Cheese, Rocket,
Napolitana and Fresh Rosemary

R85,00

FRENCH TOAST

French Toasted Ciabatta Bread
served with Berry Cream Cheese,
Fresh Mixed Berries, Whipped
Cream, Flaked Almonds and Berry
Compote.

R75,00

VEGAN AVO BREKKIE (VG)

Avocado with Red Onions and Dill,
served with Local Sourdough
Baguette Bread, Cherry Tomatoes
and a Balsamic Drizzle

R70,00

ENGLISH BREAKFAST

Scrambled Eggs, Crispy Bacon,
Pork Sausage, Fried Cherry
Tomatoes and Mushrooms served
with a Freshly Baked Ciabatta

R95,00



THE HISTORY OF FLATBREADS

In Sardinia, French and Italian archaeologists have found bread baked over 7,000 years ago. According to Philippe Marival, the local islanders leavened this bread. Foods similar to pizza have been made since antiquity. Records of people adding other ingredients to bread to make it more flavorful can be found throughout ancient history.

- In the 6th century BC, Persian soldiers serving under Darius the Great baked flatbreads with cheese and dates on top of their battle shields.
- In Ancient Greece, citizens made a flatbread called plakous which was flavored with toppings like herbs, onion, cheese and garlic.

The pizza marinara method has a topping of tomato, oregano, garlic, and extra virgin olive oil. It is named "marinara" because it was traditionally prepared by the seaman's wife "la marinara" for her seafaring husband upon returning from fishing trips in the Bay of Naples.

-Wikipedia