

BREAKFAST TO ORDER

served until 11h00

OATS

Low GI oats pap – plain	16
Be Leaf oats with banana, honey, nuts	20
Power oats with cranberries, pumpkin seeds, almonds, honey	25
Seasonal fruit salad	26

EGGS

Quick breakfast	25
Scramble eggs and rocket on health or rye bread	
Breakfast wrap	35
Scramble eggs with grated white cheddar, tomato salsa	
add bacon	+12
add salmon	+25
Breakfast panini	35
Scrambled eggs & rocket	
add bacon	+12
add salmon	+25

TOASTED PANINIS *served all day*

- caramelised onions, cheddar & tomato salsa	35
- gammon, cheddar & mustard	40
- tuna mayo, cheese, salsa	50
- salmon, avo spread & rocket	65

BREAKFAST MENU

See reverse for lunch menu

BREAKFAST ON THE MOVE

from the grab-n-go fridge

Summer oats	28
soaked in apple juice, with plain yogurt, grated apple and raisins, topped with almonds, pumpkin seeds and honey	
Muesli & yogurt	22
Muesli with plain low fat yogurt & chopped banana	

Breakfast sandwiches

See reverse for a list of our grab & go
sandwiches.
Available toasted or fresh.

Freshly baked muffins	14
Assorted muffins	

SNACKS & SWEETS

Biltong pack	30
Trail mix	16
Homemade granola bar	18
Chocolate brownie	20

JUICES & SMOOTHIES

Freshly squeezed juices

Apple, mint & ginger	22
Apple & pineapple	25
Apple & carrot	22
Carrot	22
Carrot & beetroot	22
Carrot & pineapple	25

Smoothies

Strawberry and banana	30
Granadilla	30
Coffee freezo	30

COOLDRINKS

Spring water	12
Still or sparkling	
Ginger beer, lemonade	18
Frankies old style softdrinks	
Juices	
orange	16
strawberry	20
Rooibos ice teas	18
lemon, peach, apple, energy, slim	
Appletizer, Grapetizer	12
Coke, Coke /Sprite Zero	10



HOT DRINKS

KENYAN COFFEE

We use organic coffee beans
from Bean There

	Single	Double
Leaf-o-cino	14	16
cross between a cappuccino and a latte, Be Leaf style		
Café Americano	12	16
Cappuccino	14	18
Latte	14	18
Espresso	8	12
Decaf coffee	add R1	

COFFEE FREEZO	30
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HOT CHOCOLATE	18
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TEAS

Red latte	18
Chai latte	18
Tea selection	15
- Ceylon	
- Earl Grey	
- Rooibos	
- Ginger peach	
- Japanese cherry	
- Strawberries & cream	



Eat fresh, look good naked!

011 023 9424 · orders@be-leaf.co.za · www.be-leaf.co.za





LUNCH MENU

See reverse for breakfast, fresh juices, smoothies, coffees



CHEF'S SALADS

House salad S 28 L 38 Smoked chicken on carrot, beetroot, caramelised onion, brown rice, lettuce <i>Be Leaf dressing</i>	BLT S 35 L 48 Bacon, sundried tomato, broccoli, mushroom, lettuce <i>Pesto dressing</i>	
Chicken classic S 33 L 44 Roast chicken on butternut, pumpkin seeds, caramelised onions, lettuce <i>Poppy seed dressing</i>	Biltong S 40 L 52 Beef biltong on cranberries, tomato, caramelised onions, couscous, lettuce <i>Pesto dressing</i>	
Vegetarian S 30 L 42 Tomato, chickpeas, cucumber, Danish feta, couscous, lettuce <i>Yogurt & mint dressing</i>	Gammon S 40 L 52 Gammon on bean mix, red onions, peas, brown rice, lettuce <i>Honey & mustard dressing</i>	
Roast veg S 35 L 48 Roast veggies on olives, pumpkin seeds, couscous with Danish feta <i>Be Leaf dressing</i>	Salmon S 55 L 70 Smoked salmon on rocket, tomato, avo, red onion <i>Be Leaf dressing</i>	
Caesar S 35 L 45 Bacon, parmesan, croutons, lettuce <i>Caesar dressing</i>	WARM SALADS	
Classic Greek S 33 L 45 Cucumber, tomato, olives, red onion Danish feta, lettuce <i>Creamy Greek dressing</i>	Warm Mexican bean S 40 L 52 Bean mix, mature cheddar, spicy salsa, guacamole, crème fraiche, nachos, lettuce	
Tuna S 38 L 52 Tuna on mielies, boiled egg, tomato, lettuce <i>Yogurt mint dressing</i>	Warm rib salad S 40 L 52 Basted pork rib on roasted butternut, rice, broccoli, mushrooms, lettuce	
	All day breakfast salad S 40 L 52 Bacon & egg with sundried tomato, mushrooms and parmesan on pesto pasta	

HOW TO CREATE YOUR OWN SALAD

STEP 1 – Choose your base (1 or combine 2) Lettuce, couscous, pasta, brown rice, rice noodles	S 35 L 48
STEP 2 – Choose 3 house items Rocket, carrot, tomato, cocktail tomato, cucumber, caramelised onions, peas, broccoli, chickpeas, bean mix, mielies, croutons, beetroot, red onion, roasted butternut, mixed roast veggies, jalapenos, olives, egg, sundried tomato, pumpkin seeds, dried cranberries, mushroom, salsa <i>(extra house item +5)</i>	
STEP 3 – Choose 1 topping Roast chicken, Danish feta, cheddar, nut mix, beef biltong, tuna, bacon, gammon, smoked chicken, avo, sweet chili chicken strips <i>(add a topping S +8 L +12)</i>	
STEP 4 – Choose a dressing Olive oil, balsamic vinegar, house vinaigrette, poppy seed, Thai chili, basil pesto, Caesar, honey mustard, creamy Greek, yogurt & mint, chili vinaigrette, lemon juice	

SANDWICHES

from the grab-n-go fridge

Roast chicken s 24 c 32 with tomato, lettuce and pesto mayo
Roast beef s 28 c 34 with white cheddar, lettuce and red onion marmalade
Cheese & tom s 20 great toasted
Club c 40 Bacon, egg, smoked chick, avo, white cheddar

s – on sandwich bread
c – on Italian ciabatta

WRAPS

to order

Chicken & Avo 40 with rocket, mayo, pesto
Chicken Caesar 40 with parmesan, rocket, mayo
Hummus 35 with roast veg, feta, rocket
Biltong & Cranberries 40 with pesto, tomato, onions
Warm Mexican bean 50 Bean mix, mature cheddar, spicy salsa, guacamole, crème fraiche, lettuce
Warm Bacon 50 Cheddar, sundried tomato, mushrooms & pesto

SOUPS (Apr.–Sep.)

Soup of the day 25
Monday – Lentil & veg
Tuesday – Chic & corn
Wednesday – Ham & pea
Thursday – Thai chicken
Friday - Butternut
add a roll / health bread +5

Warning, our menu changes regularly!

Get the latest menu in store or visit :

www.be-leaf.co.za

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