

# MENU



COFFEE SHOP | @grounded\_at\_echo



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## BLENDED ICE DRINKS

<b>Boerekoffie Freeze</b> .....	43.00
Double shot of espresso blended with ice and condensed milk	
<b>Mocha Freeze</b> .....	42.00
Double shot of espresso blended with ice, milk, condensed milk and Nomu chocolate powder	
<b>Rooibos Chai Freeze</b> .....	45.00
A double shot of frozen rooibos espresso blended with ice, coconut cream, milk, and sweet chai spices.	

## POWER PACKED SMOOTHIES



**Pow-Pow 49.00**  
Papaya, passionfruit, pineapple, banana, coconut cream, turmeric, and crushed ice



**Swart Kat 49.00**  
Peanut butter, banana, roasted seed mix, yoghurt, cinnamon, apple, and crushed ice

TAKE HOME!

## DELI INGREDIENTS

Pestos, chutney, hummus, rusks, and so much more...Please ask your waiter or waitress about our available products.

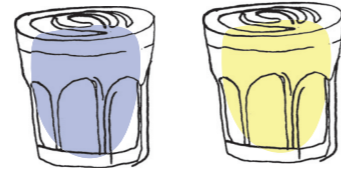
CATERING

We do catering - ask our waiter about the catering menu and order via whatsapp or e-mail.

PLEASE ALLOW OUR STAFF 20MINUTES TO PREPARE MEALS

## COLD DRINKS

### KEFIR BASED



#### A Ridiculously Healthy Drink 47.00

A kefir and coconut cream based smoothie. Banana, blueberry, and pistachio OR mango and turmeric.

*Kefir is an inoculated/ fermented milk that is high in probiotics and great for gut health... give it a try!*

### MALUME'S MUTHI SHOTS



#### Beetroot Elixer Shot 21.00

Great with:  
Orange juice +24.00  
Mango juice +24.00

## ICED COFFEES AND TEAS

<b>Vietnamese Iced Coffee</b> .....	43.00
Double shot of frozen espresso served with water and condensed milk/pouring cream	
<b>Iced Mocha</b> .....	42.00
<b>Thai Sweet Tea</b> .....	39.00
A double shot of frozen rooibos espresso served with water and condensed milk / pouring cream	
<b>Cinnabomb</b> .....	48.00
Home brewed apple and cinnamon iced tea	
<b>Rooibos Revolution</b> .....	39.00
Strong brewed rooibos tea infused with citronella and lemon, sweetened with xylitol	

## COLD DRINKS

<b>Fruit Juice Tall   Kids</b> .....	35.00   24.00
Ask your waiter for available flavours	
<b>Soft Drinks</b> .....	28.00
<b>Tisers</b> .....	35.00
<b>Valpré Mineral Water</b> .....	24.00
Still   Sparkling	
<b>Fresh Red Apple</b> .....	49.00
Appletiser with a shot of rooibos espresso, ice, and lemon slices	
<b>Berry Sparkle</b> .....	47.00
Berry coulis and sparkling water served with lemon, mint, and ice OPTIONAL: Sprite or Sprite Zero + R4.00	

## MILKSHAKES

<b>Milkshake   Kiddies</b> .....	48.00   40.00
Peanut butter Coffee Chocolate Spicy chai	
<b>Real Fruit Milkshake   Kiddies</b> .....	49.00   39.00
Berries Milo and banana Peanut butter and banana Berries and banana	



## HOT DRINKS

### COFFEE

Espresso.....	19.00
<b>Cappuccino Short   Tall</b> .....	33.00   40.00
<b>Flat White</b> .....	35.00
<b>Cortado</b> .....	28.00
<b>Americano</b> .....	30.00
<b>Macchiato</b> .....	30.00
<b>Café Latte</b> .....	35.00
<b>Café Mocha</b> .....	48.00
<b>Filter Coffee (one free refill)</b> .....	28.00
<b>Cafe Vienna (Americano + cream)</b> .....	35.00

### SOUL SOOTHING LATTES



#### Moon Milk 40.00

Earl grey, blueberry, vanilla extract, condensed milk, steamed milk



#### Beetroot Latte 40.00

Beetroot juice, orange zest, cinnamon, honey, ginger steamed milk

## HOT DRINKS

<b>Caramel Ginger Latte</b> .....	38.00
<b>Pink and White Hot Chocolate</b> .....	39.00
Silky rosewater infused steamed milk served with a pot of white chocolate ganache	
<b>Red Cappuccino</b> .....	36.00
<b>Red Chai Latte</b> .....	46.00
<b>Chai Latte</b> .....	40.00
<b>Hot Chocolate</b> .....	38.00
Add whipped cream +8.00	
<b>Good Old Milo</b> .....	32.00
<b>Lemon Aid</b> .....	32.00
Fresh ginger, lemon, mint and star anise, and honey infused hot water	
<b>Babyccino</b> .....	15.00

## CRAFT YOUR CUP

<b>Replace with Soy Milk Alternative</b> Short +10.00   Tall +13.00   Jug +7.00
<b>Replace with Oat Milk Alternative</b> Short +10.00   Tall +13.00   Jug +7.00
<b>Replace with Almond Milk Alternative</b> Short +11.00   Tall +15.00   Jug +7.00
<b>Extra Shot Espresso 10.00   Decaf 6.00</b>
<b>Whipped or Pouring Cream 10.00   Condensed Milk 14.00</b>

We serve a blend of medium roasted coffee beans from Guatemala, Costa Rica and Brazil

LOOSE LEAF TEA SELECTION FROM TONI GLASS 32.00

Ceylon / Rooibos / Honeybush Rooibos / Earl Grey / Cinnamon Lemongrass, Coconut and Ginger (green)

## BREAKFAST

Breakfast is served until 13:00 only. Please let us know whether you would like your eggs scrambled, fried or poached as well as your choice of rye, ciabatta or health toast.

### OATS + GRANOLA

- Warm + Wonderous Oat Bowl** ..... 60.00  
Cooked oats, stewed cinnamon apples, milk, chai syrup, almond flakes, and berries  
Replace with soy milk +7.00
- Peanut Butter Oat Bowl** ..... 64.00  
Warm oat bowl with seasonal berries, peanut butter, honey and chia seeds
- Monkey Business** ..... 78.00  
Peanut butter, choc chip and coconut granola clusters  
Served with double cream yoghurt, fresh banana, blueberry glaze
- The Real Slim Shady** ..... 85.00  
Low carb granola with seeds, nuts and coconut  
Served with double cream yoghurt, papaya, sugar free berry coulis

### EGGS

- Best Breakfast on Toast** ..... 62.00  
Toast, eggs and avo  
Add bacon +32.00
- Hummus, Eggs, and Toast** ..... 55.00  
Exactly what the name says
- Budget Breakfast**..... 68.00  
Eggs, bacon, grilled balsamic tomatoes with toast and butter
- Kickstart Breakfast** ..... 110.00  
Eggs, bacon, grilled balsamic tomatoes, sautéed mushrooms, boerewors with toast and butter
- Banter's Breakfast** ..... 78.00  
Eggs, streaky bacon, grilled balsamic tomatoes, cheese, pesto, rocket  
Add toast and butter +18.00
- French Toast** ..... 72.00  
Banana, pecan nuts, honey, cinnamon or  
Banana, bacon, honey or  
Bacon, cream cheese, chives
- Grounded Benedict**..... 78.00  
Eggs, streaky bacon and rocket topped with hollandaise sauce  
Add toast +12.00 or Croissant +37.00
- Breakfast Croissant** ..... 98.00  
Croissant filled with scrambled eggs, bacon, rocket, grilled tomatoes
- Kolkata Egg Wrap** ..... 98.00  
Indian egg Bhurji (spicy scrambled eggs) with smashed avocado, lemon and coriander.  
Low Carb wrap option + 8.00

## BREAD ALTERNATIVES

Carb conscious or gluten intollerant? You can replace the bread in any of our meals with:

Low carb seed bread / Low carb coconut bread (with Xylitol)

- Add on:**  
**R21**  
per slice with butter
- Replace:**  
**R6**  
one slice
- Replace:**  
**R18**  
two slices
- Whole loaf:**  
**R140**  
pre-order

### BREAKFAST ADD ONS+

- Bacon 32.00
- Slice of Hickory Ham 14.00
- Pulled Pork 32.00

- Avocado 25.00
- Grilled Brinjal 17.00
- Fried Babymarrow 17.00

- Slice of cheese 12.00
- Cottage Cheese 14.00
- Egg 9.00

- Boerewors 27.00
- Toast 12.00 | Butter 6.00
- Homemade jam 8.00

- Replace bread with croissant +28.00
- Grilled balsamic tomatoes 14.00
- Fruit 14.00
- Double cream yoghurt 20.00

## FOOD

### HONEST SARMIES

- Rainbow Sarmie** ..... 105.00  
Fruity chicken curry or chickpea curry, hummus, baby spinach, julienne carrots, red pickled cabbage, and pink pickled onions with a lemon and mint yoghurt dressing
- Working Man** ..... 125.00  
Slow roasted pulled pork, aioli, mustard, apple, pickled cabbage, lettuce
- Deli Sarmie** ..... 105.00  
Smoked chicken, veg pickles, avocado, cottage cheese, lettuce
- Moot BLT** ..... 105.00  
Bacon, cheddar, basil pesto, aioli, veg pickles, lettuce
- Chicken Mayo** ..... 102.00  
Smoked chicken mayo, sweet red pepper pesto, veg pickles, coriander
- Chicken Cranberry** ..... 98.00  
Smoked chicken, cottage cheese, rocket, cranberry chutney
- Vegan Kickboxer** ..... 110.00  
Brinjal, avocado, tomato, hummus, rocket, balsamic glaze, pecan nuts

### LIBERAL TOASTIES

- Every Day** ..... 55.00  
Cheese, tomato, aioli  
Add 2 slices of hickory ham +26.00
- Sidewalk Toastie** ..... 70.00  
Cheese, hickory ham, aioli
- Blah Blah Blah** ..... 89.00  
Silverside beef, mozzarella, tomatoes, caramelized onions, basil
- Basic Veg** ..... 75.00  
Grilled brinjal, tomato, basil pesto, mozzarella, aioli  
Add silverside beef +22,00

### WRAPS

- Chicky Wrap**..... 98.00  
Chicken strips, baby spinach, pickled pink onions and mint garlic yoghurt spread  
Low Carb wrap option + 8.00
- Kolkata Mince Wrap** ..... 115.00  
Indian bhurji beef mince with smashed avocado, lemon and coriander  
Low Carb wrap option +8.00

### SALADS

- Roast Veg Salad** ..... 89.00  
With greens, danish feta and salty toasted seeds
- Smoked Chicken Salad** ..... 86.00  
With greens, tomatoes, veg pickles, feta, basil pesto  
Add avocado +25.00

### QUICHE

- Daily quiche selection** ..... 48.00  
Add side salad +40.00

### ORDER TO GO

Forgot your on-the-way-to-work coffee? Don't have time to prepare a snack or light lunch? Pre-order your food and drinks on our Whatsapp group and pick up at Grounded. (All items on the menu are available.) Payment at Grounded or EFT. Just ask your waiter for details, they know it all!

### LUNCH ADD ONS+

- Bacon 32.00
- Slice of hickory ham 14.00
- Silverside beef 22.00

- Hummus 17.00
- Basil Pesto 10.00
- Caramelised onions 11.00
- Aioli 8.00

- Grilled Brinjal 17.00
- Roasted Butternut 17.00
- Nuts/seeds 14.00
- Mixed roast veg 20.00

- Avocado 25.00
- Cucumber 8.00
- Rocket/lettuce 11.00
- Fresh tomato 8.00

- Slice of cheese 12.00
- Cottage cheese 14.00
- Danish feta 18.00
- Side salad 40.00



PLEASE ALLOW OUR STAFF  
20 MINUTES TO PREPARE MEALS

### BOWLS

- Rainbow Bowl** ..... 120.00  
Fruity chicken curry or chickpea curry, couscous, steamed broccoli, baby spinach, julienne carrots, red pickled cabbage, and pink pickled onions with a lemon and mint yoghurt dressing, and crispy roasted chickpeas
- David's Favourite Lunch Bowl** ..... 145.00  
Chickpeas, olives, sundried tomatoes, feta, brinjals, rocket, toasted almond slivers, lemon and basil

### SNACKS AND TREATS

- All Butter Croissant** ..... 38.00  
Add cheese +12.00 or homemade jam +8.00
- Chocolate Croissant** ..... 40.00
- Toasted Cheese Croissant** ..... 45.00
- Muffin selection** ..... from 38.00  
Add cheese +12.00 or homemade jam +8.00
- Daily baked cakes and tarts** ..... from 31.00
- Smaller bites and bars** ..... from 10.00

### WAFFLES

- Basic Belgian Waffle** ..... 58.00  
Basic Belgian waffle with a scoop of vanilla ice cream and syrup
- Very Berry Waffle**..... 65.00  
Belgian waffle with a scoop of vanilla ice cream, seasonal berries and syrup
- Banana Waffle** ..... 62.00  
Belgian waffle with a scoop of vanilla ice cream, banana, cinnamon and syrup

## A BIT ABOUT GROUNDED

Hey there! Welcome to Grounded!

Here's a little more about who we are ...

Product integrity and business transparency is at the very heart of our business. It is our vision to generate sustainable social profit alongside financial profit through social entrepreneurship and ethical business practices. To this end, we use quality ingredients, charge reasonable markups and pay fair wages. We also actively engage in our community and invest in our team members' personal and professional development to bring you a product that you can enjoy; knowing that you are engaging in positive change for South Africa and its people.

Here is a breakdown of how your average purchase at Grounded is being spent:



We created Grounded at Echo because we believe that coffee was made to share, to inspire conversation and to grow community. Our hope is that they will be spaces where you can dream, create, connect, collaborate and become part of a bigger conversation that makes a positive difference in our beautiful country.

Thank you for being part of positive change!

**The Grounded Team**

[www.groundedat.co.za](http://www.groundedat.co.za)

[COFFEE SHOP @grounded\\_at\\_echo](https://www.instagram.com/grounded_at_echo)