



you are the art...



**VEGAN & GLUTEN FREE OPTIONS
PLEASE SPECIFY WHEN ORDERING**



BREAKFAST (ALL DAY)

FRUIT BOWL

Seasonal fruit, home-made gluten free roasted muesli with local fynbos honey

Served with plain yogurt

80

Served with coconut yogurt



100

SMOOTHIE BOWLS

100

Organic plant based protein blend with fresh fruit, almond milk, almond butter, home-made gluten-free muesli & coconut shavings.

SUNRISE SENSATION

CHOCOLATE DAZE

SLOW COOKED OATS

Slow cooked with butter, cream, cinnamon sugar and topped with a selection of your choice

Plain

70

With banana

75

With strawberries

80

With peanut butter

80

With everything


90

Vegan version on request



SMASHED AVO ON TOAST

60

Fresh avocado, rocket & radish with basil infused olive oil - served on a toast of your choice 

Served on health-seed loaf

65

AVO POACHED EGGS

100


A Ground favorite - Two poached eggs.

Avocado & Rosa tomatoes with a home roasted seed mix served with a choice of toast

WILD MUSHROOMS

95

A selection of wild mushrooms sautéed in herb butter on a bed of rocket with a

lemon yogurt dressing on a toast of your choice 

Vegan version on request





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|---|----------------|
| PETITE BREAKFAST 🍳 | 60 |
| An egg on toast with a choice of either streaky bacon lamb chipolatas mushrooms grilled Rosa tomatoes | |
| CLASSIC ENGLISH BREAKFAST 🍳 | 120 |
| Two eggs, streaky bacon, lamb chipolatas, wild mushrooms, & roasted rosa tomatoes | |
| GROUND EGGS BENEDICT 🍳 | 125 |
| Two poached eggs with spinach, streaky bacon, grilled tomato & home-made hollandaise sauce | |
| EGGS ROYALE 🍳 | 130 |
| Two poached eggs with cold smoked Norwegian salmon & home-made hollandaise sauce | |
| RUSTIC SCRAMBLED EGGS 🍳 | 100 |
| Three egg scramble with Italian pancetta, wild mushrooms, plum tomatoes & provolone cheese | |
| OVEN BAKED EGGS 🍳 | |
| Two eggs in authentic Italian tomato sugo & provolone cheese | |
| Napolitana | 105 |
| Amatriciana (with bacon and chili) | 120 |
| FRENCH TOAST STACK 🍳 | |
| plain with your choice of bread | 70 |
| with grilled banana | 80 |
| with streaky bacon | 90 |
| with streaky bacon & grilled banana | 95 |
| OMELLETE 🍳 | 100 |
| Three egg omelette filled with Italian pancetta, wild mushrooms, spinach & provolone cheese | |
| FRESH PASTRIES | 30 35 |
| daily variety while stock lasts | |
| FILLED CROISSANTS | 40 |
| daily variety | |



ARTISAN BREAD SELECTION

CIABATTA | SOURDOUGH | RYE | HEALTH SEED
PAIN DE MIE | SWEET POTATO BREAD 🌱

TOASTIES

CHICKEN MAYO

65

Free range broth cooked chicken breasts, home-made mayo, sundried tomatoes and gherkins

GAMMON, CHEESE & TOMATO

60

Home roasted gammon, plum tomatoes & rocket

PROVOLONE CHEESE & TOMATO

55

Provolone cheese, plum tomatoes & Dijon mustard

STREAKY BACON & CHEESE

60

Crispy bacon, provolone cheese & chili

EGG, BACON & CHEESE

70

Free range egg, crispy bacon, provolone cheese & Dijon mustard

HAND ROLLED BAGELS

CHOICE OF PLAIN, SESAME SEED OR GLUTEN FREE 🌱

GROUND BAGEL

75

Soft fried egg, crispy streaky bacon & provolone cheese

NORWEGIAN

90

Cold smoked Norwegian salmon, cream cheese & lemon
Add gherkins for some crunch?

VEGAN BAGEL 🌱

70

Home-made hummus, cucumber, plum tomato, red onion, smashed avo, cos lettuce & toasted seeds

THE 012

70

Home-made roast gammon, plum tomatoes, provolone cheese & Dijon mustard



SALADS & LIGHT LUNCH

MEDITERRANEAN VEGETABLE SALAD 105

Home roasted vegetables, rocket, infused olive oil, avocado & lemon tossed in **cous cous OR quinoa**

GROUND CHICKEN SALAD 100

Grilled free range Cajun chicken breast, cos lettuce, cucumber, Rosa tomatoes, red onion, toasted seeds, pecan nuts & avocado with Ground's home-made vinaigrette

NORWEGIAN SALAD 110

Cold smoked Norwegian salmon, cos lettuce, cucumber, Rosa tomatoes, red onion, toasted seeds, pecan nuts & avocado with Ground's home-made french vinaigrette

SEARED SIRLOIN SALAD 100

Sliced seared sirloin on a bed of cos lettuce, cucumber, Rosa tomatoes, red onion, toasted seeds, pecan nuts & avocado with Ground's homemade vinaigrette

VEGAN SALAD 75

Cos lettuce, cucumber, Rosa tomatoes, red onion, toasted seeds, pecan nuts & avocado with Ground's homemade vinaigrette

WRAPS

BREAKFAST WRAP 70

Three egg scramble, avocado, plum tomato, streaky bacon & provolone cheese

SPICY CHICKEN 95

Grilled free range chicken breast, cucumber, red onion, plum tomato & cos lettuce with a lemon & yogurt sauce

ANGRY BULL 95

Grilled sirloin, sticky soy, chili & honey sauce with carrots cucumber, tomato, red onion & cos lettuce

RAINBOW WRAP 80

Grated carrot, Rosa tomato, red onion, toasted seeds, cos lettuce, avocado & home-made hummus



PANINI

FREE RANGE

80

Free range broth cooked chicken breasts, home-made mayo, sundried tomatoes and gherkins

BACKGAMMON

80

Home roasted gammon, sun-dried tomatoes & rocket

SHEMO

80

Salami Milano, home-made melanzane & rocket

CURE

80

Prosciutto crudo, home-made melanzane & rocket

CAPRESE

80

Fior di latte mozzarella, plum tomatoes & basil

VEGAN

80

Avocado, plum tomatoes, cucumber, red onion, cos lettuce, toasted seeds & home-made hummus

PASTA - SEASONAL

ORIGINAL OR GLUTEN FREE PENNE

NAPOLITANA

80

Traditional Italian tomato & herb sugo

BOLOGNESE

100

Napolitana with beef mince, red wine, carrots & celery

AMATRICIANA

110

Napolitana with bacon, pancetta & chili

RAGU

110

Napolitana with slow cooked beef shin, sirloin & red wine



SOUPS - SEASONAL

| | |
|---|-----------|
| WILD MUSHROOM SOUP 🍄 | 80 |
| Assorted wild mushrooms, rosemary, thyme & cream | |
| GRILLED TOMATO SOUP 🍅 | 70 |
| Grilled ripe plum tomato & basil infused olive oil | |
| BUTTERNUT 🍷 🌿 | 70 |
| Honey roasted butternut, onion & rosemary | |
| ITALIAN BRODO 🍲 | 75 |
| Classic Italian broth with free range chicken, carrots & celery - packed with nutrients | |

ADD ON EXTRAS

| | |
|---|-----------|
| BREADS | 10 |
| Sour Dough Ciabata Rye Sweet Potato Pain de Mie | |
| FRESH | 25 |
| Avocado Wild Mushrooms Vegetables Fresh Fruit Provolone Cheese | |
| MEATS | 30 |
| Bacon chipolatas salmon gammon grilled chicken breast | |
| EGGS | 10 |

TAKE NOTE

PLEASE BE PATIENT

Our focus is on skilled preparation, original home-made components & making everything fresh just before it's served- which takes a little extra time

Nuts & nut oils are used in the kitchen
Potato bread is 99% gluten free



COFFEE

GROUND ART CAFFE 100% ARABICA DOUBLE SHOT

| | |
|-----------------|----|
| Espresso | 28 |
| Macchiato | 30 |
| Americano | 30 |
| Cortado | 35 |
| Flat White | 35 |
| Tall Flat White | 38 |
| Mocha | 40 |
| Bullet Proof | 45 |
| Iced Coffee | 45 |
| Cold Brew | 40 |

HOT BEVERAGES

| | |
|---------------------------|----|
| Chai Latte | 40 |
| Red Flat White | 40 |
| Matcha | 40 |
| Hot Chocolate | 40 |
| Japanese Tea - Loose Leaf | 40 |
| Ice Tea | 40 |

ADDITIVES

| | |
|----------------------------|----|
| CBD Oil | 20 |
| Honey Cinnamon Cayenne | 5 |

MILK ALTERNATIVES

| | |
|--------------------------|---|
| Almond Macadamia Oat | 9 |
|--------------------------|---|

PACKAGED COFFEE

100% ARABICA MICRO ROASTED
GROUND ART CAFFE SIGNATURE

| | |
|----------------------------------|-----|
| 250 GR | 130 |
| Beans Mocha Pot French Press | |
| 1KG | 360 |
| Beans | |



COLD BEVERAGES

FRESHLY SQUEEZED FRUIT JUICES

| | |
|-------------------|----|
| Orange & Ginger | 45 |
| Apple & Mint | 45 |
| Carrot and Ginger | 45 |
| Green Alkalizer | 45 |
| Pure Ginger Shot | 35 |

SMOOTHIES

| | |
|-----------------|----|
| Sunburst Orange | 48 |
| Blazing Berry | 48 |
| Peanut Power | 48 |
| Fresh Green | 48 |

DRINKS

| | |
|---------------------|---------|
| Mineral Water S L | 20 40 |
| Still or sparkling | |
| Coca Cola | 20 |
| Kombucha | 40 |



ADDITIONAL SERVICES

COFFEE APPRECIATION & BARISTA TRAINING

We offer a variety of customised coffee appreciation & professional barista training courses

CATERING

Customised savoury & sweet platters, canapés & cakes

EVENTS

Venue hire & catered events at Ground Art Caffè

Please contact Dustin at

dustin@groundartcaffe.co.za

for more information & bookings

ART EXHIBITIONS

We present a new art exhibition every 2 months at Ground Art Caffè. For more information regarding a current or new art exhibition - **please contact Lisa at art@groundartcaffe.co.za**

GROUND
art caffè

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