





Infusion On Long

CBD Infused 
Vegan 
Vegetarian 

Breakfast Menu

07:30 am - 11:30 am

Smoothie Bowls

-  **Berry Bananza - high protein booster.....R88**
banana, mixed berries, acai, greek yoghurt, chia seeds, coconut flakes, sliced almonds fresh mint
-  **Oatmeal Punch - super food antioxidant.....R85**
toasted oatmeal, hemp seeds, almond butter, blueberries, poppy seeds, strawberry, greek yoghurt
-  **Vegan Banana Split - health buster.....R75**
caramelized banana, fresh berries, cacao nibs, grain free granola, cranberry
-  **Ancient One - immune booster.....R85**
toasted quinoa, goji berries, coconut flakes, banana, coconut yoghurt
-  **Infusion Pina Colada - anti inflammantory.....R95**
 oatmeal cooked in CBD infused coconut milk, topped coconut yoghurt, toasted flakes & fresh pineapple

Breakfast Bowls

-  **Infusion CBD Bowl.....R95**
saute mushroom, wild rice, roasted tomato, avocado, cilantro, fried egg, CBD infused olive oil
-  **Who Invited Pesto?.....R85**
basil & kale pesto, quinoa, avocado, boil egg, pine nuts
-  **Scrambled Tofu.....R85**
tofu, wholewheat couscous, kale, button mushrooms, baby tomato
-  **Spicy Mexican.....R78**
black bean salsa, avocado, cherry tomato, spinach, boiled egg, tortilla, hot sauce
-  **Morning Glory.....R75**
water spinach, wild mushrooms, poached eggs, cherry tomato, hollandaise sauce
- Salty Corn.....R72**
polenta, bacon bits, sweetcorn, spring onion, parmesan and chives, poached egg

Breakfast

Ciabatta - Sour dough - Pretzel - 70% Rye - Seed loaf

- Start Up Breakfast.....R45**
streaky bacon, egg, oven herb roasted tomato & choice bread
- Classic Breakfast.....R75**
streaky bacon, sausage, 2 eggs, oven herb roasted tomato & saute mushrooms, choice bread
- Banting Breakfast.....R82**
avocado, bacon, 2 eggs, cauliflower rosti, parmesan
- French Toast.....R75**
brioche, bacon bits, maple syrup with creme fraiche
-  **Greek Loaded Omelette.....R75**
3 eggs, cherry tomato, calamata olives, artichoke hearts, feta, tzatziki, toasted pita, choice bread
- Eggs Benedict (parma ham).....R75**
Eggs Royale (smoked salmon).....R82
2 poached eggs on ciabatta with hollandaise sauce
-  **Shakshuka.....R65**
2 poached eggs in spicy homemade tomato sauce, choice bread
-  **Infusion CBD Breakfast.....R95**
 carrot pancakes, honey & cinnamon infused CBD, walnuts and cream cheese

Lunch Menu

12:00 pm - 16:00 pm

Lunch


West Coast Mussels 250g..... R85 500g.....R135 creamy white wine & garlic sauce, hand cut chips	Chicken Burger.....R95 freshly grilled chicken breast, onion, tomatoes and coriander mayo, hand cut chips
Fish & Chips..... R89 english traditional beer batter deep fried hake served with chips & tartar sauce	Cape Malay Chicken & Prawn Curry.....R135 jasmine rice, poppadums
Chicken Schnitzel..... R89 rocket, parmesan and creamy mushroom sauce, hand cut chips	 Infusion Beef Burger..... R115 ground beef burger with cheddar cheese melt, tomato, CBD infused bacon chutney, lettuce, hand cut chips
Lamb Chops..... R145 roasted garlic baby potatoes, peas, jus	Ribeye Tagliata 250g.....R165 shallot, baby tomato, wild rocket, hand cut chips

Rotisserie Chicken

Served with potatoes roasted in juices of chicken drippings and side salad

Half Chicken.....R110	Whole Chicken..... R165
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Pasta

Roast Chicken Tagliatelle..... R90 rotisserie picked whole chicken, mushroom, creamy white wine sauce	Basil Pesto & Sundried Tomato Penne..... R98 pine nuts, parmesan, basil
Seafood Linguine.....R175 norwegian salmon, mussels, calamari, prawns in a fire roasted tomato bisque	Spaghetti Bolognese..... R89 traditional
 "Ratatoiuille" Tagliatelle.....R125 roast aubergine, courgette, basil infused CBD oil	

Salad Bowls

 Greek Salad.....R65 oreganum, lemon dressing, feta, red onion olives, cucumber	 Balsamic Fillet Steak.....R115 gorgonzola salad with grilled corn, charcoal roasted baby tomatoes
 Spicy Vegan Chickpea..... R65 chickpea, black rice, lentils, quinoa, guacomole, red cabbage, mango salsa	Chicken, Bacon & Avocado Salad.....R85 baby gem lettuce, sundried tomato, rosemary and lemon dressing
Smoke Salmon.....R110	 Who Invited Pesto?.....R85 basil & kale pesto, quinoa, avocado, boil egg, pine nuts

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Dinner Menu

18:00 pm - 22:30 pm

Tapas / Starters

MEAT

- Chicken Caesar Salad Croquettes.....R65
caesar dressing & herb oil
- Beer Marinated Beef Fillet.....R95
noisette cauliflower, smoked bone marrow
- Confit Duck Leg.....R72
watermelon, pomegranite, peanut & hemp seed

FISH

- Salmon & Prawn Springroll.....R65
wasabi mayo
- West Coast Mussels..... R85
creamy white wine & garlic sauce
-  Hemp Floured Calamari..... R68
garlic crisps, coriander mayo

VEGGIES


-  Infusion Tomato Salad..... R48
 CBD infused honey, shalott vinergarett, basil
-  Roasted Butternut & Tofu.....R52
toasted hemp seed and crispy quinoa
-  Roast Aubergine..... R62
miso, togarashi spice, chives

From the josper charcoal oven

served with choice of side & sauce

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| Grilled Karoo Lamb Chops..... R165 | 200g Norwegian Salmon.....R225 |
| 600g T-Bone.....R215 | 385g Crayfish.....R480 |
| 300g Rump Steak..... R165 | 500g Prawns.....R225 |
| 200g Sirloin.....R145 | 1kg Prawns.....R325 |
| 400g Pork Chop On Bone.....R195 | |
| 850g Tomahawk (for 2 sharing)..... R395 | |

Pasta

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| Roast Chicken Taglietelle.....R90
rotissirie picked whole chicken, mushroom,
creamy white wine sauce | Basil Pesto & Sundried Tomato Penne..... R98
pine nuts, parmesan, basil |
| Seafood Linguine.....R175
norwegian salmon, mussels, calamari, prawns
in a fire roasted tomato bisque |  "Ratatoiuille" Taglietelle.....R125
roast aubergine, courgette, basil infused CBD oil |

Sides

R45

- Charcoal Roasted Whole Baby Cabbage
- Crispy Chips, Parmesan, Truffle Oil
- Mash Potato
- Roast Garlic Baby Potatoes, Button Mushroom
- Corn Truffle Butter
- Infusion Side Salad, CBD Lemon Dressing

Sauces

R30

- Infusion CBD Butter
- Creamy Mushroom
- Vodka Blue Cheese
- Green Peppercorn
- Limoncello Butter

Salad Bowls

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|  Greek Salad..... R65
oreganum, lemon dressing, feta, red onion
olives, cucumber | Chicken, Bacon & Avocado Salad.....R85
baby gem lettuce, sundried tomato, rosemary
and lemon dressing |
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