

Breakfast

Served all day

Shakshuka R 95

Free-range poached eggs, roasted peppers, baked in spicy tomato sauce, with tahini dressing. Served with your choice of toast.

Bolognese on toast R 115

Slow-cooked beef and tomato ragu, fried egg, parmesan, fresh basil. Served with your choice of toast.

Add free-range fried or poached egg R 18

Avocado toast R 115

Your choice of eggs, hummus, danish feta, chilli flakes, sea salt, fresh lemon, za'atar spice. Served with your choice of toast.

Café breakfast R 160

Your choice of eggs, streaky bacon, boerewors, roasted cherry tomatoes, brown mushroom. Served with your choice of toast.

Add baked beans R 15

Salmon scramble R 180

Fluffy scrambled eggs and smoked salmon cream cheese. Served with your choice of toast.

Breakfast bun R 80

A morning delight with your choice of scrambled or fried eggs, bacon, and fried tomato, all in a soft brioche bun. Served with skinny fries.

Granola bowl R 85

Homemade oat granola, toasted seeds, coconut, roasted nuts, dried cranberries, raw honey, seasonal fruits, double cream yoghurt, fresh basil, mint.

Peanut butter and banana oats R 85

Creamy rolled oats made with full cream milk and a medley of honey, peanut butter and fresh banana, topped with blueberries and strawberries.

Eggs and... R 40

Your choice of eggs and toast.

Fresh avocado	R 30
Brown mushrooms	R 35
Roasted tomato	R 25
Streaky bacon	R 55
Boerewors	R 50
Extra toast	R 18
Skinny fries	R 35
KJ burger patty	R 80
Smoked salmon	R 120

Café Meals

Stuffed chicken breast R 170

Tender chicken breast stuffed with spinach and feta. Served atop sweet potato mash, with a side of broccolini.

KJ beef burger R 170

A juicy beef patty on a brioche bun, served with KJ's special BBQ sauce, cheese and all the trimmings on a fresh brioche bun, and skinny fries.

KJ chicken burger R 165

Grilled chicken breast with KJ's special BBQ sauce, cheese and all the trimmings on a brioche bun and skinny fries on the side.

Chicken and chickpea curry R 220

Butter chicken curry and chickpeas, served with savoury yellow rice and fresh sambals.

Fish and chips R 155

Crispy tempura fish with skinny fries. Served with tartar sauce on the side.

Honey mustard schnitzel sub R 210

Crispy panko fried chicken schnitzel with fresh rocket, mozzarella, and honey mustered mayo, with a side of skinny fries.

GRAINS & PASTA

Arabiatta R 105

Your choice of pasta in a slow-cooked napoletana sauce. Topped with fresh basil, parmesan and a dash of chilli.

Spaghetti or Penne

Add chicken R 45

Add tuna R 45

Bolognese R 140

6-hour braised beef and tomato ragu, fresh basil, parmesan.

Spaghetti or Penne

Creamy pesto chicken R 180

Your choice of pasta tossed in a creamy basil pesto with chicken.

Spaghetti or Penne

Sweet and sticky chicken stir fry R 180

Juicy chicken and seasonal vegetables, stir-fried with egg noodles in a sweet teriyaki sauce.

Salads & Bowls

Greek R 85

Plum tomato, cucumber, danish feta, marinated olives, peppers, oregano, fresh mint, red wine vinaigrette.

Add baby romaine lettuce R 15

Organic green R 90

Butter lettuce, avocado, broccoli, zucchini, peas, fresh herbs, KJ house dressing.

Add grilled chicken fillet R 45

Mediterranean cous cous R 130

Flavourful couscous with roasted butternut, toasted chickpeas, feta, cherry tomatoes, cucumber, and mixed peppers accented with toasted sesame seeds and tahini.

Teriyaki chicken R 135

Sticky glazed chicken, rainbow cabbage slaw, cashew nuts, sweetcorn, avocado, toasted sesame seeds, carrot, spring onion, thai basil.

SANDWICHES

Classic toasties

Your choice of bread.

Cheese and tomato R 65

Chicken mayo R 75

Tuna mayo R 70

Bacon and egg R 85

Bacon and cheese R 80

KJ Club R 150

A loaded sandwich with bacon, chicken breast, fried egg fresh tomato, lettuce, and mayo. Served with skinny fries.

Gourmet wraps

Breakfast wrap R 130

A hearty wrap with bacon, scrambled eggs, and caramelised onion. Wrapped up in a wholewheat wrap with tomato and mozzarella. Served with skinny fries.

Chicken wrap R 145

Sweet chilli grilled chicken, wrapped with colourful slaw and mozzarella. Finished with a sprinkle of sesame seeds and served with skinny fries.

Beef fillet R 185

Succulent beef fillet strips with tzatziki and hummus. Wrapped with fresh tomato, red onion, and a hint of lemon, served with skinny fries.



* Whilst strict food hygiene procedures are followed at all times, please note that our food is made in a kitchen that does process meat and animal products as well as nuts, soy, eggs and wheat products.



Smoothies

Strawberry and banana R 65

Strawberries and banana blended with full cream, plain yoghurt and a splash of almond milk.

Tropical orange R 50

Fresh pineapple and mango blended with orange and carrot juice.

Green R 50

Spinach, apple and pineapple blended with coconut milk and chia seeds.

Coconut, banana and berry R 90

Mixed berries and banana blended with chia seeds and coconut milk.

PROTEIN SMOOTHIES

Blended with a serving of 100% whey protein powder.

*Please note, our protein powder contains lactose.

Peanut butter and banana R 90

Natural peanut butter and banana blended with full cream plain yoghurt and vanilla protein powder.

Mixed berry R 90

Seasonal mixed berries blended with full cream plain yoghurt, a berry compote and vanilla protein powder.

Dark chocolate R 90

Chocolate protein powder blended with dates, a pinch of pink himalayan salt and cocoa powder for some extra chocolatey-ness.

Plain R 85

Vanilla protein powder and full cream milk.

PLANT BASED MILK ALTERNATIVES R 10

Almond
Oat

SNACKS

Muffin of the day R 45

Caramel, chocolate or blueberry.

Croissants R 50

Served with cheese and jam.

Scones R 50

Served with whipped cream and jam.

Roasted nuts R 65

Assorted nuts roasted with a touch of salt and paprika.

Trail mix R 65

A blend of raw nuts and seeds, dried fruit and dark chocolate chunks.

Biltong R 125

KJ crisps R 22

NPL #21 PROTEIN BARS R 48

Caramel Seasalt
Choc Caramel
Choc Nut
Cookie Dough

HYDRATE FUEL BARS R 38

Berry yogurt
Cinnamon nut
Cocoa chocolate

CHOCO DATES

Cashew butter R 40

Fresh medjool dates filled with sugar free cashew nut butter, coated in dark chocolate.

Coffee

Cappuccino R 40

Americano R 30

Espresso R 26

Café latte R 42

Mochaccino R 46

Flavoured coffee + R 9

Hazelnut, vanilla or caramel.

Add extra espresso shot + R 8

Warm Drinks

Red cappuccino R 30

Red latte R 34

Red mochaccino R 40

Hot chocolate R 35

White hot chocolate R 36

Chai R 40

Rooibos tea R 26

Specialities

Sunrise espresso R 26

Espresso and orange juice.

Nutella latte R 42

Traditional cafe latte with an added layer of nutella.

Dirty chai R 38

Chai latte with an added shot of espresso.

Cold Drinks

Sparkling water 500ml R 25

Still water 750ml R 28

Coke, coke zero, sprite R 30

Appetiser R 34

Grapetiser R 34

BOS ice tea R 30

REIGNWATER R 42

Red bull R 45

Monster energy R 44

Monster energy zero R 42

Monster ultra R 44

Hydrade R 30

Fruit juice R 35

FREEZOS

Coffee
Chocolate
Chai
Salted caramel

FRESH PRESSED JUICE

Carrot, orange & ginger R 40

Green mamba R 55

Baby spinach, apples, ginger, celery

KJ Health R 50

Celery, lemons, ginger, apples, pineapple

Pear & Pineapple R 40

Baby spinach, apples, ginger, celery

Orange R 30



* Whilst strict food hygiene procedures are followed at all times, please note that our food is made in a kitchen that does process meat and animal products as well as nuts, soy, eggs and wheat products.