

Dietary information.

Should you be allergic to any food items, please request information regarding the ingredients before placing an order. Some food items have traces of nuts and sesame seeds and are made using dairy products and wheat gluten. All food items are prepared in the same kitchen

Do you know that we have the following Offerings?

Online Ordering

Most items are available on our online store
gourmetgrocer.co.za

Sadie's

You can buy all your traditional kosher-style deli items, as well as a weekly Shabbos box.

Home Meals

Let us make your life easier by offering you a wide selection of comfort and nourishing meals for your freezer.

Private Catering

Looking to organise a wedding, a corporate function or a social at your residence or office? The Gourmet Grocer can cater for you. Let us bring the Gourmet Grocer experience to your venue of choice.

Public Events

We regularly host a variety of interactive and social events, from wine & whiskey tasting or dinners to cook offs, where you can learn to cook various dishes. Please visit our website for a list of upcoming events.

Winery

Our commitment is to bring you unique, uncommon and less commercialised boutique wines that are of great value.

Hampers

Let us help you with great gift ideas with our gift hampers. All our hampers are put together using quality gourmet items. From a deli platter hamper, wine hamper, you'll find the perfect gift to bring a smile to any of your friends, family members or colleagues!

Bakery

Some of the best and most delicious bakery items for you to take home.

Grocery & Specialty Foods

You'll find unique, artisanal and bespoke products from locally sourced suppliers, along with everyday basics. We do our best to bring the best local gourmet products to you.

We deliver

V – vegetarian, **VG** – vegan, **B** – banting, **GF** – gluten free
N – contains nuts, **☝** - contains chilli, **DF** – dairy free, **A** – available on our shelves



Breakfast (served until 11h30)

Health

Rolled Oats

toasted coconut flakes, dried cranberries, orange zest, cinnamon & a honey drizzle (V) (VG – no cream / honey) 72

Banana & Peanut Butter Smoothie Bowl

banana, strawberries & peanut butter blended with almond milk, flaxseed & maple syrup. Topped with toasted coconut flakes & chia seeds (VG) 117

Granola Bowl

homemade granola, Greek yoghurt, papaya & chopped dates (V) 97

Benedicts

Original

poached eggs with gypsy ham, roast cherry tomatoes on toasted English muffin, topped with hollandaise sauce 98

Salmon Lox

poached eggs with smoked salmon trout, roast cherry tomatoes on toasted English muffin, topped with hollandaise sauce 142

Mediterranean

poached eggs on grilled brinjal wheels, halloumi & roast cherry tomatoes on a bed of fresh rocket & red pepper hummus, topped with hollandaise sauce (V) (GF) (B) 132

Tomato, Garlic & Herb Labneh

poached eggs, roast cherry tomatoes, fresh basil, garlic & herb labneh on a toasted English muffin 108 add sliced avo (29)

Eggs & Stuff

On the Go Breakfast

two eggs your way (fried, poached, scrambled), with grilled tomato, choice of toast & our homemade raspberry jam & butter 48
Gluten free bread + 15.

Add:

Bacon 32

Macon 36

Gypsy ham (A) 29

Vegan bacon (A) 45

Beef chipolatas 32

Smoked salmon trout (A) 55

Grated cheddar (A) 25

Danish feta 25

Halloumi (A) 34

Roast cherry tomatoes 26

Sliced avocado 29

Sautéed mushrooms 32

Wilted spinach 27

Potato latke 22

Extra egg (poached, fried, scrambled) 12

Tofu scrambled 49

Grocer English Breakfast

two eggs your way, roasted cherry tomatoes, crispy bacon, sautéed mushrooms, potato latke & choice of toast with our homemade raspberry jam & butter 112

Rise 'n Haddock

smoked haddock with 2 poached eggs, potato latke, a dollop of dill crème fraîche, topped with hollandaise sauce & a slice of toasted multigrain 104 add sliced avo (29)

Scrambled Harissa Tofu

with smashed avo, topped with roasted cherry tomatoes, on toasted sourdough, with our house-made pickled cucumber & red onion (VG) (DF) 117

Shakshuka

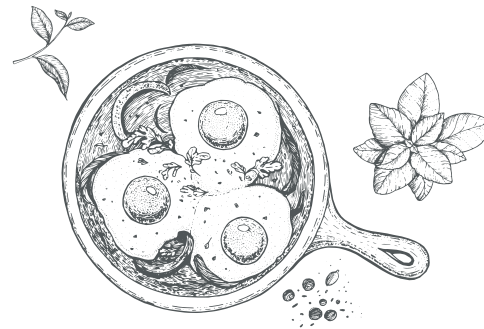
Middle Eastern fragrant tomato sauce, two eggs, olives, za'atar spice & double cream Greek yoghurt with a slice of toasted challah (V) 117

Huevos Rancheros

toasted lavash with red kidney beans, chunky tomato, red onion, corn, coriander salsa, topped with guacamole, labneh & poached eggs 113

The Banter

poached eggs, crispy bacon, roast cherry tomatoes, avocado, feta on a bed of fresh rocket (B) (GF) 117



Freshly Baked from the Oven

Croissant Plain (V) (A) 36

add real homemade raspberry jam, grated cheddar cheese & butter 22

Croissant Chocolate (V) (A) 42

Croissant

with creamy scrambled eggs, bacon, fresh rocket & hollandaise sauce 89

Lunch

Soups (served with a slice of toast)

Roasted Chicken & Vegetable (A) 72

Traditional Kosher Chicken, with Noodles 77

add a Perogen 22

Moroccan Spiced Butternut (V) (A) 67

Roasted Red Pepper & Tomato (V) (A) 67

Wines

White

Bubbly

Canto MCC Pinot Noir Brut 425

Klein Kasteelberg MCC Brut 220 | 50

Journey's End Brut MCC 475

Clos Malvern Ellie 420

Valdo Ore Prosecco 375

Valdo Rose Prosecco 425

Rose

NUIBA Fourth Post 370

Heritage Saamloop 250

Blakes Rooipan 165 | 55

Christoffel Hazenwinkel The-

Blanc De Noir 280

Chenin

Weskus 155 | 55

Bellevue Eselgraf 215

Rascallion Aquiver 295

Deux Freres 280

Sauvignon Blanc

Flawsome 245

Peter Falke 290

Black Elephant Vinters Two Dogs-

A Peacock And A Horse 225

Riebeek Cellars 165 | 55

Chardonnay

Be a Daisy 165 | 55

Journey's End Haystack 210

Canto unwooded 220

La Vierge Redemption 295

Other White Varietals & Blends

Adam Fume 295

Mellasat 'Σ' White Pinotage 355

Pella White Granite Sémillon 245

La Vierge The Last Temptation-

Riesling 230

Rascallion 33 1/3 RPM White-

Blend 255

Red

Merlot

Flawsome 245

Canto 345

Riebeek 185 | 65

Ayama 275

Shiraz

Bellevue 195 | 65

Dekker's Valley 230

Misty Mountains 260

Rascallion Pandiculation 295

Cabernet Sauvignon

Kolab Project 'Go Getter' 350

Groenland Klassiek 230

Be a Daisy 175 | 65

Southern Road 185

Pinotage

Weskus 165

Stanfordhill Jacksons 300

Canto 290

Pinot noir

La Vierge The Affair 395

Peter Falke 495

Other Red Varietals & Blends

Alphabetical 'Extraordinaire' 275 **Mitres**

Edge NVME Bordeaux

Blend 265

Journey's End The Pastor's

Blend 235

Sanniesrust Grenache Noir 320 **Weskus**

Rooigety 160

Blakes Malbec 275

La Vierge Satyricon Sangiovese 395



Fresh Power Crushes

Classic Sunrise

strawberries, pineapple, mango, orange juice 54

Strawberry Banana

strawberries, banana, milk, agave nectar (kid's favourite!) 49

Thick & Fudgy Chocolate Peanut Butter-Booster

oats, banana, milk, organic peanut butter, super-shake chocolate boost, dates, agave nectar 74

Super Green Detox

spinach, kale, pineapple, mixed berries, ginger, banana, coconut water, green & red superfoods shake powder 72

Get Up & Goji C-Booster

goji berries, black maca powder, mango, carrots, banana, orange juice 74

Muscle Blaster

blueberries, raspberries, banana, beets, broccoli, whey protein 84

K2

green shake powder, avocado, hemp protein powder, apple juice, ginger, broccoli 84

Fresh Power Smoothies with Yoghurt

Strawberries & Cream

strawberries, fat free yoghurt, cream, agave nectar 49

Mocha Madness

espresso, super-shake chocolate boost, fat free yoghurt, cream, agave nectar 58

Date Nut

dates, milk, fat free yoghurt, bananas, nutmeg 54

Hangover Hero

strawberries, blueberries, raspberries, ginger, banana, almonds, black maca powder, fat free yoghurt, mint 76

Chocolate Dream

super-shake chocolate boost, fat free yoghurt, dates, avocado, agave nectar 66

Acai Berry Boost

acai, pomegranate, banana, blueberries, raspberries, fat free yoghurt 74

Pedal Pusher

espresso, full fat Greek yoghurt, banana, black maca powder, peanut butter, vanilla whey protein 72

Breakfast & Lunch Cocktails

Cocktails

glass 1 ltr carafe

Mimosa

Klein Kasteelberg bubbly, orange juice 65 245

French 75

Klein Kasteelberg bubbly, Wixworth gin, simple syrup, lemon juice 80 365

Aperol Spritz

Valdo prosecco, aperol, soda 90 425

Peach Prosecco Punch

Valdo prosecco, peach nectar, raspberries, blueberries 75 355

Bubbly Mojito

Bacardi white rum, Klein Kasteelberg bubbly, basil, mint, simple syrup 85 345

Non-Alcoholic Cocktails

Grapefruit Fizz

grapefruit nectar, orange juice, club soda, fresh basil 48

Apple, Elderflower & Mint Sparkle

elderflower nectar, apple juice, sparkling water, fresh mint 48

Citrus Berry Breeze

berry nectar, lime juice, mixed berries, lemon cucumber sparkling water 48

Beers

Castle Lite 35

Corona 43

Stella Artois 36

Boston Lager 58

Boston Breweries Whale Tale Ale 64



Customise your meal to suit your tastes

Step 1 - Choose your base

Salad - mixed super greens (baby spinach, rocket, lettuce, watercress & Swiss chard)

Grain Bowl - brown wild rice or couscous & mixed lentils

Greens & Grains - mix your favourite grains & salad

Lavash - freshly baked, Middle Eastern soft flatbread.



Step 2 - choose your dips & spreads

Choose up to 3

Classic Hummus - chickpeas, tahini, lemon juice, fresh garlic, salt

Roasted Garlic Hummus - classic hummus, blended with roasted garlic

Harissa - a hot & aromatic paste made from tomatoes & peppers 🌶️

Tzatziki - Greek yoghurt, fresh shredded cucumber, olive oil, fresh lemon

Spicy Feta & Jalapeño - jalapeño-infused feta mousse 🌶️

Baba Ghanoush - roasted baby eggplant, roasted red peppers, tahini, lemon juice, olive oil, fresh herbs.

Step 3 - choose a full flavoured protein

Baked Falafel Balls - chickpeas, parsley, herbs (V) 107

Grilled Halloumi Cheese (V) - traditional halloumi from goat & sheep milk 115

Moroccan Spiced Sirloin Strips - sesame seeds, all spice, cinnamon, cumin, cardamon 135

Pulled Rotisserie Chicken - za'atar, sumac & fresh lemon 107

Spiced Chicken Strips - coriander, paprika, oregano, fresh garlic, honey 107

Roasted Vegetables (VG) - butternut, carrots, red onion, beetroot, olive oil, paprika, coriander 107



Step 4 - Choose your toppings

(Choose as many as you like)

Shredded lettuce & mixed greens

Mixed slaw

Chunky tomato, red onion, corn,

coriander salsa

Fresh tomato

Red onion

Cucumber

Pickled cucumbers

Jalapeño peppers 🌶️

Marinated peppers

Marinated aubergine

Crumbled feta

Pickled onion



Step 5 - Choose a dressing

Lemon Aioli

Green Tahini

Yoghurt Dill

Zhug Vinaigrette 🌶️

Lemon Herb Vinaigrette

Buns & Breads

Muesli Toast

toasted multigrain, topped with labneh, dates, roasted cashews & honey (V) 77

Smashed Avo & Roasted Red Pepper & Feta Mousse

smashed avocado, roasted red pepper & feta mousse, served on toasted multigrain, topped with roast cherry tomatoes & fresh basil (V) 72 (Add a poached egg - R12)

Grocer Chicken Mayo

roast chicken mayo on toasted multigrain, served open, topped with fresh feta, avo & Grocer toasted seed mix & a side of fresh rocket 88

Hot Beef on Rye

house cured pastrami, pickled red cabbage on Grocer rye, topped with pickles, German mustard & a side of house slaw (A). 117
Kosher pastrami add 19

Home Baked Lox Bagel

smoked salmon trout, dill crème fraîche, capers & red onion with rocket & a side of green salad 119

Hot Chick Ciabatta

pulled chipotle roast chicken served on our tangy house slaw with sriracha mayo & fresh coriander (C) 95

Grilled Halloumi & Roasted Butternut

za'atar rubbed butternut roasted with warm spices & maple syrup, served with grilled halloumi strips, olives, pomegranate, fresh peppery rocket & a basil pesto drizzle, sandwiched in our toasted multigrain (V) (N) 97

Salads & Bowls

Use A Spoon Chopped Salad

cherry tomatoes, cucumber, chickpeas, red onion, celery, apple, red cabbage, with a white wine vinaigrette dressing (VG) (DF) 77

Keto Bowl

pulled za'atar, sumac & fresh lemon roast chicken, fresh baby spinach, avocado, roast cherry tomatoes & poached egg topped with spoonfuls of goat's cheese, basil pesto, pomegranate & roasted cashew nuts (N) (GF) 147

Smoked Salmon

mixed leaves, rocket, baby spinach, smoked salmon trout, roasted egg plant, boiled egg, labneh, with a citrus dressing 147

Healthy Mediterranean Chicken

grilled lemon & herb marinated chicken fillets, cherry tomatoes, red onion, avocado, crumbled feta cheese, kalamata olives & mixed leaves 127

Dips & Marinated Veg Bowl

falafel, hummus, tzatziki, spicy feta & jalapeño mousse, pickled cucumbers, marinated peppers & aubergine, served with freshly baked lavash (V) 112 add sliced avo (29)

Charred Aubergine

za'atar charred aubergine, feta, cherry tomatoes, red onion, roasted walnuts, pomegranate, rocket & mixed leaves with a green tahini dressing (V) 109

Add sliced avo (29) / grilled chicken filled (35)

Gourmet Burger Bar

Grocer Burger

180g free range wagyu infused beef patty, caramelised onion, fresh tomato, house-made pickled cucumber, rocket, green tahini, served in a home baked sourdough roll with fries. 127
Ask for our Kosher Spice beef patty + 28

Gourmet Burger

180g free range wagyu infused beef patty, melted emmental cheese, crispy bacon, sautéed mushrooms, fresh tomato, house-made pickled cucumber & fresh rocket, served in a home baked sourdough roll with fries 147

Chicken Schnitzel Burger

panko crumbed chicken breast, topped with our tangy house slaw, harissa paste & preserved lemon aioli, served in a home baked sourdough roll with fries (C) 117

Bunless Banting Burger

180g free range wagyu infused beef patty on a bed of peppery rocket, topped with homemade BBQ sauce, fresh avocado, pico de gallo, poached egg, pecorino shavings & a balsamic reduction drizzle (B) (GF) 137

Vegan Burger

Beyond burger patty, topped with homemade BBQ sauce, caramelised onion, fresh tomato, house-made pickled cucumber & fresh rocket, served in a home baked sourdough roll with fries (VG) 166

Sides

Potato Fries (VG) 34

Sweet Potato Fries (VG) 36

Truffle Parmesan Fries (V) 49

Slaw

red & white cabbage, apple, celery, blended with a tangy mayonnaise (V) 37

Dessert

Please see our selection of cakes & tarts of the day

Dogs

Chicken Livers 44

Chicken Breast 36

Doggy Biscuits (3) 18

Drinks

Coffee

Espresso sml 25 | large 32

Americano/Long Black sml 26 | large 31

Cappuccino sml 29 | large 34

Latte sml 29 | large 34

Flat White sml 29 | large 34

Cortado sml 28 | large 33

Macchiato 26

Mochas

caramel/hazelnut/bar one/milky bar 43

Extra Shot Espresso 10

almond/macadamia/coconut/oat/soy milk – add 10

Hot Alternatives

Classic Hot Chocolate

deluxe/milky bar/sugar free/vegan 39

Double Shot Loose Leaf Teas 27

Spicy Chai Latte 35

Dirty Chai 44

Red Cappuccino 37

Steamers

white choc & rose mocha/walnut brownie/choc & hazelnut/toasted marshmallow & choc/vegan chocolate 39

Health Steamers

matcha/turmeric/beetroot. (superfoods - vegan - choose your milk alternative) 49

Hot Toddy

with charred oranges bourbon, honey, lemon juice, thyme sprigs, cinnamon sticks, star anise, oranges (add a shot of bourbon 30) 38

Chilled & Iced

Freddos

espresso 28 / cappuccino 34 / chocolate mocha 38

Freezo

coffee/sugar free/chai/bar one 44 / matcha/turmeric 49

Milkshakes (decadent & delicious)

walnut-brownie/choc-hazelnut/toasted marshmallow & choc/caramel-peppermint crisp/blueberry 48

House Lemonade (fresh ingredients)

traditional/mint/blueberry-thyme/cucumber-mint/raspberry-basil 42

House Traditional Ginger Beer

(fermented, with probiotics)

grapefruit-basil/cherry-mint/lemonade-thyme/elderflower-cucumber 42

House Iced Teas

(all sugar free & fresh ingredients)

ginger-honey/lemon-basil/blackberry-mint/pineapple-thyme/double apple 42

Kombucha

elderflower power/back to blackberry/lemongrass ginger zinger/mon sour cheri 47



Fresh Juice

Sunrise Mint

orange, carrot, apple, mint 46

Basil Blush

pineapple, basil, lime, spinach 56

Energiser

orange, carrot, spinach, beetroot 46

The Green Builder

kale, spinach, parsley, lemon, pineapple, celery, cucumber, ginger, hemp powder 66

Green Power

apple, cucumber, kale 48

Cold Crusher

orange, lemon, carrot, fresh turmeric, hemp powder 59

The Buzz

orange, carrot, lemon, ginger 46

Slender Greens

kale, spinach, celery, apple, ginger, lemon 49

Fat Burning Machine

cucumber, carrot, apple, ginger, chia seeds, green tea 58

Fresh Healthy Shots

Fresh Ginger 15

Turmeric 18

Fresh Spinach 15

Flu Fighter 24

fresh ginger, lemon juice, squirt of honey, cayenne pepper