

urban angel

BAKERY, CAFE & FOOD STORE

MON & TUES 6 - 6; WED, THURS & FRI 6 - 10

SAT 7 - 4; SUN 7 - 2

Building 4, Boskruin Office Park
(011) 010 2777

President Fouche Drive
info@urban-angel.co.za

www.urban-angel.co.za

This menu is bursting with rustic, wholesome food. Borne of a field to fork philosophy. It has been created with love, to share with you our passion for quality and celebrate good food bringing people together under one roof. Welcome to our home.

RISE & SHINE

a simple start 28

1 egg; fried or poached, streaky bacon/beef & oven roast tomato w Urban Angel signature sourdough

everyday eggs 34

2 eggs; poached, scrambled or fried w Urban Angel signature sourdough toast

- + grilled halloumi 25
- + streaky bacon/beef 20
- + fresh avocado* 18

(please note that egg white scrambled eggs or omelette can be made at a surcharge of 10 to the original price)

eggs benedict

A couple of poached eggs on our sourdough topped w a good dollop of homemade hollandaise sauce

- + streaky bacon/beef 68
- + spinach & feta cheese 66
- + smoked haddock 74

croque madame 64

a single sandwich of sourdough bread, gruyere cheese smothered w béchamel & topped w fried eggs - choice of roast pork belly or wild mushroom

croque monsieur 56

a single sandwich of sourdough bread, gruyere cheese smothered w béchamel - choice of roast pork belly or wild mushroom

banana & pecan bread 48

topped w vanilla & raw honey mascarpone, sliced banana & fresh berries

spinach, mushroom & avo stack 58

grilled brown mushrooms, creamed spinach & feta cheese, fresh avo* finished w a poached egg

croissant bacon butty 46

a lightly toasted plain butter croissant w streaky bacon/beef & scrambled eggs

Spicy bean grilled cheese 38

Spicy mixed beans on Urban Angel signature sourdough topped w cheddar cheese & jalapeno's

breakfast hash pan 56

sauteed mushroom, caramelised onion, roast peppers & potato cubes w a couple of eggs & toast

vegetable hash pan 60

Pan roast broccoli, marrows, green beans, cauliflower & sweet potato cubes w a couple of eggs & toast

bagel brekkie 64

2 eggs, streaky bacon/ beef, oven roast tomato & smooth cream cheese on a toasted brioche bagel

urban brekkie 84

2 eggs, your way; streaky bacon / beef, oven roast tomato, sausage, spicy beans, potato scones & toast

veggie brekkie board 90

2 poached eggs, veggie sausage, oven roast tomato, avo* smash, smoked salmon, grilled asparagus, marinated olives, chevin fromage blanc

cauliflower rosti 60

crispy cauliflower & zucchini rosti topped w avo*, streaky bacon/ beef & a poached egg

yogurt & berry compote 38

thick greek yogurt topped w a loving spoonful of our homemade berry compote

acai bowl 60

acai, banana & almond milk w spiced granola, sliced banana & berries

date & nut porridge 60

macadamia nuts, flaked coconut & almonds w chai seeds, banana & dates simmered w almond milk

organic porridge oats 36

+ almond milk, sliced banana & brown sugar 40
+ ground almond, whey protein, nut butter & banana 48

quinoa & apple porridge 60

quinoa, almond milk, coconut flakes & hint of cinnamon w chopped macadamia & apple slaw

french toast 36

2 slices of egg dipped bread, grilled & served w butter & faux maple syrup

- + banana & streaky bacon / beef 52
- + salt caramel, chocolate ganache & cream 60

buttermilk flapjack stack 42

a good stack of buttermilk flapjacks w organic honey

- + banana & yogurt 48
- + berry compote & cream 58
- + protein, nut butter, raw cacao & banana 65

(we can make a GF flapjack stack for you...just ask your waiter)

omelette 32

a plain 3 egg omelette served w toast of your choice.

Only for little ones under 12 years old

lil flapjack stack 28

2 buttermilk flapjacks w streaky bacon & syrup or banana & berry compote

eggs & soldiers 28

1 poached egg w french toast fingers

little cavekid brekkie 30

1 poached egg w bacon & a dollop of hollandaise

grilled cheese toasty 24

a single cheese filled sourdough toasty, cut into fingers w tomato dipping sauce

create your own bit of breakfast magic...

- + streaky bacon/roast pork belly/beef 20
 - + pork/beef/veg sausage 20 +mushrooms 10
 - + cheddar/feta cheese 10 +fresh avo* 18
 - + smoked salmon 40 +spinach&feta 18
 - + oven roast tomato 10 +wilted spinach 10
 - + grilled halloumi 25 + spicy beans 10
 - + 1 egg - poached or fried only 8 + fresh tomato 6
 - +potato scone 8 + plain scrambled egg 20
- gluten-free / sourdough / rye / brown

** the small print. in our kitchen, seeds & nuts are present & used in the production of foods. prices include vat. service charge is not included. avo is subject to seasonal availability. all items subject to availability. variations may lead to delays. all extras & substitutions may incur an extra charge. not responsible for food asked well done.urban angel is not responsible for lost or stolen items. regret no cheque's accepted. prices may change without prior notice.*

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SANDWICHES & TOASTIES

All sandwiches served w hand cut fries & tangy slaw

urban angel burger 68

180gr grass fed beef patty, on a kitke bun topped w tomato, homemade gherkins & haystack onions

bbq chicken burger 62

grilled free range chicken breast, basted w our BBQ basting, on a kitke bun w lettuce, tomato & homemade gherkins

falafel sandwich 59

spiced chickpea patties, beetroot salsa & cucumber rhaita on sourdough w rocket & tomato

roast veggie & halloumi 72

oven roast peppers, aubergine & pickled baby marrow w grilled halloumi cheese & yogurt rhaita on sourdough

caprese salad sandwich 62

mozzarella balls, oven roast tomato, mustard shoots & rocket w basil pesto & toasted seeds

roast beef sandwich 78

rare roast beef, shredded beetroot, crispy onion rings w grain mustard mayo & mixed greens

smoked salmon & pickle 86

smoked salmon, smooth cream cheese & rocket w fresh tomato, avocado w homemade pickle relish

grilled chicken & avocado* 76

grilled free range chicken breast w mixed greens, fresh avo* & smoked paprika aioli

morrocan chicken sandwich 78

chicken breast marinated in yogurt, turmeric & herbs w pea tendrils, fresh tomato, peppadew & toasted seeds

slow roast pork belly 78

slow roast pork belly, sliced & grilled w rocket, lime aioli & red onion marmalade on sourdough

single/double

cheddar cheese 30/40

chicken mayo 38/48

bacon & avo 46/52

roast pork belly & cheddar 38/50

spinach, feta & olive 40/52

cheddar & tomato 32/42

bacon & egg 40/52

bacon & cheese 38/50

NOURISHING BEVERAGES

Warm up

freshly brewed coffee +1 refill	16			
café mocha	26			
caffè latte	24			
vanilla latte	26			
chai tea latte	30			
espresso	15	19		
	single	double		
hot chocolate	24			
horlicks / milo	24			
macchiato	15			
flat white cappuccino	20			
cappuccino con panna	26			
café americano	18			
red cappuccino	25			
red espresso latte	28			
tea	16			
five roses / rooibos / chamomile / earl grey / green				
baby chino	5			
organic honey, lemon & hot water	5			

+ espresso shot 5

+ sub soy or almond milk 5

+decaf 2

We use organic produce as much as possible & use organic stone ground unbleached flour, raw brown sugar, & organic, free range eggs. Choice of breakfast pastry, cakes and tarts will vary according to season, availability of produce and the whims of the pastry chefs. We start from scratch each day, therefore all menu items are subject to availability. Café seating is reserved for guests on request. Thank you for popping in.

Refresh

sir juice 500ml, *please ask your waiter what is available* 20
bos iced teas 18 / soft drinks 330ml fanta / sprite / coke 16
appletizer / grapefruit 20 / cordial ; passionfruit / lime /
bitters / kola tonic 8 / cordial & mixer 22 / red iced tea 30
valpre bottled water 500ml 14 frankies sodas 16 / snapple 26
bunderberg ginger beer 22 / rock shandy 30
milkshakes; chocolate / vanilla / coffee 30 / milk & cookies 24

RAW JUICES 35

Refresh; apple cranberry, cucumber, celery + lemon

Burn; tomato, Beetroot, carrot, lemon + pepper

Mellow Yellow; carrot, cucumber, celery, lemon+ turmeric

Boost; green apple, carrot + ginger root

Pump; beetroot, cucumber, apple, lemon + mint

Quencher; pineapple, orange, carrot + ginger

SUPER SMOOTHIES 35

Raw Chocolate; avo*, raw cacao, dates, banana + nut butter

Salted Caramel; dates, cashew, banana, maple syrup, coconut milk + salt

Hulk Buster; banana, yogurt, peanut butter + whey protein

FREEZOS 34

original coffee

chocolate, white chocolate

spiced chai, berry, mango

BOOSTERS

Add a little extra to your smoothie or juice

flu shot 10

Ginger, honey, lemon juice & cayenne pepper

ginger shot 10

pure whey protein scoop 20

chai seeds 15 acai powder 15

spirulina powder 10 raw cacao 10