

stock & stable

all day cafe • high constantia



est. 24

to drink

-morning cocktails-

- mimosa** bubbly, oj, berry, granadilla & vanilla **80**
- aperol** cinzano spritz, soda, fresh orange **118**
- hugo** bubbly, elderflower soda, mint & lemon **110**
- bloody hell mary** chilli vodka, spiced & sauce **138**

cold

- booster shot** ginger or turmeric **48**
- squeezed daily** orange, subject to quality oranges **58**
- hard pressed** green machine **50**
- other juices** strained orange, cranberry, fruit punch
- cloudy apple, thick mango, pink lemonade **40**
- frozen granitas** mango, pink lemonade **48**
- espresso frappe** double espresso, milk **52**
- coffee shake** vanilla ice cream, cream **74**

summer smoothies

- green** vg, oat milk, green fruit & veg, ginger, mint **76**
- red** yoghurt, variety berries, red apple, coulis **110**
- orange** yoghurt, mango, aromatic spiced honey **88**
- mocha** yoghurt, espresso, chai, almond, honey **92**

hot

- | | | | |
|----------------------------|-----------|---------------------------------------|-----------|
| americano | 34 | decaf americano | 36 |
| cappuccino | 42 | double cappuccino | 58 |
| red cappuccino | 42 | espresso | 32 |
| double espresso | 36 | cortado | 38 |
| flat white | 39 | chai latte | 42 |
| dirty chai | 48 | latte | 45 |
| double latte | 52 | red latte | 48 |
| caffe mocha | 50 | hot choc | 44 |
| ceylon, rooibos tea | 28 | infused tea | 35 |
| | | oat or almond milk - surcharge | 12 |

to eat

-lite & healthy-

- nutty granola bowl** yoghurt, in-season fruit **98**
- yoghurt pannacotta** vanilla pod, nutty granola in-season sliced fruit, berry compote **128**
- overnight oats** vg raspberry confit, almond milk chia & hemp seeds, cinnamon, almonds, maple **98**
- warm oats** vg stewed apple, aromatics spices oat milk, candied nuts, maple **98**
- anchovette toast** 2 rye toast, rocket, tomato **92**
- avocado** 1 rye toast, poached egg, chilli flakes **78**

coffee & croissant deal

mon to fri 0700 to 1600
-no public holidays-

68

artisan croissants

- plain **42** plain + jam & butter **56** almond **58** choc **58**
- smashed & grilled**
- melted gruyere, gypsey ham, house bacon relish **138**
- toasted & filled**
- scrambled egg & wood-fired bacon **128**
- scrambled egg & smoked trout **182**

-stable-

wood-fired spiced shakshuka **172**

poached eggs, smashed tomato, feta, herbage, toast

the bennie **136**

ciabatta, poached eggs, bacon, carbonara hollandaise

the royale **168**

ciabatta, poached eggs, smoked trout, hollandaise

brekkie beef burger **188**

garnish, fried egg, bacon relish, fries, brioche bun

full stable **168**

choice of eggs, pork banger, bacon, after hours potatoes blistered tomato, wood-fired mushrooms, toast & jam

weekday local brekkie deal

88

scrambled eggs, bacon, wood-fired tomato, toast

includes: truth coffee of your choice

-0700 to 1200, no public holidays-

french toast

- cinnamon sugar** maple caramel **92**
- mixed berry compote** whipped mascarpone **105**
- add:** four rashers wood-fired bacon **45**

fresh focaccia sandos

- mozzarella & tomato** green pesto, wild rocket **78**
- chicken 'n mayo** mozzarella, pickle, crisp cos **82**
- roast beef** whipped mustard mayo, wild rocket **110**

artisan sourdough toasties

- with fries or side salad
- 3 cheese** garlic, caramelized onions & leeks **112**
- mozzarella & plum tomato** green pesto **105**
- chicken 'n mayo** mozzarella, fat pickle **110**

-wood-fired rustic flatbreads-

- greek** feta, poached eggs, spinach, loaded evoo **140**
- bacon** cheese, poached eggs, mushrooms, relish **172**

open toast

- 2 slices, 100% rye, seed, ciabatta or sourdough
- toast plate** butter & jam **54**
- smashed avo** chimichurri, whipped feta, seeds **120**
- add:** poached egg **16** **add:** wood-fired bacon **45**
- fired-up mushrooms** vg hummus, rocket, evoo **148**
- eggs scrambled **72**
- eggs & bacon** scrambled, bacon relish **120**
- eggs & smoked trout** scrambled, lemon, evoo **174**
- bolognese ragu** grated gruyere, poached eggs **142**

gluten free available +12 per slice

mon to fri 0700-2100 sat, sun & P.H. 0800-2100