

Sagewood

Passion on a Plate

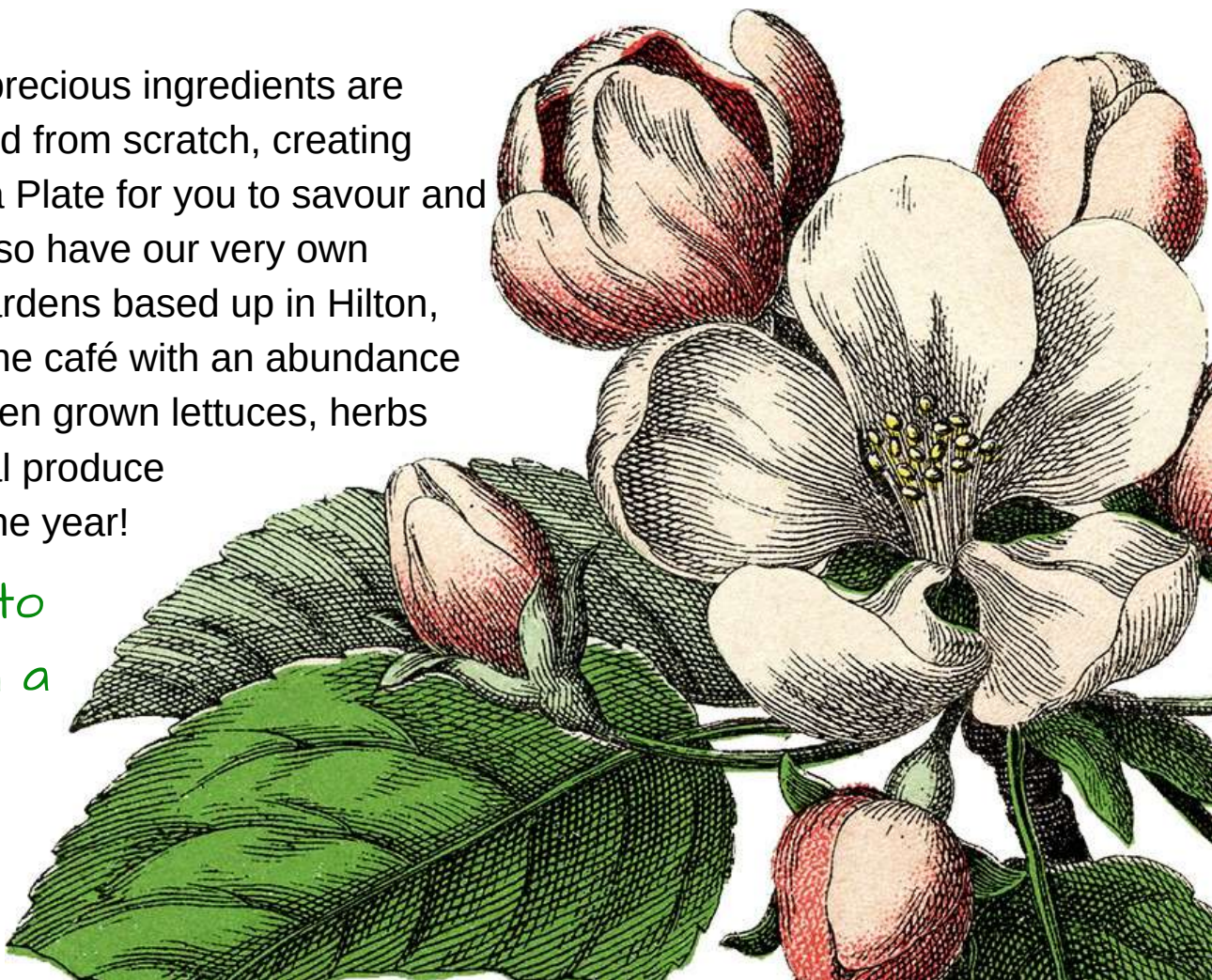
Nature knows best when it comes to food, health and balance. Our approach is to create dishes that are delicious, good for the body and in harmony with the earth.

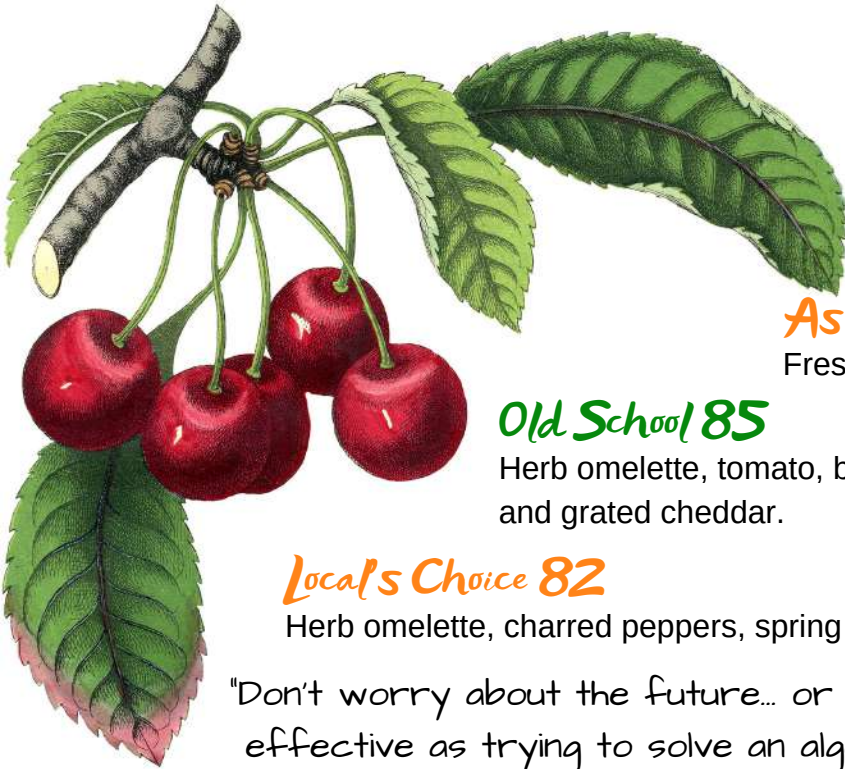
Founded in May 2015, Sagewood was born out of the vision to create an artisanal café that represented the abundance and passion of the Kwazulu Natal Midlands but was situated in the bustling city of Pietermaritzburg.

Sagewood is a strong community based business, supporting local folk, farmers, urban growers, crafters and artisans who supply us on a daily basis with all sorts of homemade jams, sourdough breads, charcuterie, vegetables, fruits, dairy, flour, coffee, eggs, fresh fish and more.

All of these precious ingredients are then prepared from scratch, creating Passion on a Plate for you to savour and enjoy. We also have our very own vegetable gardens based up in Hilton, that supply the café with an abundance of fresh garden grown lettuces, herbs and seasonal produce throughout the year!

Welcome to
Passion on a
Plate!





Omelettes

Three free range eggs or egg whites, served with toast and light garden salad.

As it Comes 65

Fresh herb omelette, fluffy and light, seasoned.

Old School 85

Herb omelette, tomato, bacon / macon, spring onion, mushrooms and grated cheddar.

Local's Choice 82

Herb omelette, charred peppers, spring onion, tomato, mushrooms and parmesan.

"Don't worry about the future... or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing bubblegum."

Waffles

Stone Ground, Preservative Free, Unbleached, Non GMO, Local Flour!

Stoneground Whole wheat or
Vegan Sweet Potato Waffle ?

Spinach Signature 116

Creamy spinach, mushroom, parmesan and onions. Poached free range egg, melted white cheddar and your choice of avocado / back bacon / Halaal macon or savoury mince.

Go with the Flow 118

Grilled chicken strips, banana and back bacon or Halaal macon. Topped with melted white cheddar, honey and mustard sauce.

Sweet Tooth 105

Fresh seasonal fruits, strawberry basil compote, fruit crisps and nutty seed brittle. Your choice of vanilla, cherry biscotti ice cream or Vegan choc / almond nice cream.

No Frills 60

straight waffle with Rooibos or golden syrup, fresh cream or vanilla ice cream.

Bakers Table

"Count the memories,
not the Calories"

As you wander into the café, the old Oregon Pine shop counter near the fire place and the open display fridge opposite, offer an assortment of fresh, moist, delicious, crusty, ingredient packed goodies baked from scratch every day for you to savour!

Have a peruse, choose something you like and simply tell your waitress, we'll do the rest.

Sagewood
Passion on a Plate

Morning Food

08:00 - 11:00
7 Days a Week!

SageWood 115

Two free range eggs, back bacon, signature pork / beef sausage, baked baby tomatoes, mushrooms, shoestring / sweet potato fries, chickpea mustard, spinach crisps and toast

Mini SageWood 70

Two free range eggs, back bacon, shoestring / sweet potato fries, baby tomatoes and toast

SageWood Benedict 90 / 115

Single or Double

One / two proper poached free range eggs, nestled on a bed of creamed spinach, mushrooms and onions. Your choice of smoked salmon trout / Halaal macon / avocado or farm style ham (pork). Signature hollandaise, gherkin fries, green onion and deep fried baby tomatoes

French Toast 85 / 110

Single or Double

Your choice of artisan bread, dipped in egg and fried. Topped with smoked salmon trout / Halaal macon / avocado or back bacon. Crispy brie cigars, caramelised pears, wild rocket and lemon curd natural yoghurt. Rooibos and ginger syrup

Health is Wealth 110

Homemade fruit, nut and seed granola. Seasonal fruit, natural organic yoghurt. Dehydrated fruit crisps and kombucha

Yogi 115

Vegan sweet potato waffle, green pea hummus, avocado, spinach crisps, sweet tomato jam, marinated vegetable slaw, vegan cheese, deep fried baby tomatoes and kombucha

Morning Oats 75

Apple and cinnamon oats, chia seeds, almond milk, seasonal fruit, rooibos ginger syrup

Seasonal Fruit Salad 55

Add natural yoghurt 18



"Make yourself a priority.
At the end of the day,
you're your longest commitment."
- unknown

SageWood

Passion on a Plate

Sandwiches

Freshly prepared for you!
Available all day.

Our stoneground sourdough bread is handmade from natural fermentation processes, giving it a distinctive crust, texture and flavour.

We also offer potato rosemary sourdough, gluten free bread, banting (no carb), local seed bread and a 60% rye.

Half Portions available - charged at 70% of selling price.

Pulled Pork 115

Slow cooked, smoked Dargle Valley pork shoulder. Chickpea mustard, salted apple, pesto baby tomatoes, spinach tempura. Rooibos, ginger and lavender syrup.

Spiced Crust Steak and Onion 125

150g Beef Fillet, parmesan, citrus and spiced crust. Grilled onions, gherkin fries and garlic crisps. White cheddar, pesto baby tomatoes and salsa verde.

Rocket Brie Chook 115

Lemon and herb marinated, then grilled chicken fillet strips. Wild rocket, caramelised onion and local Brie. Avocado and pesto baby tomatoes.

Salmon Trout, Avo and Cream Cheese 115

Smoked salmon trout, avocado, whipped local organic Jersey cream cheese. Charred green onion, marinated vegetable slaw, gherkin fries and olives

Honey Haloumi 120

Honey and pepper glazed haloumi, roasted baby vegetables, garlic and spinach crisps. Green pea hummus and deep fried baby tomatoes

White Cheddar, Green Onion & Tomato 85

Smeared with horseradish aioli, topped with wild rocket.

Pulled Beef 115

Slow cooked overnight, then pulled. Marinated in our homemade barbecue sauce, topped with gherkin fries, deep fried baby tomatoes and a dollop of horseradish.



Sagewood
Passion on a Plate



Locally grown greens, a fresh variety of seasonal fruits and vegetables, slow cooked meats, vegan signatures, grains and more.

A harmony of colours, tastes, textures and most importantly nutritional benefits!

Pulled Pork and Salted Apple 135

Smoked pork, slow cooked and pulled to perfection. Charred green onion, pickled ginger, salted apple wedges, cucumber and deep fried baby tomatoes. Spinach tempura, pumpkin seed brittle and focaccia.

Chicken, Pineapple and Avo 130

Grilled chicken fillet, marinated in masala / yoghurt. Fresh avocado, grilled pineapple, focaccia and charred lemon scented beans. Baby tomatoes, red onion, marinated olives, organic feta, shaved cucumber and garden grown greens. Sagewood signature dressing.

Fresh Cut Steak Bowl 140

150g Marinated Beef fillet, grilled to your liking. Garden grown greens , grilled onions, shaved cucumber, deep fried baby tomatoes, peppadews and gherkin fries. Salsa Verde, melted white cheddar!

Banting Bowl 130

Slow cooked beef, served with avo on top of tossed garden greens, brown rice, charred green onion, shaved cucumber, deep fried baby tomatoes, roasted sweet potato and beetroot. Mung bean sprouts and spinach crisp. Sagewood signature dressing.



Crispy Onion Rings 42

Gherkin Chips 42

Saldanha Mussels 75

Lemon butter masala sauce, toasted sourdough

Deep Fried Brie Cigars 55

Chilli tomato compote

Sweet Potato Fries 35

Spinach Tempura Crisps 42

Shoestring Fries 35

Deep Fried Mushrooms 42

Horseradish aioli





Midlands Beef 185

250g Beef Fillet.

Flame grilled to your liking. Served on a bed of charred, lemon scented green beans and baby carrots. Zucchini, red onion and chilli griddle cake on the side. Your choice of shoestring or sweet potato fries.

Sauces 14

Lemon Pepper / Mushroom / Creamy Masala / Chilli Tomato Compote / Homemade Barbecue

Beef Fillet Marrowbone 195

250g Beef Fillet.

Flame grilled to your liking. Served on a bed of buttery parmesan mash, roasted seasonal vegetables. Topped with roasted marrowbone, beetroot and mushrooms.

Lamb Rib Chops 185

300g Lamb loin / rib cutlets, marinated in rosemary, garlic and mint. Flame grilled, served with parmesan mash, sautéed spinach and mushrooms. Glazed baby vegetables, green pea puree and an apple mint slush.

Chicken, Prosciutto and Brie 145

Grilled chicken breast, roasted baby vegetables. Stacked with melted brie and locally cured prosciutto (pork), napped with a honey, wholegrain mustard sauce. Topped with organic sweet potato crisps, deep fried baby tomatoes and a drizzle of balsamic syrup.

Hot, Sweet, Sticky Ribs 160

Dargle Valley smoked pork ribs, flame grilled in our homemade barbecue basting. Topped with caramelised apple wedges, ginger and chilli. Your choice of shoestring or sweet potato fries.

Butter Chicken Masala 140

Marinated chicken breast, simmered in fragrant masala spices, tomato, coconut and lime. Served with a green apple, sprout, tomato, cucumber and red onion salsa, brown rice, lemon, mint yoghurt raita, tempura spinach, apple mint slush.



Burgers

The Don Beef Burger 130

200g coarsely ground beef, sautéed onion, herbs and seasoning, hand pressed into our signature patty. Homemade artisan bun, charred peppers and brinjal. Topped with caramelised onion and gherkin chips. Sweet potato or shoestring fries and our tasty chilli tomato compote on the side.

Add Cheese 12

Add Bacon 12

Add Fried Egg 8

Chicken, Avo and Pineapple Burger 130

Flame grilled whole chicken breast, seasoned with fresh lemon and herb. Homemade artisan bun, charred peppers and brinjal. Topped with grilled pineapple, avocado and gherkin chips. Sweet potato or shoestring fries and our tasty chilli tomato compote on the side.



Wraps

Spiced Chicken and Papaya 115

Marinated masala and yoghurt chicken, fresh veggie slaw, papaya. crispy spinach. Garden salad, beetroot hummus & deep fried baby tomatoes.

Haloumi and Veggie 115

Charred green beans, lemon, marinated veggie slaw, grilled haloumi, crispy spinach, papaya, brinjal. Garden salad, beetroot hummus & deep fried baby tomatoes.





Sagewood

Passion on a Plate

Finest '00' Italian Flour, 12 Hour fermentation - Freshly Made to Order!

Please note that our Bubble Crust Artisan Pizzas may take a little while to prepare from scratch. Your patience will be rewarded!

Focaccia (Add Cheese - Mozzarella 15 / Vegan 25)

Garlic, Feta and Herb	60
Garlic, Feta, Peppadew and Herb	65
Anchovy, Garlic and Herbs	70
Artichoke, Garlic, Lemon and Herb	70

Margherita 105 / 85

Napoli sauce, mozzarella, olives and basil pesto

Vegan 135 / 110

Napoli sauce, Vegan mozzarella, mushrooms, avocado, spinach crisps, baby tomatoes

Sagewood 135 / 115

Beef bolognese, chorizo sausage, caramelised onions, tomato, chilli and garlic

Dargyle 145 / 120

Smoked, pulled pork, shaved biltong, fig preserve, peppadews, garlic, feta and crispy onions

Tuscany 135 / 115 (V)

Charred peppers, avocado, mushrooms, artichoke, marinated olives, pesto and sundried tomato

Vintage 135 / 120

Marinated chicken, mushrooms, cream cheese, avocado, peppadews and charred green onion

Seashells 145 / 130

Saldanha mussels, anchovies, prawn meat, calamari, garlic, lemon, crispy onions

Chicken Tropical 130 / 115

Spicy chicken, bacon, pineapple, crispy spinach and spring onion

Local Love 125 / 105

Bacon mince, avocado, caramelised onion and feta

Coastal 145 / 130

Smoked Salmon Trout, cream cheese, anchovies, green onion, wild rocket, garlic and caramelised lemon

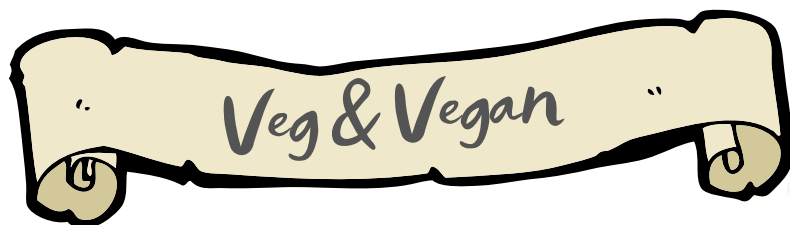
Forest 130 / 115 (V)

Artichokes, mushrooms, garlic, green onion, marinated olives, feta and sundried tomato

Add Vegan Cheese - 25

Add Gluten Free / Banting Base - 20





Green Valley Burger 130

Freshly prepared chickpea, red onion, spinach, ginger, garlic, lentil, sweet potato and sesame patty. Homemade artisan bun, charred peppers and brinjal. Topped with grilled pineapple, avocado and gherkin chips. Sweet potato or shoestring fries and our tasty chilli tomato compote on the side.

Vegan Earth Bowl 125

Garden grown greens and brown rice, tossed with roasted sweet potato, baby beetroot, chickpea popcorn and marinated vegetable slaw. Topped with spinach tempura, avocado, fresh sprouts, baby tomatoes and dehydrated seed crackers. Roasted sweet pepper dressing.

Thai Green Vegan Curry 140

Fragrant coconut, lemongrass and ginger based Thai curry, packed with lentils, chickpeas, spinach, green beans, perennial basil, brinjal and baby tomatoes. Topped with charred green onion and toasted almonds. Brown rice, green apple, sprout, tomato and red onion salsa on the side. Sweet tomato jam to round it off!

Farmer's Market Stack 145

Freshly prepared chickpea, red onion, spinach, ginger, garlic, lentil, sweet potato and sesame patties, served on a bed of sautéed spinach, pickled ginger and mushrooms. Stacked with green pea hummus, charred peppers, brinjals and lemon scented green beans. Topped with organic sweet potato crisps and deep fried baby tomatoes. Splashed with a warm tomato masala sauce.



"Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet."

Albert Einstein

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Hot Drinks

Selected Coffee, locally sourced and roasted!
Check with your waitron to see what's in the grinder.



Coffee

(Upsize to Mug - R5)

Cappuccino 25

(espresso, steamed milk, milk foam)

Flat White 26

(double shot espresso, steamed milk)

Americano 24

(espresso, hot water)

Moroccocino 28

(espresso, cocoa, black pepper, steamed milk, milk foam)

Snow White 29

(espresso, white chocolate, cinnamon, steamed milk, milk foam)

Cortado 23

(double espresso, equal part steamed milk)

Shakerato 26

(double espresso, ice, shaken not stirred!)

Espresso 21

(pure 100% undiluted caffeine bliss!)

Espresso Doppio 26

(double shot of the good stuff!)



Plunger Coffee 38

100% Organic / Sagewood Blend / English
Toffee / Hazelnut / Dutch Chocolate /
French Vanilla



Lattes

Café Latte 30

(espresso, steamed milk, milk foam)

Chai Latte 30

(chai tea, steamed milk, milk foam)

Dirty Chai 32

(espresso, chai tea, steamed milk, milk foam)

Sweet Milk 34

(espresso, condensed milk, steamed milk)

Red Velvet 34

(espresso, cocoa, beetroot juice, vanilla, steamed milk)

Nut Mallow 36

(espresso, hazelnut, marshmallow, nut brittle, steamed milk)

Peppermint Crisp 36

(espresso, peppermint crisp, steamed milk)

Golden Milk 36

(turmeric, cinnamon, ginger, coconut & almond milk)

Iced Coffee / Frappe' 36

Artisan Teas 28

Our loose leaf tea blends are caffeine free
and loaded with anti - oxidants!
Choose from one of our distinctly creative
blends to enjoy.

Green Rooibos
Minted
Chocolate Chai
Jasmine Queen

Sticky Naartjie
Earl Grey
Black Breakfast
Devils Advocate

5 Roses 25

Rooibos 25

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" Cold Drinks "

Cold Pressed Juices

375 ml / 750 ml

Green Juice 42 / 75

Spinach, kale, Granny Smith Apples, lemon, ginger, carrot

Red Juice 42 / 75

Beetroot, strawberry, Granny Smith Apples, lemon, ginger, carrot

Yellow Juice 42 / 75

Pineapple, turmeric, carrot, Granny Smith Apples, lemon, ginger

Signature Milkshakes

Banana Caramel 40

Chocolate Brownie 40

Vanilla Cinnamon 40

Strawberry Oreo 40

Peanut Butter 40

Vegan Nut Banana 40

Coffee Milkshake 38



Power Smoothies

Chocolate Superfood 52

Cacao, frozen banana, natural yoghurt, goji berries, cinnamon, honey, baobab powder, almond milk

Frozen Berry Vegan 52 (V)

Banana, nuts, vegan protein, blueberries, almond milk, honey, cinnamon

Softdrinks 25

Coca Cola, Coke Light, Coke Zero, Sprite, Sprite Zero, Fanta Orange, Tab, Appletiser, Red Grapetiser

Midlands Water

Still Water 22

Sparkling Water 22

Kombucha

Live Probiotic naturally fermented tea drink.
Great for gut and overall health!

Blueberry & Rosemary 35

Mango & Passionfruit 35

Jun - Sugar Free

Mango Honey 38

Cordials / Slushys

Fresh fruit, homemade syrup & ice - no artificial stuff. Choose from below as a Slush or a Cordial!

Cranberry & Mint 38

Strawberry & Mango 36

Fresh Orange 36

Strawberry & Mint 38

Sweet Ginger Lemonade 38

Forest Berry Soda 38

Apple & Mint Slush 38

Craft Iced Teas

Chocolate Chai 30

Blueberry 30

Passionfruit Cordial 32

Lime Cordial 32

Kola Tonic 32

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