



THE AVENUES

menu

Now serving Passion on a Plate - Arrive as a guest, leave as a friend

Morning Foods / Breakfast

SAGEWOOD BREAKFAST

2 free range eggs / smoked back bacon / pork or beef sausage / grilled tomato / mushrooms / crispy potatoes / chimichurri / spinach tempura / toast 130

MINI SAGEWOOD

2 free range eggs / smoked back bacon / grilled tomato / chimichurri / spinach tempura / toast 90

BENEDICT

Free range egg / creamed spinach, mushrooms and onion / hollandaise / gherkin fries / roasted baby tomatoes / parmesan crackling 135

CHOOSE: salmon trout / smoked back bacon / Halaal macon / avocado

ADD ANOTHER FREE-RANGE EGG 10

BREAKFAST BOWL

Scrambled egg / roasted baby tomatoes / wild rocket / feta / pesto 110

CHOOSE: Pork or beef sausage / avocado / Halaal macon

MORNING OATS

Stewed apple cinnamon / mixed nut and seed brittle / rooibos syrup / milk 85

STRAWBERRY RIPPLE GRANOLA

Handcrafted granola / natural yoghurt / chunky strawberry and blueberry smooch / mixed nut and seed brittle / kombucha. 115

SMASHED AVO ON TOAST

2 poached eggs / roasted tomato / lemon / balsamic glaze 85

ADD: Smoked back bacon / Halaal macon 20

BREAKFAST CROISSANT

Scrambled egg / smoked back bacon or macon (halaal) / white cheddar / balsamic glaze 85

Toasted Breakfast Quesadillas

Scrambled egg / cheese / tomato / spring onion / pesto / mushrooms / bacon or macon110
Smoked back bacon / feta / avocado / white cheddar120
Charred brinjals / peppers / mushrooms / cheese / tomato / pesto / wild rocket.110

**NO MORE BREAKFAST ORDERS AFTER 12:00
DUE TO THE LUNCH MENU KICKING IN
THANK YOU FOR YOUR UNDERSTANDING**

Croissants

PLAIN BUTTER

Butter / golden syrup / white cheddar / cream or ice cream60
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CHOCOLATE GANACHE

Butter / whipped cream / chocolate ganache.70
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Cruffins

SWEET

Whipped cream, compote and garnishes65
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SAVOURY

Served with a light green salad65
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Bakers Table

CAKE SLICES60
MUFFINS / SCONES50
DESSERTS / PASTRIES55
CHEESECAKE / BANTING / VEGAN60

Hand - Crafted Burgers & Wraps

'BIG DADDY' PURE BEEF BURGER

200G pure beef patty / activated charcoal bun / horseradish aioli / lettuce, tomato & red onion / bacon / melted cheddar / crispy onions / gherkin fries / spiced tomato relish / fries 180

CHICKEN 'CRUNCH' BURGER

Crispy chicken fillet / activated charcoal bun / horseradish aioli / lettuce, tomato & red onion / charred peppery pineapple / sweet tomato jam / melted cheese / crispy onions / gherkin fries / fries. 170

GREEN VALLEY BURGER – Vegetarian

Plant based patty / crispy vegan facon / activated charcoal bun / lettuce, tomato & red onion / horseradish / crispy onion rings / gherkin fries / chilli tomato jam / potato fries. 170

SMOKED PORK & APPLE WRAP

Pulled smoked pork / caramelized apples / pickled ginger / wild rocket greens / tomato / spinach tempura / aioli / garden green dressing 125

CRISPY CHICKEN WRAP

Crispy chicken fillet / wild rocket greens / tomato / crispy onions / spinach tempura / aioli / garden green dressing 125

SPICY CHICKEN MASALA WRAP

Masala marinated chicken strips / wild rocket greens / tomato / mango / spinach tempura / aioli / garden green dressing 125

PULLED BEEF, PICKLE & MUSTARD WRAP

Slow pulled beef / gherkins / wild rocket greens / mustard / spinach tempura / crispy onion / tomato / aioli / garden green dressing 125

ROASTED VEG & HALOUMI WRAP

Deep fried haloumi / roasted veggies / wild rocket greens / tomato / spinach tempura / crispy onions / whipped cream cheese / chimichurri / garden green dressing 125

Artisanal Sandwiches

Artisan white / health / rye / banting (gluten free)

RISE & SHINE

Whipped feta herb cream cheese / cold smoked salmon trout / avocado /
hard boiled egg / chimichurri / caramelized lemon / wild rocket greens 145

CHICKEN BACON CHEDDAMELT

Grilled chicken / bacon / melted cheese / horseradish aioli / wild rocket greens /
gherkin fries 135

ROCKET BRIE CHOOK

Grilled chicken / local brie cheese / horseradish aioli / caramelized onion /
wild rocket greens / avocado 135

SMOKED PORK & APPLE

Dargle valley pulled pork / horseradish aioli / sweet 'n salty apple /
spinach tempura / salsa / rooibos syrup 140

SPICED CRUSTY STEAK

Beef fillet / fried onions / chimichurri / melted cheese /gherkin fries /
tomato / wild rocket greens / balsamic glaze 155

HALOUMI & VEG

Crispy haloumi / horseradish aioli / roasted veggies / wild rocket greens /
salsa / spinach tempura / balsamic glaze 135

Signature Salad Bowls

3 STREAMS

Cold smoked salmon trout / whipped feta, herb cream cheese / wild rocket greens /
avocado / kalamata style olives / tomato / cucumber / red onion / gherkin fries /
lemon / bruschetta / garden green dressing 165

FRESH CUT STEAK

Peppery mustard beef fillet / wild rocket greens / peppadews / melted white cheddar /
tomato / cucumber / chimichurri / red onion / gherkin fries / bruschetta /
garden green dressing 175

PULLED PORK & SALTED APPLE

Pulled smoked Dargle Valley pork / wild rocket greens / pickled ginger / salted apple wedges /
tomato / cucumber / red onion / mixed nut & seed brittle / spinach tempura /
bruschetta / garden green dressing 165

MASALA CHICKEN, MANGO & AVO

Warm spicy masala chicken / seared green beans / mango / wild rocket greens /
tomato / cucumber / red onion / kalamata style olives / feta / bruschetta /
garden green dressing 165

VEGAN EARTH BOWL

Crisp Vegan facon / vegan mozzarella / wild rocket greens / tomato / red onion / cucumber /
seared green beans / avocado / chickpea popcorn / spinach tempura / chimichurri /
roasted veggies / bruschetta / vegan dressing 165

Handcrafted Pizza

Stoneground / Non – GMO / Preservative Free / Local Flour

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

LARGE

MARGHERITA

Napoli sauce / tomato / pesto / mozzarella 130

VEGAN

Napoli sauce / vegan mozzarella / avocado / mushrooms / spinach tempura 155

SAGEWOOD

Bolognaise / chorizo / caramelized onions / tomato / garlic / dried chilli / wild rocket 170

DARGLE

Smoked pulled pork / bacon / apple ginger compote/ peppadews / garlic / crispy onions. 165

VINTAGE

Marinated chicken / mushrooms / cream cheese / avocado / peppadews / spring onion 165

CHICKEN TROPICAL

Masala chicken / bacon / pineapple / spring onion / spinach tempura 155

LOCAL LOVE

Smoked bacon / avocado / feta / caramelized onions 155

COASTAL

Cold smoked salmon trout / cream cheese / avocado / crispy capers / spring onion / wild rocket / garlic / caramelized lemon 185

FOREST (VEGETARIAN)

Artichokes / mushrooms / garlic / spring onion / olives / feta / avocado / spinach tempura 170

TUSCANY (VEGETARIAN)

Balsamic roasted vegetables / avocado / garlic / spinach tempura 165

Beverages

Cold Refreshments

COLD PRESSED JUICES (375ml) **50**

Red / Green / Yellow

**Return your empty 375ml glass bottle and lid, and receive 10% off your next Cold Pressed Juice.*

KOMBUCHA (250ml) **45**

Mango Mint / Blueberry / Strawberry

BOS ICED TEAS **25**

Lemon / Peach / Berry

AQUA V – WATER

Still / Sparkling (300ml) **25**

Still / Sparkling (750ml) **65**

FRESH FRUIT SLUSHIES **50**

Mango / Blueberry / Apple & Mint / Strawberry

CORDIALS **45**

Passionfruit / Lime / Kola Tonic

MILKSHAKES **50**

Chocolate brownies / Lime / Banana Custard / Strawberry Oreo / Peanut Butter / Coffee

SOFT DRINKS **25**

Coca Cola / Coke Light / Coke Zero / Sprite / Sprite Zero / Crème Soda / Fanta Orange

Appletiser / Red Grapetiser **30**

SMOOTHIES **60**

Vita C Booster / Green Power / Choc. Superfood / Vegan Berry

FRESH FRUIT JUICE **35**

Fruit Cocktail / Orange / Cranberry / Mango

Natural Teas

Carmien - Organic Rooibos Natural Teas
Caffeine Free

Organic Rooibos **35**

Citrus Chai **35**

Turkish Delight **35**

Creamy Mint **35**

Orange Chamomile **35**

Floral Berry **35**

Coffee

Single Origin Ugandan - Muyembe region

Classic Mug

CAPPUCCINO **35** **40**

Single espresso / steamed milk

FLAT WHITE **36** **40**

Double espresso / steamed milk

CORTADO **35**

Equal espresso / steamed milk

AFRICANO **32** **38**

Espresso shot / hot water

MOROCCOCCINO **36** **45**

Espresso / black pepper / spices / cocoa

Decaf add **5**

Non dairy milk add **10**

Latte's

CAFÉ LATTE **40**

Espresso / steamed milk

RED CAPPUCCINO **40**

Rooibos extract / steamed milk

SPICED CHAI LATTE **40**

Chai spices / steamed milk

DIRTY CHAI **45**

Single espresso / chai spices / steamed milk

HOT CHOCOLATE **38**

Chocolate / steamed milk

MOCHACCINO **45**

Espresso / chocolate / steamed milk

GOLDEN MILK **50**

Turmeric / ginger / chai spice / coconut milk

ICED COFFEE/FRAPPE **45**

Ceylon Tea

5 Roses **30**

Earl Grey **30**

English Breakfast **30**



Sagewood's commitment to homegrown ingredients, sourcing fresh, trusted local produce and our devotion to a balance between nature and health, means we're always serving

Passion on a Plate

SAGEWOOD PIETERMARITZBURG | 063 483 1950

Shop 3, Blackwood's Home of Gardening Centre,
97 Chatterton Road, Pietermaritzburg, KZN

SAGEWOOD HILTON | 071 589 5566

The Avenues Centre, Cnr Hilton College Road
and Elizabeth Dr, Hilton, KZN

Email: orders@sagewoodcafe.co.za

Shop online: www.sagewoodcafe.co.za

