



PIETERMARITZBURG

*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

### **FRENCH KISS**

Egg fried toast / crispy brie cigar / chunky strawberry and blueberry smooch / smooth cream cheese / rooibos syrup . . . . . 110

ADD: Smoked back bacon / Halaal macon / avocado . . . . . 20

## *Omelettes*

*3 Eggs / Toast*

**CHEESY HERB 'N ONION** . . . . . 85

**CHARRED PEPPERS, BRINJAL, MUSHROOMS AND CHEESE (V)** . . . . . 95

**CHEESY MUSHROOM MACON OR BACON** . . . . . 110

## *Toasted Breakfast Quesadillas*

Scrambled egg / cheese / tomato / spring onion / pesto / mushrooms / bacon or macon . . .	110
Smoked back bacon / feta / avocado / white cheddar . . . . .	120
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**

## *Waffles*

### **STRAWBERRY FOOL (VEGETARIAN)**

Lemon curd / whipped cream cheese / chunky strawberry and blueberry smooch / mixed nut & seed brittle . . . . .	125
--	-----

### **GO WITH THE FLOW**

Grilled chicken / smoked bacon or macon / honey mustard sauce grilled banana . . . . .	135
--	-----

## *Croissants*

### **PLAIN BUTTER**

Butter / golden syrup / white cheddar / cream or ice cream . . . . .	60
--	----

### **CHOCOLATE GANACHE**

Butter / whipped cream / chocolate ganache. . . . .	70
---	----

## *Cruffins*

### **SWEET**

Whipped cream, compote and garnishes . . . . .	65
--	----

### **SAVOURY**

Served with a light green salad . . . . .	65
---	----

## *Bakers Table*

CAKE SLICES . . . . .	60
PHYLLO TARTS (roasted vegetable / chicken pesto / smoked pork & apple) . . . . .	75
MUFFINS / SCONES . . . . .	50
DESSERTS / PASTRIES . . . . .	55
CHEESECAKE / BANTING / VEGAN . . . . .	60

## *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!

MD/LRG

## MARGHERITA

Napoli sauce / tomato / pesto / mozzarella 100/130

## VEGAN

Napoli sauce / vegan mozzarella / avocado / mushrooms / spinach tempura . . . . . 130/155

## SAGEWOOD

Bolognaise / chorizo / caramelized onions / tomato / garlic / dried chilli / wild rocket . . . . . 145/170

## DARGLE

Smoked pulled pork / bacon / apple ginger compote/ peppadews / garlic / crispy onions. . . . . 140/165

## VINTAGE

Marinated chicken / mushrooms / cream cheese / avocado / peppadews / spring onion . . . . . 140/165

## CHICKEN TROPICAL

Masala chicken / bacon / pineapple / spring onion / spinach tempura . . . . . 135/155

## LOCAL LOVE

Smoked bacon / avocado / feta / caramelized onions . . . . . 135/155

## COASTAL

Cold smoked salmon trout / cream cheese / avocado / crispy capers / spring onion / wild rocket / garlic / caramelized lemon . . . . . 155/185

## FOREST (VEGETARIAN)

Artichokes / mushrooms / garlic / spring onion / olives / feta / avocado / spinach tempura . . . . . 145/170

## TUSCANY (VEGETARIAN)

Balsamic roasted vegetables / avocado / garlic / spinach tempura . . . . . 140/165

## *Good Bites*

### **OXTAIL CASSEROLE**

Buttery mash / spinach tempura / green apple, tomato, and red onion salsa /  
apple mint slush . . . . . 195

### **PINEAPPLE CHILLI RIBS**

400G Pork ribs / burnt pineapple, ginger & chilli compote / potato fries /  
homemade basting sauce . . . . . 190

### **BEEF FILLET MARMALADE**

200g Beef fillet / onion marmalade / buttery parmesan mash / roasted vegetables /  
spinach tempura . . . . . 210

### **BRAISED LAMB SHANK**

300g Slow cooked lamb shank / buttery parmesan mash / balsamic roasted  
vegetables / spinach tempura / crispy onion rings / gravy . . . . . 225

### **THAI STYLE RED CURRY**

#### **CHICKEN & PRAWN**

Chicken fillet / prawns / coconut milk / mango / wholesome brown rice /  
spinach tempura / green apple, tomato and red onion salsa / apple mint slush . . . . . 190

#### **VEGAN**

Sbutternut / spinach / red onion / coconut milk / chickpeas / tomato /  
wholesome brown rice / spinach tempura / green apple, tomato and  
red onion salsa / apple mint slush . . . . . 175

### **PASTA DISHES**

Creamy chicken / smoked back bacon / mushrooms / pesto / parmesan crackling . . . . . 168

Smoked salmon trout / prawn / spring onion / white wine / garlic /  
parmesan crackling . . . . . 185

### **GRILLED ATLANTIC HAKE FILLET**

Succulent hake fillet / garden salad / potato fries / lemon butter masala sauce . . . . . 175

ADD 2 GRILLED PRAWNS . . . . . 55

### **CHICKEN MFINO**

Stuffed chicken fillet (garlic, peppers, mozzarella) / wild Mfino mash /  
roasted vegetables / white wine sauce . . . . . 180

# 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 **8**

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**



## *Virgin Cocktails*

Sagewood is proud to present, in association with Schweppes, our delicious Virgin Cocktails! Delicious and Creative Signature Fusions to tantalize your taste buds.

Enjoy them as they have been created or add your own Tot of spirits for that added boost should you desire - BYOB!

### **MURKY MOJITO**

Schweppes Lemonade / Fresh Mint / Salted Caramel /  
Lemon Crisp / Cherry / Crushed Ice . . . . . 68

### **BLUE GINGER CRUSH**

Schweppes Ginger Ale / Blueberry Slush / Fresh Mint /  
Ginger Powder & Glace' Cherries . . . . . 68

### **RASPBERRY FLOWER SPRITZ**

Schweppes Club Soda / Raspberry Syrup / Frozen Strawberries /  
Lemon Crisp / Dried Flower Petals / Crushed Ice . . . . . 68

### **MALACHITE**

Schweppes Dry Lemon / Mango Slush / Greengage Jelly Cubes /  
Fresh Mint / Caramelised Orange . . . . . 68

### **CRANBERRY COSMO**

Schweppes Floral Pink Tonic / Cranberry Juice / Litchi Syrup /  
Lime / Strawberry Liquorice String / Crushed Ice. . . . . 68

### **AFRO PRINCESS**

Coconut Milk / Coffee Extraction / Chocolate syrup / vanilla /  
apple crisps / crushed ice. . . . . 68



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](mailto:orders@sagewoodcafe.co.za)

**Shop online:** [www.sagewoodcafe.co.za](http://www.sagewoodcafe.co.za)

