



Lunch.

(served between 11:30 – 15:30)

wraps

rosemary chicken - 125

chilli-cottage cheese, kale, avocado,
goji berries soaked in mirin,
sunflower seeds

mexican styled beef mince - 125

black bean paste, lettuce, red onion,
guacamole, creme fraiche

mexican bean - 95

mixture of beans done in a mexican style, cream
cheese, coriander, quinoa, roasted peppers,
walnuts

add fries 35
add sweet potato fries 40
add side salad 40

salads

the yard salad 125

house smoked free range chicken breast, gem
lettuce, cherry tomatoes, olives, feta, cucumber,
lemon zest, pomegranate yoghurt dressing

beets salad 105

selection of beets, whipped goat's cheese,
toasted pine nuts, wild rocket, caramelised onion,
balsamic dressing

chickpea & quinoa salad 115

roasted chickpeas, quinoa, cottage cheese,
avocado, baby leaves, sunflower seeds,
paprika dressing

*My heart was formed
in the kitchens of my
childhood*

lunch

salt and pepper squid 115

radish, butter lettuce, herbs, spring onion,
julienne carrot, sweet chili, lime aioli

chicken livers 70

crispy fried free range chicken livers, toast,
peri-peri sauce, coriander, spring onion

brown rice bowl (v) 80

brown rice, avocado, cucumber, pickled ginger,
garden peas, sweet corn, tomato, cottage
cheese and parsley dressing

add oak smoked trout 55
add roasted chicken breast 35

hake 105

crisp beer battered or grilled hake, skinny fries,
homemade tartare sauce

r&co. double cheeseburger 125

2 homemade smashed beef patties, melted
emmental and cheddar, aioli, pickles, lettuce
and tomato, skinny fries

fried chicken bun 120

buttermilk fried chicken breast, korean basting,
mayo, crisp lettuce, tomato, skinny fries

beef fillet 295

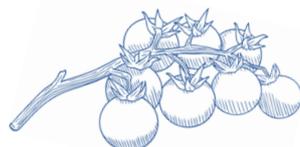
baby carrots, asparagus, chimichurri

180g norwegian salmon 295

tender stem broccoli, wasabi yoghurt, strawberry salad,
sesame seeds, soya-ginger dressing, fried capers

butter chicken 125

spinach, poppadum, sambals,
fragrant basmati rice



pizza

neapolitan style margherita 95

tomato, mozzarella, basil, and oregano

regina 125

tomato, ham, mushrooms, mozzarella, oregano

bacon, avocado & feta 120

quesadillas

smoked chicken 125

hummus, caramelised onion, parsley,
roasted macadamia nuts, mozzarella, guacamole

brisket 155

cream cheese, chilli, spring onion, rosemary,
korean bbq sauce, emmental

aubergine & spinach 98

cottage cheese, spinach, red onion, mushrooms,
black bean paste, coriander, chilli, mozzarella

pasta

tomato pesto chicken 145

olives, roasted cherry tomatoes, portabelini
mushrooms, toasted cashew nuts,
with penne

vegetarian tagliatelle 95

zucchini, roasted cherry tomatoes,
carrots puree, brown butter, basil,
and parmesan

asian beef stir-fry 185

beef fillet, chilli, ginger, garlic, peppers,
red cabbage, mangetout, mushrooms,
egg noodles, teriyaki sauce, sesame seeds
and coriander



breakfast.

(served until 12:00)

yoghurt and fruit	65
selection of seasonal fruit with chia yoghurt	
homemade luxury granola	85
coconut flakes, caramelized fruits, ruby grapefruit, nuts, full cream yoghurt	
vegan buddah bowl	85
rice noodles, red cabbage, beetroot, rocket, avo, chickpeas, black beans, charred corn, garden peas, pumpkin seeds, ginger soy mirin dressing	
warm oats	45
milk, butter, and honey	
add berries	10
add bananas	10
"2 eggs your way "	45
served with toast	
add bacon	25
add croissant	30
add oak smoked trout	55
the yard breakfast	95
2 eggs, pork sausage, herb roasted tomato, bacon, grilled mushrooms	
eggs benedict	80
two poached eggs, toast, bacon and rich hollandaise sauce	
eggs florentine	65
two poached eggs, toast, spinach, rich hollandaise sauce	
eggs royale	105
two poached eggs, toast, smoked trout, rich hollandaise sauce	
3 egg omelette	69
cheddar, tomato, spring onions	
add bacon	25
add gypsy ham	15
add smoked trout	55
french toasts	55
classic white bread soaked in egg and cinnamon sugar, berries, banana, maple syrup	
add bacon	25
toast	35
honey, or jam and cheese or marmite or bovril	
croissant	45
honey or jam and cheese or marmite or bovril	
beetroot hummus on toast	75
2 poached eggs, rocket, avo, roasted cherry tomatoes, feta, pumpkin seeds	



bagels	
freshly produced daily by our baker mickey	
moroccan pulled brisket	90
dijon mustard, rocket leaves, spring onion, tomato, parsley, and apricot yoghurt	
smoked trout	105
creme fraiche, baby spinach, pickled ginger, apple, fennel leaves and poppy seeds	
sweet and sour beetroot	60
hummus, kale, red cabbage with fennel and ginger, roasted cashew nuts, avocado	
chicken	75
creamy cottage cheese, honey mustard, rocket leaves, chives, cranberries	
add fries	35
add sweet potato fries	40
add side salad	40

*How I got here is a story of love,
and hard work, yes, but mostly it's about love.*

sweet treats	
ask your waiter which cakes and sweet treats are available	
smoothies	
green glow	60
spinach, banana, dates, matcha, ice	
berry glow	65
mixed berries, banana, dates, yoghurt, ice	
post work out glow	55
banana, dates, chia, almond milk, honey	
power bomb	55
peanut butter	
add active charcoal	26
add matcha	26