

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.

Welcome to Passion on a Plate!

Morning Food

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

SAGEWOOD 125

2 Eggs / Bacon / Pork or Beef Sausage /
Tomato / Mushrooms / Fries / Spinach Crisp /
Chickpea Mustard / Toast

MINI SAGEWOOD 80

2 Eggs / Bacon / Fries / Tomato / Toast

SHOT' LEFT 65

1 Egg / Bacon / Mushrooms / Cheese /
Sesame Bun / Tomato Relish

SAGEWOOD BENEDICT 115

Upsize 20

1 Egg / Creamed Spinach / Mushrooms / Onion
/ Hollandaise / Gherkin Fries / Tomato Crisps /
Spring Onion

CHOOSE: Salmon Trout / Halaal Macon /
Smoked Ham / Avocado / Bacon

FRENCH TOAST 105

Upsize 25

Brie Cigar / Strawberry Compote / Natural
Yoghurt / Rooibos Syrup

CHOOSE: Salmon Trout / Halaal Macon /
Bacon / Avocado

SPINACH SIGNATURE WAFFLE 130

Creamy Spinach / Mushrooms / Cheese /
Onion / Poached Egg

CHOOSE: Avo / Bacon / Halaal Macon /
Bolognaise

HEALTH IS WEALTH 125

Granola / Fruit-salad / Natural yoghurt /
Fruit crisps / Kombucha



YOGI 130

Vegan Waffle / Green Pea Hummus /
Avocado / Vegan Cheese / Spinach Crisp /
Tomato Jam / Spicy Veggie Slaw / Tomato Crisp
/ Kombucha

MORNING OATS 80

Apple / Seasonal Fruit / Cinnamon / Nut Milk /
Rooibos syrup

ADD ONS

FRUIT SALAD	45
NATURAL YOGHURT	20
CHEDDAR CHEESE	15

**"MAKE YOURSELF A PRIORITY.
AT THE END OF THE DAY, YOU'RE
YOUR LONGEST COMMITMENT.**

- UNKNOWN



Omelettes

3 Eggs / Spicy Veggie Slaw / Toast

AS IT COMES 78

Fresh Herbs / Spring Onion

OLD SCHOOL 98

Fresh Herbs / Tomato / Bacon or Macon / Spring Onion /
Mushrooms / Cheese

LOCAL'S CHOICE 95

Fresh Herbs / Charred Peppers / Brinjal / Spring Onion /
Tomato / Mushrooms / Parmigiana

*No breakfast orders after 11:00
THANK YOU*

Waffles

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

GLUTEN / VEGAN / GLUTEN FREE

GO WITH THE FLOW 130

Chicken / Banana / Bacon or Macon / Cheese /
Honey / Mustard

BERRY FRUIT BLISS 118

Seasonal Fruit / Cream or Ice Cream / Mixed Berries /
Fruit Crisps / Nut Brittle / Rooibos Syrup

SAGEWOOD 138

Bolognaise / Bacon or Macon / Cheese / Tomato Crisps /
Spinach Tempura / Tomato Relish

NO FRILLS 72

Ice cream or Cream / Rooibos or Golden Syrup

Bakers Table

CAKE SLICES 50

SAVOURY TARTS

Choose Fries or Garden Salad 75

Chicken Pesto / Mediterranean Veg /
Smoked Pork and Apple

LARGE MUFFINS 45

Savoury / Sweet

*Take a stroll to see what Sweet Treats are on the Bakers
Table. Select something that appeals to you, inform your
waitron and they will organise it for you!*

'PASSION ON A PLATE'



Signature Salad Bowls

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 155

Smoked Pork / Pickled Ginger / Salted Apple Wedges / Cucumber / Mixed Greens / Tomato / Spring Onion / Nutty Seed Brittle / Spinach Crisp / Focaccia / Garden Dressing

CHICKEN, PINEAPPLE AND AVO 150

Grilled Chicken Fillet / Pineapple / Charred Green Beans / Tomato / Red Onion / Olives / Organic Feta / Cucumber / Mixed Greens / Focaccia / Garden Dressing

3 STREAMS 155

Smoked Salmon Trout / Organic Cream Cheese / Crispy Capers / Avo / Lemon / Garden Greens / Tomato / Spring Onion / Cucumber / Focaccia / Sagewood Dressing

FRESH CUT STEAK BOWL 165

Beef Fillet / Mixed Greens / Onion Marmalade / Cucumber / Peppadews / Tomato / Cheese / Gherkin Fries / Salsa Verde / Garden Dressing

LOW CARB BOWL 160

Garden Greens / Quinoa / Spring Onion / Cucumber / Tomato / Sweet Potato / Beetroot / Sprouts / Spinach Tempura / Avo

Choose from: 150g Beef Fillet or Haloumi

Snacks and Sides

CRISPY ONION RINGS Horseradish Aioli 55

DEEP FRIED HALOUMI Sweet Tomato Jam 65

CRISPY BRIE CIGARS Sweet Tomato Jam 85

DEEP FRIED MUSHROOMS Horseradish Aioli 58

SPINACH TEMPURA Horseradish Aioli 55

STICKY CHICKEN WINGS (3) Barbecue Relish 68

GRILLED PRAWNS (4) Lemon Butter Masala 85

CHARRED PEPPER & BRINJAL ANTI PASTO

Garlic Lemon Olive Oil 70

CAPRESE SALAD Olive Oil / Balsamic Syrup 65

SHOESTRING FRIES 35

SWEET POTATO FRIES 38



Artisan Sandwiches

OPEN HAND CRAFTED

Freshly prepared for you! Available all day.

Hand crafted breads using only natural, stone ground, preservative and GMO free, unbleached flours from the Drakensberg Valley' Ask your waitron for more details.

PULLED PORK 132

Chickpea Mustard / Salted Apple / Tomato / Spinach Crisp / Rooibos Syrup

SPICED CRUST STEAK AND ONION 145

150g Beef Fillet / Fried Onions / Gherkin Fries / Cheese / Salsa Verde / Tomato Crisps

CHICKEN AND BACON CHEDDAMELT 132

Chicken Fillet / Bacon Mince / Melted Cheddar / Sweet Chilli Aioli / Wild Rocket / Gherkin Chips

ROCKET BRIE CHOOK 128

Chicken Fillet / Wild Rocket / Onion Marmalade / Local Brie / Avocado / Tomato Crisps

SALMON TROUT, AVO AND CREAM CHEESE 132

Organic Cream Cheese / Spicy Veggie Slaw / Spring Onion / Gherkin Fries / Olives / Lemon

CRISPY HALOUMI 132

Roasted Veggies / Green Pea Hummus / Tomato Crisps / Rooibos Syrup / Spinach Tempura

BACON, AVO AND FETA 128

Horseradish Aioli / Spring Onion / Tomato Crisps

Toasted / Plain

Served with Fries and Light Salad

CHICKEN MAYO 70

BOLOGNAISE AND CHEESE 80

BACON BANANA 75

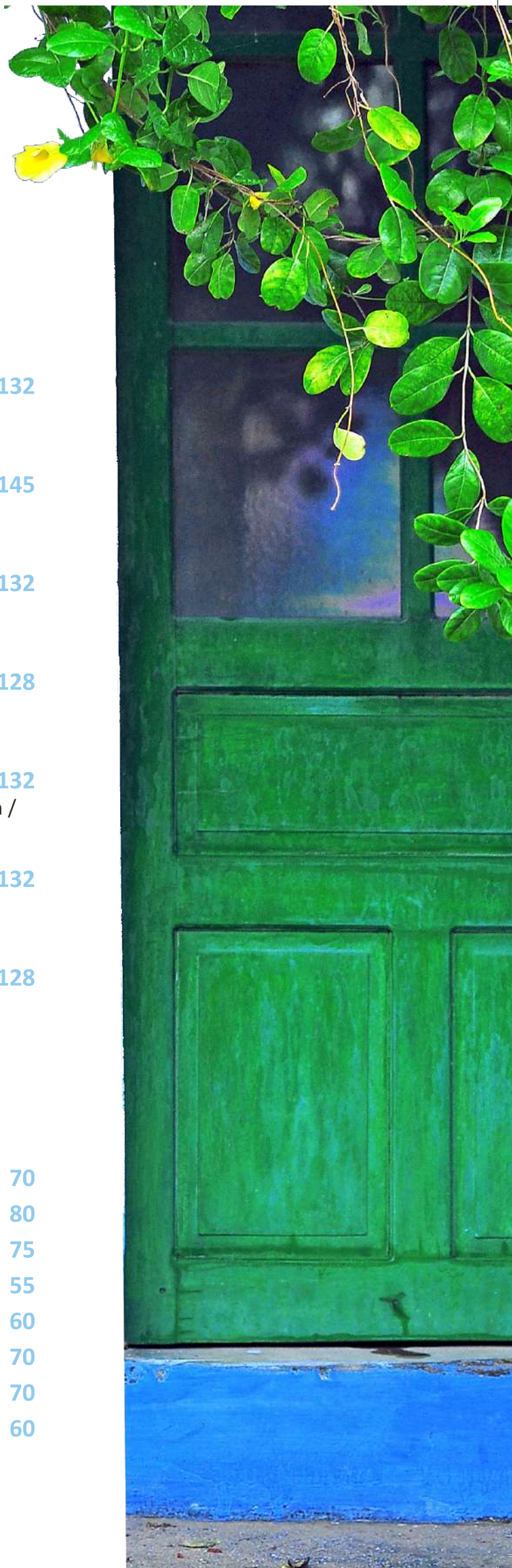
WHITE CHEDDAR 55

CHEESE AND TOMATO 60

HAM, CHEESE AND MUSHROOM 70

BACON AND EGG 70

SMASHED AVO 60



Good Bites

BRAISED LAMB SHANK 210

400g lamb Shank / Garlic Parmesan Mash / Balsamic Roasted Veggies / Onion Rings / Spinach Crisp / Gravy

CHICKEN, PROSCIUTTO AND BRIE 170

Lemon and Herb Chicken Fillet / Balsamic Roasted Veggies / Local Brie / Cured Prosciutto (Pork) / Sweet Potato Crisps / Honey Mustard / Tomato Crisps / Balsamic Glaze

HOT, SWEET STICKY RIBS 180

Caramelised Apple / Ginger and Chilli / Basting Sauce / Fries

TIKKA CHICKEN ON THE BONE 165

Raita / Green Chutney / Salsa / Focaccia / Fries

BEEF FILLET MARMALADE 185

250G Beef Fillet / Onion Marmalade / Garlic Parmesan Mash / Balsamic Roasted Veggies / Spinach Tempura

SURF 'N TURF 210

250g Beef Fillet / Queen Prawns / Balsamic Roasted Veggies / Fries / Lemon Butter Masala

RIB EYE STEAK 210

300G Rib Eye off the Bone / Onion Rings / Roasted Garlic, Chilli and Herb Butter / Balsamic Roasted Veggies / Fries

GRILLED HAKE AND PRAWNS 175

200g Hake Fillet / Queen Prawns / Garden Salad / Fries / Lemon Butter Masala / Spinach Tempura

SAUCES

CHEESE SAUCE	25
MUSHROOM SAUCE	25
BLACK PEPPER SAUCE	25





Burgers

THE DON BEEF BURGER 145

200g Coarse ground Beef / Caramelised Onion / Black Sesame Bun / Tomato / Lettuce / Horseradish Aioli / Charred Peppers and Brinjal / Gherkin Chips / Fries / Relish

Add Cheese 15 | Add Bacon 15 | Add Fried Egg 10

CHICKEN, AVO AND PINEAPPLE BURGER 145

200g Lemon and Herb Fillet / Black Sesame Bun / Tomato / Lettuce / Horseradish Aioli / Charred Peppers and Brinjal / Grilled Pineapple / Avo / Gherkin Chips / Fries / Relish

Wraps

SPICED CHICKEN MASALA AND PAPAYA 130

Marinated Chicken Fillet / Spicy Veggie Slaw / Papaya / Tomato / Spinach Crisp / Onion / Garden Salad / Beetroot Hummus

HALOUMI AND VEGGIE 130

Charred Green Beans / Spicy Veggie Slaw / Papaya / Charred Peppers and Brinjals / Tomato / Spinach Crisp / Onion / Garden Salad / Beetroot Hummus

Veg and Vegan

GREEN VALLEY BURGER 140

Artisanal Vegan Plant Based Pattie / Black Sesame Bun / Charred Peppers and Brinjal / Tomato / Lettuce / Horseradish Aioli / Grilled Pineapple / Avo / Gherkin Chips / Fries / Relish

VEGAN EARTH BOWL 145

Garden Greens / Quinoa / Roasted Sweet Potato / Beetroot / Spiced Veggie Slaw / Spinach Tempura / Avo / Tomato / Chickpea Popcorn / Sprouts / Multiseed Crackers / Sweet Pepper, Ginger and Almond Dressing

THAI GREEN VEGAN CURRY 160

Coconut / Lemongrass / Ginger / Garlic / Green Chilli / Lentils / Chickpeas / Tomato / Green Beans / Brinjal / Salsa / Brown Rice / Sweet Tomato Jam / Spinach Tempura

FARMER'S MARKET STACK 165

Artisanal Vegan Plant Based Patties/ Sautéed Spinach / Pickled Ginger / Mushrooms / Green Pea Hummus / Charred Peppers / Brinjal / Green Beans / Sweet Potato Crisps / 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





Artisan Pizzas

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

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

FOCACCIA

Garlic / Herb	60
Garlic / Feta / Herb	70
Garlic / Feta / Peppadew / Herb	75
Anchovy / Garlic / Herb	75
Artichoke / Garlic / Lemon / Herb	80

Add Cheese

Mozzarella	20
Vegan	30

Artisan Pizzas

MARGHERITA 120 / 95

Napoli Sauce / Basil / Mozzarella

VEGAN 145 / 115

Napoli Sauce / Vegan Mozzarella /
Avo / Mushrooms / Spinach Tempura /
Tomato

SAGEWOOD 160 / 130

Beef Bolognese / Chorizo /
Caramelised Onion / Tomato /
Chilli / Garlic

DARGLE 165 / 135

Smoked Pork / Shaved Biltong /
Caramelised Pears / Peppadews /
Garlic / Crispy Onions

VINTAGE 155 / 130

Marinated Chicken / Mushrooms /
Cream Cheese / Avo / Peppadews /
Spring Onion

CHICKEN TROPICAL 150 / 125

Spicy Chicken / Bacon / Pineapple /
Spring Onion / Spinach Tempura

LOCAL LOVE 145 / 125

Bacon Mince / Avo /
Caramelised Onion / Feta

SEASHELLS 175 / 150

Spiced Mussels / Prawns / Calamari /
Anchovies / Garlic / Caramelised Lemon /
Crispy Onions

COASTAL 170 / 145

Smoked Salmon Trout / Cream Cheese /
Anchovies / Avo / Spring Onion /
Wild Rocket / Garlic / Caramelised Lemon



FOREST 150 / 125

Artichokes / Mushrooms / Garlic /
Spring Onion / Olives / Feta / Avo /
Spinach Tempura / Tomato



TUSCANY 145 / 125

Balsamic Roasted Veggies / Avo /
Garlic / Spinach Tempura

Add

Vegan Cheese	30
Gluten Free / Banting Base	20



Herbal Teas 30

Lemon & Ginger
English Breakfast
Earl Grey
Green Tea

CARMIEN

Organic Rooibos Teas
Naturally Caffeine Free

Organic Rooibos
Citrus Chai
Creamy Mint
Turkish Delight
Orange Chamomile
Floral Berry

MORINGA

Miracle Tea – Nothing added,
nothing taken away.

Lemon and Ginger Infusion
Apple and Cinnamon Infusion
Pure Moringa
Rooibos Infusion

5 ROSES

25

Hot Drinks

Selected Coffee, locally sourced and roasted!

Check with your waitron to see what's in the hopper.

Upsize to Mug R5

ICED COFFEE / FRAPPE 40

Coffee

CAPPUCCINO 24

Espresso / Steamed Milk / Milk Foam

FLAT WHITE 26

Double Shot Espresso / Steamed Milk

AMERICANO 22

Espresso / Hot Water

MOROCCOCINO 30

Espresso / Cocoa / Black Pepper / Steamed Milk /
Milk Foam

SNOW WHITE 32

Espresso / White Chocolate / Cinnamon /
Steamed Milk / Milk Foam

CORTADO 25

Double Espresso / Equal Part Steamed Milk

SHAKERATO 26

Double Espresso / Ice / Shaken Not Stirred!

ESPRESSO 22

Pure 100% Undiluted Caffeine Bliss!

ESPRESSO DOPPIO 28

Double Shot Of The Good Stuff!

Lattes

CAFÉ LATTE 33

Espresso / Steamed Milk / Milk Foam

CHAI LATTE 33

Chai Tea / Steamed Milk / Milk Foam

DIRTY CHAI 36

Espresso / Chai Tea / Steamed Milk / Milk Foam

HOT CHOCOLATÉ 33

Chocolate / Steamed Milk / Milk Foam

MOCHACCINO 36

Espresso / Chocolate / Steamed Milk / Milk Foam

SWEET MILK 33

Espresso / Condensed Milk / Steamed Milk

RED VELVET 36

Espresso / Cocoa / Beetroot Juice / Vanilla /
Steamed Milk

NUT MALLOW 39

Espresso / Hazelnut / Marshmallow / Nut Brittle /
Steamed Milk

PEPPERMINT CRISP 39

Espresso / Peppermint Crisp / Steamed Milk

GOLDEN MILK 39

Turmeric / Cinnamon / Ginger / Coconut & Almond Milk

WHITE HOT CHOCOLATE 36

White Chocolate / Steamed Milk / Milk Foam

Cold Pressed Juices

375ml | 750ml

GREEN JUICE 44 / 78

Spinach / Kale / Granny Smith Apples /
Lemon / Ginger / Carrot

RED JUICE 44 / 78

Beetroot / Strawberry / Granny Smith
Apples / Lemon / Ginger / Carrot

YELLOW JUICE 44 / 78

Pineapple / Turmeric / Carrot / Granny
Smith Apples / Lemon / Ginger

Kombucha

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

BLUEBERRY ROSEMARY 44

MANGO MINT 44

STRAWBERRY BASIL 44

Cordials / Slushys

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

STRAWBERRY & MANGO 42

BLUEBERRY 42

APPLE & MINT 42

CRANBERRY & MINT 42

PASSIONFRUIT 42

LITCHI & HIBISCUS 42

LIME CORDIAL 38

PASSIONFRUIT 38

KOLA TONIC 38

Soft Drinks 25

Coca Cola / Coke Light / Coke Zero / Sprite /
Sprite Zero / Fanta Orange / Crème Soda /
Tab / Appletiser / Red Grapetiser

SCHWEPES 22

Dry Lemon / Ginger Ale / Floral Pink Tonic /
Cucumber Tonic / Lemonade

AQUA V MINERAL WATER 22

Still or sparkling - 250ml
(R4 deposit on take-away bottles)

Signature Milkshakes

BANANA CARAMEL 45

CHOCOLATE BROWNIE 45

VANILLA CINNAMON 45

STRAWBERRY OREO 45

PEANUT BUTTER 45

VEGAN NUT BANANA 45

COFFEE MILKSHAKE 45

Smoothies

VITA C IMMUNE BOOSTER 55

Papaya / Strawberry / Ginger / Spinach /
Maca Powder / Vitamin C / Dates /
Dessert Salt

GREEN POWER SMOOTHIE 55

Banana / Spinach / Moringa / Hemp Protein
/ Basil / Mint / Blueberries / Dates / Dessert
Salt

VEGAN BERRY 55

Blueberry / Strawberry / Coconut Oil /
Almonds / Cinnamon / Chia Seeds / Dates /
Hemp Protein / Maca / Dessert Salt

CHOCOLATE SUPERFOOD 55

Banana / Blueberry / Cacao / Chia Seeds /
Maca / Cinnamon / Dates / Dessert Salt

BOS Iced Teas

LEMON 30

PEACH 30

BERRY 30





Signature Virgin Cocktails

Sagewood is proud to present, in association with Schweppes, our new 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 60

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

BLUE GINGER CRUSH 60

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

RASPBERRY FLOWER SPRITZ 60

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

MALACHITE 60

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

MOONFLOWER 60

Schweppes Cucumber Tonic / Raspberry Syrup / Passionfruit / Pineapple / Fresh Mint / Crushed Ice

CRANBERRY COSMO 60

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

AFRO PRINCESS 60

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