

SANDWICHES AND WRAPS

**YOUR
OPTIONS**

SANDWICHES
Seeded Health, Wholewheat, Rye, White Poppy Seed Banting Bread (Extra - R10)

WRAPS
Wholewheat Cauliflower (Add R15)

- ✓ **LUNCHBOX HERO** 28
Organic peanut butter and banana with a homemade fruit preserve.
- ✓ **EARLY BIRD** 34
Free range boiled eggs tossed in homemade mayo with diced red onion. (Extra crispy bacon - R12).
- ✓ **PURE FRESH** 38
Avo, sweetcorn, red peppers and yoghurt with a drizzle of fresh lime.
- ✓ **INNER ROOTS** 44
Grilled aubergine, baby marrow, smashed chickpeas, tomato finished with mixed herbs
- CHICORN MAYO** 48
Free range chicken, sweetcorn and our homemade mayo finished with crisp lettuce leaves.
- ✓ **CREAMY GREEK** 48
Belnori® Goats Cheese, hummus, roasted red peppers topped with baby spinach.
- BLT & BEYOND** 49
Crispy bacon, homemade mayo, crisp lettuce, and seasoned roma tomato.

- TUNA MAYO** 52
Tuna, homemade citrus mayo, cucumber and lettuce.
- HICK HAM AND CHEESE** 54
Hickory ham and matured cheddar, homemade mayo and lettuce.
- CHICKEN HERB** 55
Free range chicken, avo, hummus, roasted red pepper, topped with fresh coriander.
- LAMB & MINT** 56
Grilled lamb sausage with homemade tomato chutney, crisp lettuce with a touch of mint.
- BACON'S BEST MATE** 58
Crispy bacon, Dalewood Brie finished with a ginger chilli preserve.
- THE LONDONER** 58
Rare roast beef with a horseradish mayo and rocket.
- TWIN CHEESE AND BACON** 59
Crispy bacon with a creamy gorgonzola and mature cheddar.
- SMOKED SALMON TROUT** 59
Smoked salmon trout shavings with homemade citrus mayo, baby spinach leaves and cucumber.
- HOME GROWN** 59
Chicken, bacon, avo, tomato and mixed greens.
- THE EUROPEAN UNION** 62
A feast of salami, hickory ham, emmental cheese with sundried tomato and basil.

BURGERS

Hand made beef burger OR Roasted free range chicken breast.
Served with shoestring fries or a green salad.

- PLAIN** 65
Lettuce, tomato, pickle and sweet tomato mayo.
- MATURE CHEDDAR** 80
Lettuce, tomato, pickle and sweet tomato mayo with melted mature cheddar.
- BACON BLUE** 90
Crispy bacon and lettuce with decadent layers of blue cheese.

HOT CRAZE

- ✓ **3 CHEESE MAC** 65
(Extra bacon - R15).
- ✓ **AUBERGINE PARMIGGIANO** 68
Layers of pomodoro, aubergine, mozzarella and parmesan, baked in the oven.
- WARM CHICKEN AND LENTIL SALAD** 78
Roasted free range chicken breast, on a warm lentil and chickpea salad with avo, coriander and lime.
- NAPOLITANA MEATBALLS** 90
Baked with mozzarella cheese and served with fresh bread

PLATTERS

- TO DIE 4** 180
Choose any 4 different sandwiches/wraps
- DOMIN8** 360
Choose any 8 different sandwiches/wraps

SALADS

- ✓ **THE GREEK** 45
Crisp lettuce, cucumber, red onion, green pepper, olives topped with a feta cheese.
- ✓ **ZESTY BEETS** 52
Beetroot, feta, basil and cucumber with a lime dressing on a bed of lentils, red onions and herbs.
- TUNA NICOISE** 58
Tuna, olives, cucumber, green beans, cherry tomatos, red onion and a boiled egg on a bed of mixed greens.
- ✓ **FRUITY BLUE** 59
Pear, gorgonzola, rocket, coriander, candied walnuts with a creamy walnut dressing.
- ABC** 65
Avo, bacon and chicken salad with a mustard dressing.

FILLED CROISSANTS

- Cheese and tomato. 45
- Ham cheese and tomato. 52
- Bacon and scrambled eggs. 56
- Smoked salmon, cream cheese and spring onions. 56

BUILD A BREAKFAST

2 eggs scrambled,
grilled tomato, toast. 28

- Mature cheddar 10
- Sauteed mushrooms 10
- Avocado 12
- Bacon 22
- Lamb sausage 26
- Smoked salmon 26
- Beef patty 35

ADD YOUR OPTIONS

FRENCH Toast

- 55
✓ Banana, Caramelised walnuts and maple syrup
- 55
✓ Brie, pears, rocket and balsamic reduction
- 58
Cheddar, basil, bacon and maple syrup

OPEN TOAST

- 42
✓ Creamy Avo, boiled egg, red onion, coriander and pumpkin seeds with a pinch of cayenne
- 46
✓ Cashew butter, sriracha sauce, toasted cashew nibs, spring onions and lime
- 49
Scrambled egg, cream cheese and smoked salmon

Smoothies

BANANA NUTTER	38
Peanut butter, banana, yoghurt and honey. (Available as Dairy Free).	
BREAKFAST BOOST	38
Rolled oats, honey, bananas, strawberries and vanilla.	
BANANUTELLA	38
Nutella®, yoghurt, banana and milk.	
THE HULK	39
Avo, fresh apple juice, milk, yoghurt and honey.	
MANIC MANGO	40
Mango, blueberries, coconut milk, agave syrup with a dash of lime.	
COLADA	40
Pineapple, coconut milk, banana and your choice between agave syrup or honey.	
COCO BLUE	42
Blueberry, banana, date, raw coco powder and your choice of coconut or almond milk.	
STRAWBERRY STATES	45
Strawberries, fresh orange juice, honey and yoghurt.	

ADD ME ▼▼▼▼

Whey or Raw hemp protein	18
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freshly squeezed

100% FRESHLY SQUEEZED	32
Orange / pineapple / apple / carrot / beetroot	
DETOX TIME	34
Lemon juice, ginger, beetroot, carrots and apple.	
GREEN GULP	30
Kale, apples, cucumber and sugar cane.	
ENERGY BOOSTER	32
Lime, green tea, apple, ginger and sugar cane.	
FLU FIGHTER	32
Lemon juice, mint, ginger, sugar cane and rooibos extract.	
FRESH FRIDAY	34
Carrot, pear, apple and fennel.	
HOT TOMATO	38
Tomato, celery, cucumber, lemon juice and garlic with sea salt and cayenne pepper.	

Hot Drinks

Served in Small, Medium and Grande -Decaf available.

	S	M	G
AMERICANO	18	22	26
BULLETPROOF AMERICANO	26	30	
CAPPUCCINO	20	26	30
RED CAPPUCCINO	22	26	30
MACCHIATO	20		
CORTADO	22		
AUSSIE FLAT WHITE	24		
ICED LATTE	20	24	
LATTE		25	28
MOCHA		28	32
CHAI LATTE		28	32
HAZELNUT/VANILLA LATTE		30	36
HAZELNUT/VANILLA MOCHA		34	38
ESPRESSO	14		
DOUBLE ESPRESSO	18		
DIRTY ESPRESSO	18		
EXTRA SHOT ESPRESSO	6		
ALMOND MILK (DAIRY FREE OPTION)	6	8	12
TONI GLASS TEAS		20	
Chai Tea, Ceylon, Earl Grey, Green tea, English Breakfast, Rooibos			

HEALTH TUBS

- Homemade Bircher Muesli with cranberries, sunflower, honey and pumpkin seeds.
- Yoghurt, fruit preserve and granola.
- Yoghurt, bananas, honey and almonds.
- Assorted fresh seasonal fruits.
- Homemade oats with dried fruits and nuts:
 - Cranberry pistachio
 - Apple almond,
 - Banana cashew and
 - Mango walnut.

35

Snack Pots

- Salmon, avo, baby spinach with citrus mayo.
 - Assorted raw veggies and hummus.
 - Egg, mayo and avo on baby spinach.
- Ham, salami, cheese and cherry tomatoes
- Roast chicken breast, green beans and a mayo dipping sauce.

35

Gorge

Here's a little something about us...

Our ingredients are natural, fresh and locally sourced.

All of our meat and cheese products come from free range, grass fed animals ensuring the very best quality for you.

Check out the in-store "Gorge Board" for our daily specials and items that you won't find on the menu.

BOSKRUIJN 011 793 8146
KRAMERVILLE 011 809 8006

Order and pay online at:
www.gorgesa.co.za
download our app and order from there....

GOURMET SHAKES

PLAIN JANE	30
Choc / Vanilla / Banana / Strawberry	
AMERICAN BEAUTY	36
Peanut butter and jelly.	
HOT CHOC	36
Chocolate, cocoa with marshmallows.	
SMOOTH CRIMINAL	36
Salted popcorn, caramel and banana.	
STRAWBERRY SHORTCAKE	36
Need we say more...	

DELIVERIES