Passion on a Plate

Sagewood

ESTD 2015

BREAKFAST | BRUNCH | LUNCH | TEA

MENU

Sagewood Café is an Artisan Café subscribing to a simple and sustainable lifestyle of real food in which everything we serve is made from scratch, always using fresh, local and seasonal ingredients.

We avoid preservatives, artificial sweeteners and colourants wherever possible, instead using real butter, farm-fresh dairy, free-range eggs and chicken, the highest quality meat and seafood, artisan cheeses and home-grown fruits and vegetables. Even our flour is grown, harvested and milled by traditional stone-ground methods right here in the Midlands.

Creativity and passion are constant, ever-evolving processes. With this in mind, our menu is an exciting journey of adventurous flavours and combinations.

From our daily Bakers Table, Wood-fired Pizza Oven, our Specials Board and our Menu, you can expect to find a sensory experience second to none.

Sunday lunches include the addition of our own Artisan Lunch buffet, where getting creative and tasty is how we roll.

Always fresh

For Sale!

FRESH BREADS

Our speciality handmade breads, described here, are authentic, tasty and nutritious. They are available to buy daily. You will find them displayed on the 'Baker's Table'.

Sourdough White (50)

A hand-crafted, fermented wild yeast starter. Good crust with a tasty sourdough crumb

Artisan Potato and Rosemary (60)

This bread is flavoured with roasted potato, garlic and fresh rosemary

Gluten-Free Seed (65)

Baked from tapioca, rice and potato flour, it includes sunflower, flax and sesame seeds. Eggs are used for binding and aeration

Banting Bread (70)

Our delicious 'low carb' and gluten free bread. Made from almond, pumpkin, sunflower and sesame seed flours. We combine spring onion and sundried tomato to add a tasty dimension

Rye (50)

60% rye flour and 40% stoneground bread flour, for a more pleasant texture and density. Our rye is scented with citrus and cocoa

Health (40)

Locally made health seed bread. Has a great crumb and elasticity. Delicious when toasted

Focaccia (50)

Garlic and herb

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Always fresh

Sagewood SIGNATURES

MORNING FOOD
SERVED UNTIL MIDDAY,
7 DAYS A WEEK

SAGEWOOD (105)

Two free range eggs, local bacon, artisan pork or beef sausage, baked cheese tomato, sautéed mushrooms, rosemary potatoes, chickpea mustard, tempura spinach & artisan toast

MINI SAGEWOOD (60)

Two free range eggs, local bacon, rosemary potatoes, artisan toast

FRENCH TOAST (100)

Two egg fried artisan toast, crispy prosciutto, caramelised pears, crispy brie cigars, wild rocket, lemon curd yoghurt & rooibos syrup

SAGE SHUKA (100)

Two free range eggs baked in a cheesy tomato relish with local chorizo, peppers, leafy greens and caramelised onions, served with artisan toast

SALMON TROUT BENEDICT (110)

Two soft poached free range eggs, salmon trout, spinach & mushroom sauté, veiled in a silky hollandaise sauce with crispy capers

FARMSTYLE BENEDICT (100)

Two soft poached free range eggs, local ham, spinach & mushroom sauté, veiled in a silky hollandaise sauce with gherkin fries & roasted baby tomatoes

HEALTH BREAKFAST (VEGETARIAN) (95)

Vanilla, almond and oatmeal crumpet with baked banana, organic Moringo yoghurt, homemade granola fruit parfait, and vanilla honey

YOGI BREAKFAST (VEGAN) (100)

Organic sweet potato toast, vegan butter, hummus, fresh avocado, vegan parmesan cheese, kale crisps and sweet tomato jam. Served with a shot of kombucha

BERG BREKKIE (105)

Smoked salmon trout and lemon basil cream cheese gateaux. Topped with a citrus, sprout and apple salsa. Rustic stoneground scone with a dollop of tangy guacamole

Good Morning!

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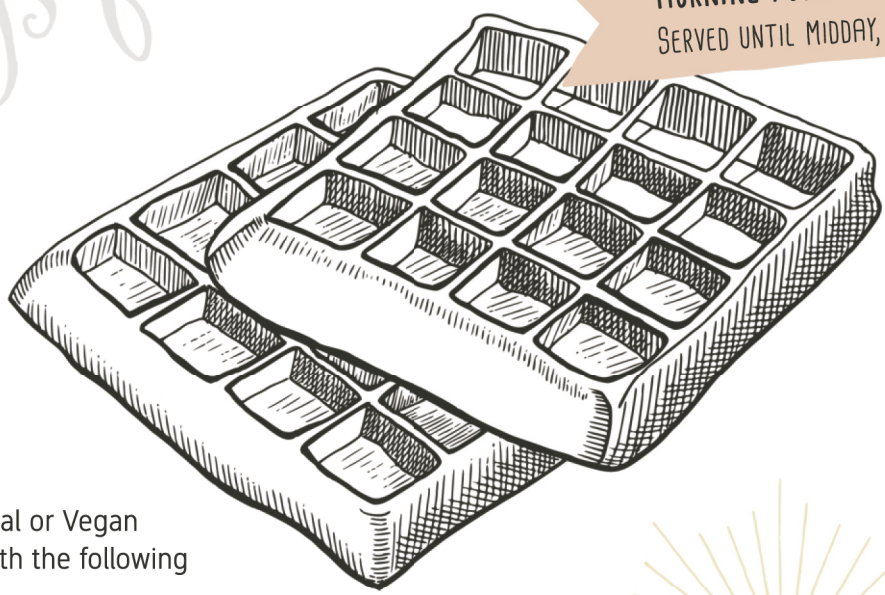
Always fresh

Morning Food

Served until midday, 7 days a week



WAFFLES

Stoneground wholemeal or Vegan sweet potato waffle with the following toppings:

Coconut and banana ice cream, seasonal fruits, lavender strawberry compote, mixed nut and seed brittle (Vegan) 90

Lemon curd organic Moringo yoghurt, homemade granola with goji berries, lavender strawberry compote (Vegetarian) 85

Poached free-range egg, freshly-creamed spinach, mushrooms, parmesan and onion, white cheddar, pesto baked baby tomatoes, balsamic syrup 90

Cream cheese, pesto, baked brinjal, charred peppers, baby tomatoes, homemade hummus, spinach tempura (Vegetarian) 90

Add chicken 28
Add chorizo 28
Add savoury mince 28

OMELETTES

Create your own omelette from below, and your choice of toast 42

Pesto baby tomatoes, grilled mushrooms, brinjal, white cheddar, cream cheese, rocket pesto, fried/ raw onion, spring onion (16 each)

Caramelised pear, bacon, blue cheese, farm-style ham, salted apple, grilled peppers, brie cheese, crispy capers (20 each)

Avocado, savoury mince, chorizo, prosciutto, smoked salmon trout, chicken, lemon anchovy butter (26 each)

Toast and Two Toppings

Three slices of either artisan / potato & rosemary / health / rye 50

Gluten Free or Banting Toast 55

Choose any two of the following:

Raspberry jam / Lemon Curd / Orange Marmalade / a slice of bacon / free range egg / brie cheese / cheddar cheese / hummus / rocket pesto / tomato pesto / honey / lemon anchovy butter / grilled tomato / vegan butter / avocado / marmite

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Fresh juice

Sagewood SIGNATURES

CHOOSE YOUR BREAD -

ARTISAN | POTATO & ROSEMARY | HEALTH | RYE

GLUTEN FREE | BANTING

THEN SELECT A SIGNATURE TOPPING BELOW:

Open Sandwiches

PULLED PORK (105)

Smoked Dargle Valley pork, chickpea mustard, spinach tempura, salted apple, pesto-baked baby tomatoes, and served with rooibos and lavender syrup

SPICY CRUST STEAK (115)

A 150g masala, lemon, parmesan and herb crusted steak with Salsa Verde (contains anchovies), sautéed onions, white cheddar and pesto baked baby tomatoes

VIETNAMESE CHICKEN (105)

Shredded chicken breast, carrot and zucchini ribbons with cilantro. Horseradish, lime, gherkin and honey mayo. Pesto-baked tomatoes and Asian chilli sauce

SALMON TROUT AVO (105)

Smoked salmon trout, avocado, organic cream cheese, spring onions, wild rocket, sundried tomato and lemon

SWEET PICKLE TUNA (115)

Seared tuna, horseradish and sweet pickle mayo, citrus, sprout and apple salsa. Served with wild rocket, lemon and Asian chilli

MEDITERRANEAN (VEGETARIAN) (100)

Baked brinjal and charred peppers, homemade hummus, crispy garlic, avocado and pesto-baked baby tomatoes. Sprinkled with parmesan, duo of pesto's and balsamic syrup

ROCKET BRIE CHOOK (100)

Shredded chicken, wild rocket, brie, avocado, caramelised onion, fresh herb aioli and pesto-baked baby tomatoes. Served with balsamic syrup

BRAISED BRISKET (105)

Slow cooked, pulled beef brisket with horseradish mayo, gherkin fries, pesto-baked baby tomatoes and caramelised onion. Garnished with wild rocket, fresh mint and basil

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Always fresh

Sagewood SIGNATURES

SALADS

SERVED WITH OUR DELICIOUS FRESH GREEN DRESSING, GARLIC AND HERB FOCACCIA

BANTING BOWL (115)

Pulled, tender beef brisket. Roasted chick peas, almonds and mixed seeds. Charred peppers and green beans scented with citrus zest. Tossed leafy greens with garden herbs, avocado, baby tomatoes, cucumber and spring onion. Topped with spinach tempura and Parmesan

CHICKEN, LEMON AND AVO (115)

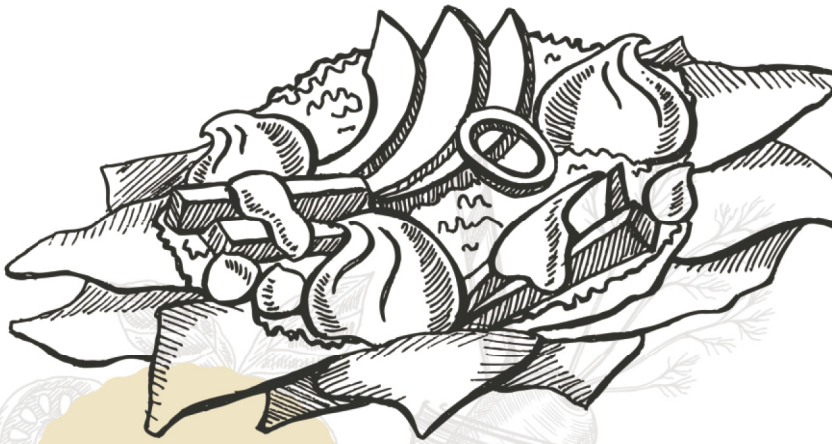
Shredded chicken breast, avocado and lemon marmalade tossed in leafy greens, marinated olives, mushrooms, organic feta and caramelised onion, pesto-baked baby tomatoes, grilled apple wedges and brie cheese

PULLED PORK AND SALTED APPLE (120)

Slow-braised, smoked shoulder of pork, sweet and salty apple, tossed leafy greens, red onion, pesto-baked baby tomatoes, cucumber, and pickled ginger, mixed nut and seed brittle, and served with crispy spinach tempura

FRESH CUT STEAK (120)

Masala, lemon, parmesan and herb crusted 150g steak on tossed leafy greens scented with fresh herbs, red onions, pesto-baked baby tomatoes, cucumber and peppadew. Topped with caramelised onion, white cheddar and gherkin fries. Drizzled with balsamic syrup



wholesome & healthy

Fresh juice

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Sagewood SIGNATURES

Good Bites

What makes them good? They are pure 'passion on a plate'

Halaal Beef and Lamb. Care is taken to prepare the meat separately.

Midlands Beef (170)

A 250g aged steak, chargrilled and basted to your liking. Served on a bed of lemon charred green beans. A zucchini, red onion and green chilli griddle-cake on the side, served with a pot of shoestring fries and a sauce of your choice:

- Blue cheese and mushroom
- Green peppercorn and lemon
- Spiced tomato masala

Braised Lamb Shank (175)

Slow-cooked and served on a bed of roasted vegetables with country-mustard mash. Topped with crispy onion rings and spinach tempura. Bone-broth gravy served on the side

Beef Fillet Marrowbone (175)

A 250g fillet rolled in sesame, parmesan, lemon and herbs, served on a bed of roasted vegetables with country-mustard mash, topped with beetroot mushroom gratin and served with a roasted bone marrow. Green peppercorn and lemon gravy on the side

Chicken, Prosciutto and Brie (130)

Grilled chicken breast on a bed of roasted vegetables stacked with melted brie and crispy prosciutto, napped with a honey mustard sauce. Topped with organic sweet potato crisps, pesto-baked baby tomatoes, drizzled with balsamic syrup

Don Burger (115)

A 200g homemade beef patty, or chicken breast or pulled pork on our own sourdough, kefir artisan bun. Served with baked brinjal and peppers, topped with caramelised onion. Gherkin and shoestring fries on the side with our slight-bite tomato relish

Chicken and Pork – we offer local free range chicken breasts as our preference. If you want Halaal, please inform your waitron. Our pork is locally sourced and passionately cured.

Butter Chicken Masala (125)

Oven roasted, spiced chicken breast, served on a bed of fragrant basmati rice and napped with our homemade masala sauce, and scented with tomato, coconut and cilantro. Citrus, sprout and apple salsa on the side with lemon curd raita and apple mint puree

Sweet and Sticky Pork Ribs (145)

The best sweet and sticky pork ribs with our own delicious basting sauce. Topped with caramelised apples, chilli and ginger. Shoestring fries on the side

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Wood Fired
ARTISAN PIZZAS

We use stoneground, non-GMO and preservative free, local flour. Freshly prepared with your choice of topping, quality mozzarella, and our own pizza sauce.

Banting / Low Carb Base - one size only, gluten-free, made from baby marrow, pumpkin and almond flour. It does contain egg and cheese. Not suitable for Vegans - add 20

Most pizzas available in 30cm / 26cm sizes

Vegan Pizza (75)

Vegan-friendly base topped with vegan parmesan cheese, fresh basil and tomato

Focaccia (50)

Garlic and Herb
Feta and Peppadew (65)

Margherita (80/75)

Cheese, tomato and basil

Sagewood (125/110)

Homemade bolognaise beef, chilli, thyme, pesto baked baby tomatoes, blue cheese, caramelised apple

Piquante (120/105)

Bacon, olives, roasted chilli and garlic, sweet peppers, wild rocket and parmesan

Tuscany (125/105)

Roasted seasonal vegetables, organic feta, mushrooms, pesto-baked baby tomatoes, crispy garlic, herbs and spinach tempura

Rocktown (125/105)

Organic sweet potato, feta, crispy garlic, sundried tomato, marinated mushrooms, wild rocket, pesto and crispy fried onion

Coastal (135/120)

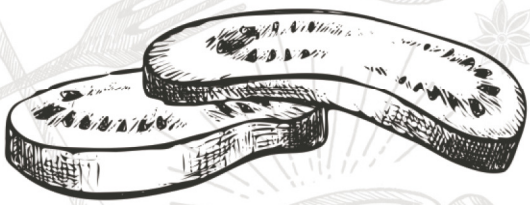
Smoked salmon trout, cream cheese, crispy capers, spring onion, wild rocket, garlic and caramelised lemon

Free State (130/110)

Biltong shavings, crispy garlic, charred peppers, organic feta, avocado, sundried tomato, fresh basil and caramelised onion

Vintage (125/105)

Chicken, mushrooms, cream cheese, avocado, spring onion, peppadew, cilantro and rosemary



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Request a half / half pizza – Charged at price of the most expensive pizza selected.

Wood Fired

ARTISAN PIZZAS

Pollo Classic (125/110)

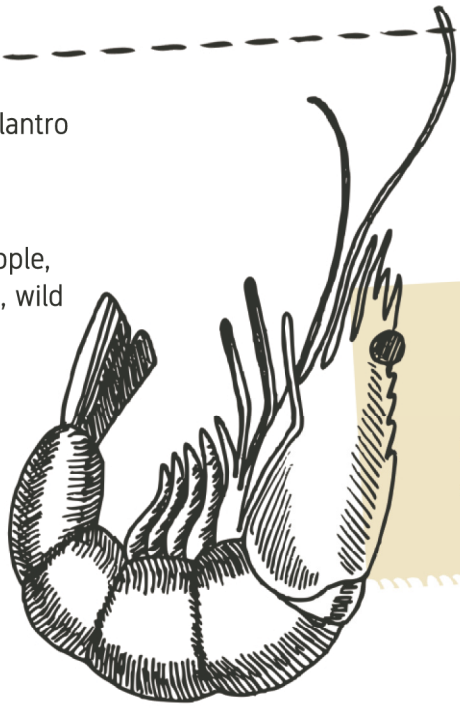
Chicken, sweet chilli, litchi and cilantro

Spaniard (135/120)

Chorizo, prosciutto, olives, pineapple, avocado, peppadew, crispy garlic, wild rocket, balsamic syrup

Darcle (125/105)

Smoked, pulled pork, preserved figs, crispy garlic, sundried tomato, honey-mustard dressing with fried onions



Pescador (145/130)

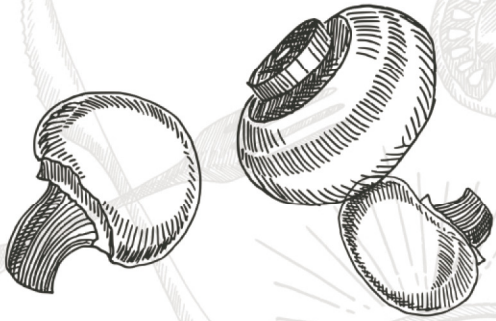
Citrus sweet chilli prawns, hake fillet, lemon-butter cream, crispy capers, spinach tempura and fried onion

Request a half / half pizza – Charged at price of the most expensive pizza selected.

VEG & VEGAN Dishes

Farmers Market Stack (Vegan) (135)

Gluten and egg-free spinach, chickpea, red onion and garlic fritters, stacked with baked brinjal and peppers. Topped with lemon charred green beans, tempura mushrooms, pesto-baked baby tomatoes and organic sweet potato crisps. Served with chickpea mustard and a smear of citrus marmalade



Thai Green Lentil, Broccoli and Cashew Curry (Vegan) (135)

Coconut, lemon and cilantro-scented curry with the addition of organic sweet potato and sundried tomato. Served with fragrant basmati rice and spinach tempura. Sweet tomato jam on the side

Vegan Bowl (Vegan) (110)

Fresh leafy greens scented with herbs. Roasted chickpea popcorn, nuts and seeds. Charred peppers and green beans scented with citrus zest. Marinated mushrooms, olives, sundried tomatoes. Homemade hummus, avocado, pesto-baked baby tomatoes. Topped with carrot, zucchini-fettucine and spinach tempura

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SIDE ORDERS

Tempura Spinach/Kale 32

Crispy Onion Rings 32

Marinated Olives / Feta / Sundried Tomatoes 35

Gherkin Fries 28

Shoestring Fries 25

Organic Sweet Potato Crisps 25

Roast Potatoes 30

Roasted Rosemary Potatoes 30

Brie Cigars 40

SAGEWOOD AND ITS MANAGEMENT RESERVE THE RIGHT TO THE FOLLOWING CONDITIONS:

- We freshly prepare good, tasty food - not fast food.
- We are not licensed but you are welcome to bring your own wine to compliment your meal (we do not encourage spirits). We do not charge a corkage fee.
- Reservations are welcome. If the restaurant is very busy and you haven't booked, we will do our best to accommodate you, so please be patient.
- Half portions are charged at 70% of the full portion.
- A service fee of 10% will automatically be charged on tables of 10 or more people. If the service is exceptional and you feel deserving of a larger gratuity, please feel free to tip accordingly.
- If the service has been unsatisfactory, please speak to one of our managers.
- We source the best quality, freshest produce possible, seasonal availability permitting. Although we always do our best to have stock on hand, there are times when produce (such as avocados) may be unavailable. In this case, you will be offered a suitable substitute.
- Please note that our Kids Menu is reserved for children under 12 years of age.

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