

Sagewood

Passion on a Plate

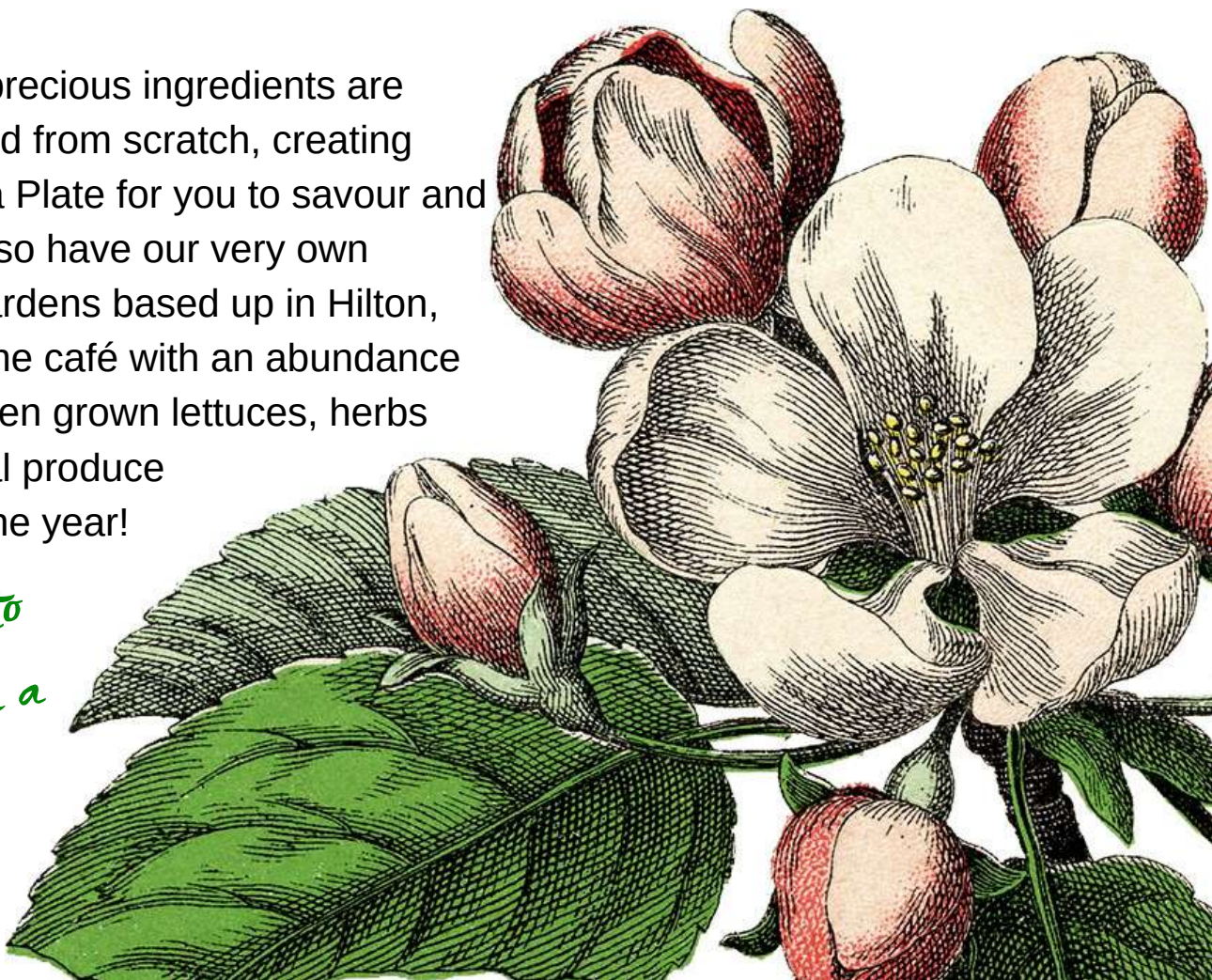
Nature knows best when it comes to food, health and balance. Our approach is to create dishes that are delicious, good for the body and in harmony with the earth.

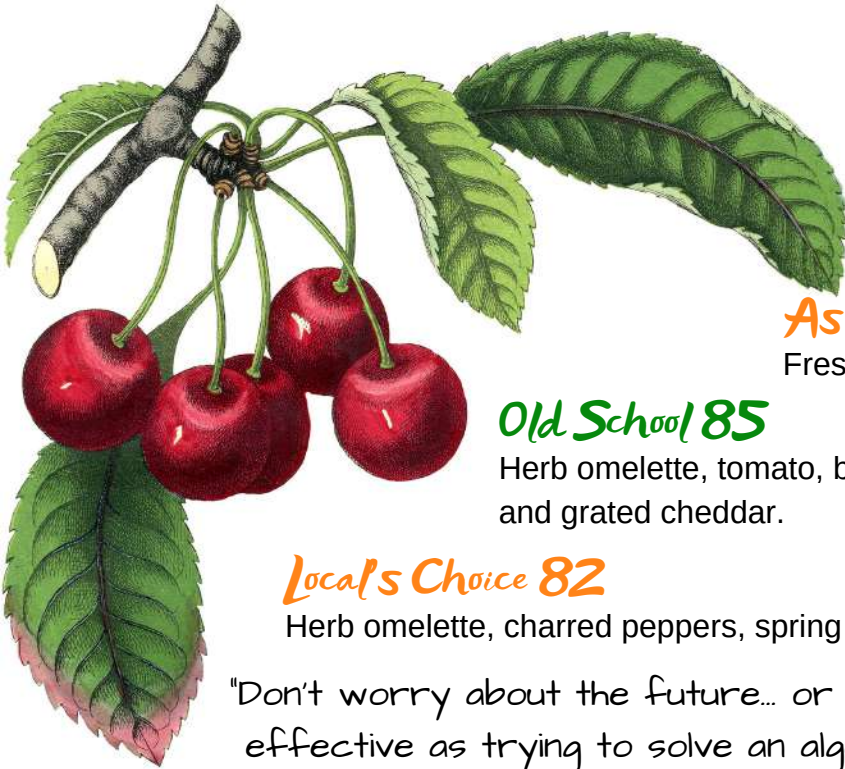
Founded in May 2015, Sagewood was born out of the vision to create an artisanal café that represented the abundance and passion of the Kwazulu Natal Midlands but was situated in the bustling city of Pietermaritzburg.

Sagewood is a strong community based business, supporting local folk, farmers, urban growers, crafters and artisans who supply us on a daily basis with all sorts of homemade jams, sourdough breads, charcuterie, vegetables, fruits, dairy, flour, coffee, eggs, fresh fish and more.

All of these precious ingredients are then prepared from scratch, creating Passion on a Plate for you to savour and enjoy. We also have our very own vegetable gardens based up in Hilton, that supply the café with an abundance of fresh garden grown lettuces, herbs and seasonal produce throughout the year!

*Welcome to
Passion on a
Plate!*





Omelettes

Three free range eggs or egg whites, served with toast and light garden salad.

As it Comes 65

Fresh herb omelette, fluffy and light, seasoned.

Old School 85

Herb omelette, tomato, bacon / macon, spring onion, mushrooms and grated cheddar.

Local's Choice 82

Herb omelette, charred peppers, spring onion, tomato, mushrooms and parmesan.

"Don't worry about the future... or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing bubblegum."

Waffles

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

Stoneground Whole wheat or
Vegan Sweet Potato Waffle?

Three Streams 115

Marinated vegetable slaw, smoked salmon trout, whipped cream cheese, charred green onions, roasted baby tomatoes, cucumber ribbons.

Go with the Flow 125

Roasted baby vegetables, salsa verde, green pea hummus, green apple and garlic crisps, your choice of grilled chicken fillet / smoked pulled pork / shredded beef or avocado.

Sweet Tooth 105

Vegan chocolate and almond nice cream or vanilla biscotti brittle ice cream. Fresh seasonal fruits, strawberry and basil compote.

No Frills 58

As it comes with rooibos or golden syrup, fresh cream or vanilla ice cream.

Bakers Table

"Count the memories,
not the Calories"

As you wander into the café, the old Oregon Pine shop counter near the fire place and the open display fridge opposite, offer an assortment of fresh, moist, delicious, crusty, ingredient packed goodies baked from scratch every day for you to savour!

Have a peruse, choose something you like and simply tell your waitress, we'll do the rest.

Sagewood
Passion on a Plate

Morning Food

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

SageWood 115

Two free range eggs, back bacon, signature pork / beef sausage, baked baby tomatoes, mushrooms, sweet potato fries, chickpea mustard, spinach crisps and toast

Mini SageWood 70

Two free range eggs, back bacon, sweet potato fries, baby tomatoes and toast

SageWood Benedict 90 / 115

Single or Double

One / two proper poached free range eggs, nestled on a bed of creamed spinach, mushrooms and onions. Your choice of smoked salmon trout / Halaal macon / avocado or farm style ham (pork). Signature hollandaise, gherkin fries, green onion and deep fried baby tomatoes

French Quarter 85 / 110

Single or Double

Your choice of artisan bread, dipped in egg and fried. Topped with smoked salmon trout / Halaal macon / avocado or back bacon. Crispy brie cigars, caramelised pears, wild rocket and lemon curd natural yoghurt. Rooibos and ginger syrup

Health is Wealth 110

Homemade granola, nut, fruit and coconut parfait. Seasonal fruit compote and natural organic yoghurt. Dehydrated fruit crisps and kombucha

Yogi 115

Vegan sweet potato waffle, green pea hummus, avocado, spinach crisps and marinated vegetable slaw, vegan cheese, deep fried baby tomatoes and kombucha

Morning Oats 75

Apple cinnamon rolled oats, chia seeds, almond milk, seasonal fruit compote and rooibos ginger syrup

Seasonal Fruit Salad 55

Add natural yoghurt 18



"Make yourself a priority.
At the end of the day,
you're your longest commitment."
- unknown

SageWood

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Artisan's Choice - Open or Toasted?

Freshly prepared for you! Available from 11:00 - 7 Days a Week!

Our stoneground sourdough bread is handmade from natural fermentation processes, giving it a distinctive crust, texture and flavour. We also offer potato rosemary sourdough, gluten free bread, banting (no carb), local seed bread and a 60% rye.

Choose whether you'd like your portion to be Single or Double!

Pulled Pork 115 / 85

Slow cooked, smoked Dargle Valley pork shoulder. Chickpea mustard, salted apple, pesto baby tomatoes, spinach tempura. Rooibos, ginger and lavender syrup.

Spiced Crust Fillet and Onion 125 / 95

150g Beef Fillet, parmesan, citrus and spiced crust. Grilled onions, gherkin fries and garlic crisps. White cheddar, pesto baby tomatoes and salsa verde.

Rocket Brie Chook 115 / 85

Grilled chicken fillet, pesto and fresh herb aioli. Wild rocket, caramelised onion and local Brie. Avocado, charred peppers and pesto baby tomatoes.

Salmon Trout, Avo and Cream Cheese 115 / 85

Smoked salmon trout, avocado, whipped local organic Jersey cream cheese. Charred green onion, marinated vegetable slaw, gherkin fries and olives

Local Green 120 / 90

Honey and pepper glazed haloumi, roasted baby vegetables, garlic and spinach crisps. Green pea hummus and deep fried baby tomatoes

White Cheddar, Green Onion & Tomato 85 / 60

Smeared with horseradish aioli.

Pulled Beef 115 / 85

Slow cooked overnight, then pulled. Marinated in our homemade barbecue sauce, topped with gherkin fries, deep fried baby tomatoes and a dollop of horseradish.



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Each bowl consists of a base (greens / grains), carbohydrate (except Banting), cooked / raw fruit / vegetables, healthy fats, protein (meat / veg) and sauce. Each bowl creating a harmony of colour, taste and most importantly nutritional benefit!

Pulled Pork and Salted Apple Bowl 130

Garden herbs and lettuces, salted green apple crisps. Wattle smoked pork, slow cooked and pulled to perfection. Charred green onion, pickled ginger, sweet potato, beetroot and deep fried baby tomatoes. Spinach tempura, pumpkin seed brittle and focaccia.

Chicken, Pineapple and Avo Bowl 130

Grilled chicken fillet, marinated in masala / yoghurt. Fresh avocado, seared pineapple, focaccia and charred lemon scented beans. Baby tomatoes, red onion, shaved cucumber and garden lettuces / herbs. Golden yoghurt dressing.

Fresh Cut Steak Bowl 135

150g Marinated Beef fillet. Garden herbs and lettuces, grilled onions, shaved cucumber, deep fried baby tomatoes and gherkin fries. Salsa verde, garlic crisps, peppadew and focaccia.

Banting Bowl (Vegan Option) 130

Slow cooked, pulled beef or avocado. Brown rice, charred green onion, shaved cucumber, deep fried baby tomatoes. Roasted sweet potato and beetroot. Mung bean sprouts, spinach crisp and salsa verde.



Crispy Onion Rings 42

Grilled Artichokes 75

Horseradish lemon aioli

Saldanha Mussels 75

Lemon butter masala sauce, toasted sourdough

Deep Fried Brie Cigars 55

Chilli tomato compote

Spinach Tempura Crisps 42

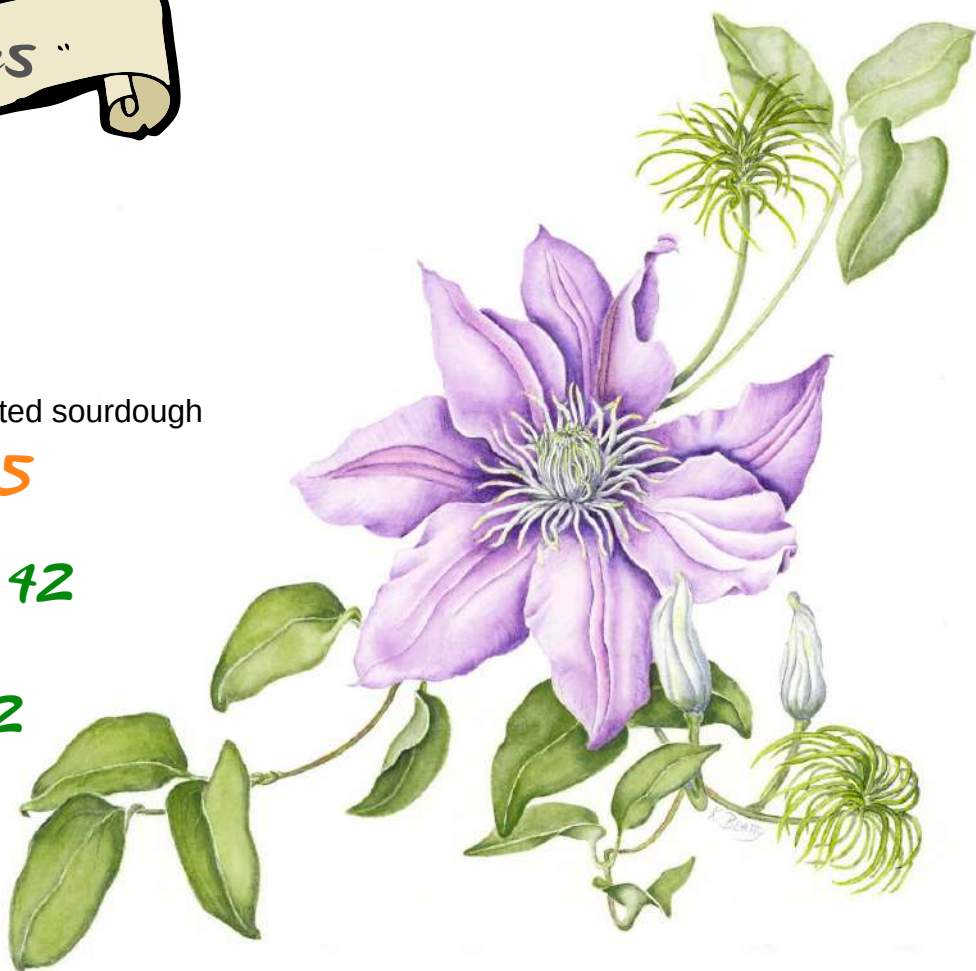
Shoestring Fries 35

Deep Fried Mushrooms 42

Horseradish aioli

Sweet Potato Fries 35

Gherkin Chips 42





Midlands Beef 185 / 160

250g / 150g Beef Fillet.

Flame grilled to your liking. Served on a bed of charred, lemon scented green beans and baby carrots. Zucchini, red onion and chilli griddle cake on the side. Your choice of shoestring or sweet potato fries.

Add a little Saucery! 16

Lemon Pepper / Mushroom / Creamy Masala / Chilli Tomato Compote / Homemade Barbecue

Lamb Saddle Cutlets 185

300g Lamb loin / rib cutlets, marinated in rosemary, garlic and mint. Flame grilled, served with parmesan mash, sautéed spinach and mushrooms. Glazed baby vegetables, green pea puree and an apple mint slush.

Chicken, Prosciutto and Brie 145

Grilled chicken breast, roasted baby vegetables. Stacked with melted brie and locally cured prosciutto (pork), napped with a honey, wholegrain mustard sauce. Topped with organic sweet potato crisps, deep fried baby tomatoes and a drizzle of balsamic syrup.

Butter Chicken Masala 140

Chunky, spiced chicken breast, simmered in fragrant masala spices, tomato, coconut and lime. Served with a green apple, sprout, tomato, cucumber and red onion salsa, brown rice, lemon and yoghurt raita, tempura spinach and an apple mint slush.

Hot, Sweet, Sticky Ribs 160

Dargle Valley smoked pork ribs, flame grilled in our homemade barbecue basting. Topped with caramelised apple wedges, ginger and chilli. Your choice of shoestring or sweet potato fries.

"Day by day, what you choose, what
you think and what you do is who you
become."
Heraclitus



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Burgers

The Don Beef Burger 130

200g coarsely ground beef, sautéed onion, herbs and seasoning, hand pressed into our signature patty. Homemade artisan bun, charred peppers and brinjal. Topped with caramelised onion and gherkin chips. Sweet potato or shoestring fries and our tasty chilli tomato compote on the side.

Add Cheese 12

Chicken, Avo and Pineapple Burger 130

Flame grilled whole chicken breast, seasoned with fresh lemon and herb. Homemade artisan bun, charred peppers and brinjal. Topped with grilled pineapple, avocado and gherkin chips. Sweet potato or shoestring fries and our tasty chilli tomato compote on the side.



Wraps

Spiced Chicken and Papaya 115

Marinated masala and yoghurt chicken, fresh veggie slaw, papaya. crispy spinach. Garden salad, beetroot hummus & deep fried baby tomatoes.

Charred Bean & Halloumi 110

Charred green beans, lemon, marinated veggie slaw, grilled haloumi, crispy spinach, papaya, brinjal. Garden salad, beetroot hummus & deep fried baby tomatoes.





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Passion on a Plate

Finest '00' Italian Flour, 12 Hour fermentation - Freshly Made to Order!
Please note that our Bubble Crust Artisan Pizzas may take a little while to prepare from scratch. Your patience will be rewarded!

Focaccia - Artichoke, Garlic, Lemon 70

Focaccia - Garlic, Feta, Caramelised Onion 60

Focaccia - Anchovies, Capers, Garlic 70

No Carb / Gluten Free Banting Bases available on request - add R15

Margherita (Vegan cheese option) 90 / 80

Napoli tomato base, mozzarella and perennial basil

Sagewood 135 / 115

Beef bolognaise, bacon mince, caramelised onions, avocado, tomato, chilli and garlic

Krushed and Sorted 135 / 120

Pepperoni, artichokes, marinated olives, charred peppers and sundried tomato

Livered 135 / 115

Spicy chicken livers, bacon mince, caramelised onions, sundried tomato and olives

Tuscany 135 / 115* (V)

Charred peppers, avocado, mushrooms, artichoke, marinated olives, pesto and sundried tomato

Vintage 135 / 120

Marinated chicken, mushrooms, cream cheese, avocado and charred green onion

Seashells 145 / 130

Saldanha mussels, anchovies, salsa verde, calamari, tomato, lemon and wild rocket

Chicken Masala 130 / 115

Spicy masala chicken strips, crispy spinach, green onion and sweet apple

Local Love 120 / 105

Bacon mince, avocado, caramelised onion and feta

Coastal 145 / 130

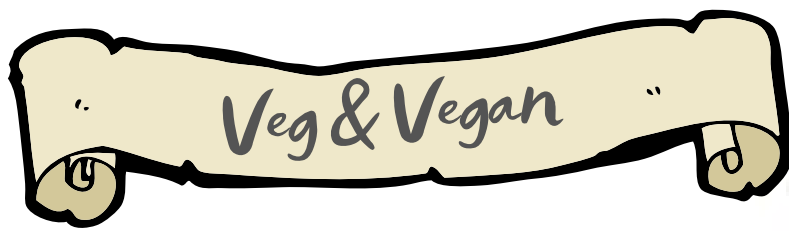
Smoked Salmon Trout, cream cheese, anchovies, green onion, wild rocket, garlic and caramelised lemon

Forest 130 / 115* (V)

Artichokes, mushrooms, garlic, green onion, marinated olives and salsa verde

*** Vegan cheese
can be
substituted for
mozzarella!**





Green Valley Burger 130

Freshly prepared chickpea, red onion, spinach, ginger, garlic, lentil, sweet potato and sesame patty. Homemade artisan bun, charred peppers and brinjal. Topped with grilled pineapple, avocado and gherkin chips. Sweet potato or shoestring fries and our tasty chilli tomato compote on the side.

Vegan Earth Bowl 125

Brown rice and crispy buckwheat. Roasted sweet potato, beetroot and charred green onion. Spinach tempura, mung bean sprouts, toasted coconut flakes and marinated vegetable slaw. Avocado, mixed seed crackers, baby tomatoes and roasted sweet pepper dressing.

Thai Green Vegan Curry 140

Fragrant coconut, lemongrass and ginger based Thai curry, packed with lentils, chickpeas, spinach, green beans, perennial basil, brinjal and baby tomatoes. Topped with charred green onion and toasted almonds. Brown rice, green apple, sprout, tomato and red onion salsa on the side. Sweet tomato jam to round it off!

Farmer's Market Stack 145

Freshly prepared chickpea, red onion, spinach, ginger, garlic, lentil, sweet potato and sesame patties, served on a bed of sautéed spinach, pickled ginger and mushrooms. Stacked with green pea hummus, charred peppers, brinjals and lemon scented green beans. Topped with organic sweet potato crisps and deep fried baby tomatoes. Splashed with a warm 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

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Hot Drinks

Selected Coffee, locally sourced & roasted!

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

Creative, Artisan Tea blends for sublime satisfaction!

Coffee (Upsize to Mug - R5)

Cappuccino 25

(espresso, steamed milk, milk foam)

Flat White 26

(double shot espresso, steamed milk)

Americano 24

(espresso, hot water)

Moroccocino 28

(espresso, cocoa, black pepper, steamed milk, milk foam)

Snow White 29

(espresso, white chocolate, cinnamon, steamed milk, milk foam)

Cortado 23

(single espresso, equal part steamed milk)

Shakerato 26

(double espresso, ice, shaken not stirred!)

Espresso 21

(pure 100% shot!)

Espresso Doppio 26

(double espresso)



Plunger Coffee 38

100% Organic / Sagewood Blend / English
Toffee / Hazelnut / Dutch Chocolate /
French Vanilla

Lattes

Café Latte 30

(espresso, steamed milk, milk foam)

Chai Latte 30

(chai tea, steamed milk, milk foam)

Dirty Chai 32

(espresso, chai tea, steamed milk, milk foam)

Sweet Milk 34

(espresso, condensed milk, steamed milk)

Red Velvet 34

(espresso, cocoa, beetroot juice, vanilla, steamed milk)

Nut Mallow 36

(espresso, hazelnut, marshmallow, nut brittle, steamed milk)

Peppermint Crisp 36

(espresso, peppermint crisp, steamed milk)

Golden Milk 36

(turmeric, cinnamon, ginger, coconut & almond milk)

Artisan Teas 28

Our loose leaf tea blends are
caffeine free & loaded with
antioxidants!

Choose from a number of
distinctly creative blends to enjoy
your own unique fusion
experience!

On display in the restaurant for
your perusal.

Enjoy!



Cold Drinks

Cold Pressed Juices

375 ml / 750 ml

Green Juice 42 / 75

Spinach, kale, Granny Smith Apples, lemon, ginger, carrot

Red Juice 42 / 75

Beetroot, strawberry, Granny Smith Apples, lemon, ginger, carrot

Yellow Juice 42 / 75

Pineapple, turmeric, carrot, Granny Smith Apples, lemon, ginger

Signature Milkshakes

Banana Caramel 40

Chocolate Brownie 40

Vanilla Cinnamon Biscotti 40

Strawberry Oreo 40

Peanut Butter Raspberry Jello 40

Vegan Nut Banana 40

Power Smoothies

Chocolate Superfood 52

Frozen Berry Vegan 52 (V)

Softdrinks 25

Coca Cola, Coke Light, Coke Zero, Sprite, Sprite Zero, Fanta Orange, Tab, Appletiser, Red Grapetiser

Midlands Water

Still Water 22

Sparkling Water 22

Kombucha / Jun

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

Blueberry & Rosemary 35

Mango & Passionfruit 35

Green Tea & Honey Jun

(sugar free) 38

Cordials / Slushys

Fresh fruit, homemade syrup & ice - no artificial stuff

Cranberry & Mint 38

Passionfruit & Mango 36

Fresh Orange 36

Strawberry & Apple Mint 38

Sweet Ginger Lemonade 38

Frozen Berry Soda 38

Craft Iced Teas 30

Home made natural flavours.
Please ask your waitron for details.