



Passion on a Plate

Sagewood

ESTD 2015

BREAKFAST | BRUNCH | LUNCH | TEA

Menu

Now serving Passion on a Plate - Arrive as a guest, leave as a friend

Kindly Note: To maintain the quality and consistency of our dishes, we are unable to offer substitutions to menu items. Any additions will be at an extra charge.
We appreciate your understanding and support!



Morning Foods / Breakfast

SAGEWOOD FARM BREKKO

145

Two free range eggs / bashed potatoes / roasted tomato / baked beans / sauteed mushrooms / back bacon / pork or beef sausage / spinach crisp / toast

MINI SAGEWOOD

95

Two free range eggs / back bacon / roasted tomato / baked beans / spinach crisp / toast

ZULU ZEN

98

Mashed avo / toast / lemon / chilli flakes and coriander / charred mielie salsa / red onion pickle / toasted pumpkin seeds / poached free range egg

Add one poached egg 12 / Add back bacon 16 / Add smoked salmon trout 36

GOLDEN PORRIDGE

92

Creamy oats / coconut milk / turmeric / ginger / cinnamon / mango mint compote / chia seeds

FRENCH KISS

124

Parmesan egg fried toast / crispy brie cigar / grilled banana / whipped cream cheese / strawberry compote / rooibos syrup

Add back bacon 16 / Add smoked salmon trout 36

BRUSHFIRE BENEDICT

146

Wilted greens / sauteed mushrooms / avocado / two free range poached eggs / smoked paprika hollandaise / gherkin fries / toast

Add back bacon 16 / Add smoked salmon trout 36

FORAGERS OMELLETTE

112

Wilted greens / sauteed mushrooms / peppers / brinjals / red onion pickle / feta / cheddar cheese / toast

Add bacon 16 / beef bolognaise 42 / avocado 26 / Add smoked salmon trout 36

3 STREAMS OMELLETTE

138

Wilted greens / smoked salmon trout / whipped cream cheese / capers / red onion pickle / caramelized lemon / toast

No breakfast orders after 11:00 - THANK YOU



Brunchies

CRISPY PHYLLO TARTS

Served with a light forager's salad

Roasted vegetables / parmesan / cheddar / spinach crisp	78
Chicken / mushroom / tomato / cheddar / spring onion	82
Smoked pork / salted apple / red onion pickle	86
*Add rustic fries	32

TOASTED SANDWICHES

Served with Rustic Fries and your choice of the following breads -
Artisan White, Health, White or Brown!

Toasted cheese	58
Chicken Mayo	72
Bacon and eggs	78
Bacon banana	78
Ham and cheddar	66
Cheese and tomato	66
Spicy chicken masala	72
Bacon and cheddar	78
Mince and cheddar	86

CRUFFINS

SAVOURY

Served with a light forager's salad

Pesto / mozzarella / roasted baby tomatoes / spinach crisp	84
Smoked salmon trout / whipped cream cheese / capers / red onion pickle	96
Bacon / creamy cheddar cheese / onion fries	87
*Add rustic fries	32

SWEET

Served with homemade compote, fruit crisps and whipped meringue

Vanilla milk tart / caramelized sugar glaze / cinnamon	64
Salted honey / toasted almonds / custard	72
Strawberry compote / whipped meringue / roasted nut brittle	58





Hand Crafted Burgers

RETURN OF THE DON

178

150g smashed beef patty / back bacon / melted cheddar / crispy onions /
gherkin fries / rustic chips / roasted tomato relish / lettuce, tomato, onion /
activated charcoal bun

Add 150g smashed beef patty	42
Add free range egg	12
Add avocado	26

STICKY CHICKEN CRUNCH

172

100g crispy chicken fillet / melted cheddar / pineapple ginger compote /
crispy onions / gherkin fries / rustic chips / lettuce, tomato, onion /
activated charcoal bun / roasted tomato relish

Add 100g crispy chicken fillet.	32
Add back bacon	16
Add back avocado.	26

BOTANIQ BURGER (V)

166

100g homemade vegan patty / crispy facon / vegan cheese / pineapple ginger
compote / crispy onions / gherkin fries / rustic chips / lettuce, tomato, onion /
activated charcoal bun / roasted tomato relish

Add 100g home made vegan patty	26
Add avocado.	26

Artisanal Wraps

Smeared with Root and Leaf dressings,
stacked with crispy spinach, red onion pickle.

Served with a light foragers salad.

Smoked pork / caramelized apple / pickled ginger	138
Tikka chicken / green chutney	136
Crispy chicken / sweet chilli aioli	132
Pulled beef / gherkin fries	138
Roasted veggies / salted honey haloumi	126

Add gluten free option	22
Add rustic fries.	32



Open Sandwiches

HAND CRAFTED! Freshly prepared for you! Available all day.
Crusty white / healthy seed / rye / gluten free (banting)

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



LOCAL BRIE CHOOK

144

100g marinated chicken / local brie / horseradish aioli / caramelized onion / foraged greens / avo

FIELD AND FLAME

162

150g aged sirloin / chimichurri / grilled onions / melted cheddar / gherkin fries

SMOKE HOUSE SLAB

148

Slow cooked pork / caramelized apples / charred mielie salsa / spinach crisp / rooibos syrup

RIVERBED

164

Smoked salmon trout / whipped cream cheese / avocado / red onion pickle / caramelized lemon

BACON & BIRD

152

100g marinated chicken / back bacon / melted cheddar / horseradish / gherkin fries

GARDEN PATCH (V)

142

Salted honey haloumi / roasted veggies / charred mielie salsa / spinach crisp

Sagwood Salad

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!

FRESH CUT STEAK

184

150g Aged steak / chimichurri / red onion pickle / peppadews / cheddar cheese / foraged greens / cherry tomatoes / cucumber / gherkin fries / herb toast / garden green dressing

SMOKEHOUSE GARDEN

176

Smoked pulled pork / salted apple wedges / pickled ginger / foraged greens / red onion / cucumber / cherry tomatoes / tempura spinach / toasted nut & seed brittle / herb toast / garden green dressing

SMOKE & STREAM

182

Smoked salmon trout / caramelized lemon / feta / avocado / foraged greens / red onion pickle / cherry tomatoes / gherkin fries / olives / cucumber / herb toast / garden green dressing

MEADOW & FLAME

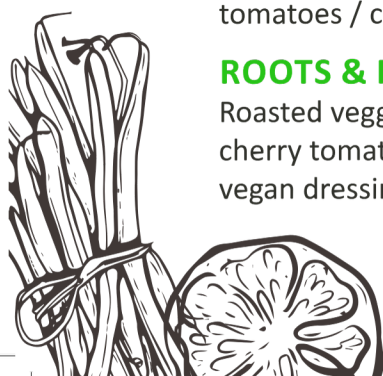
174

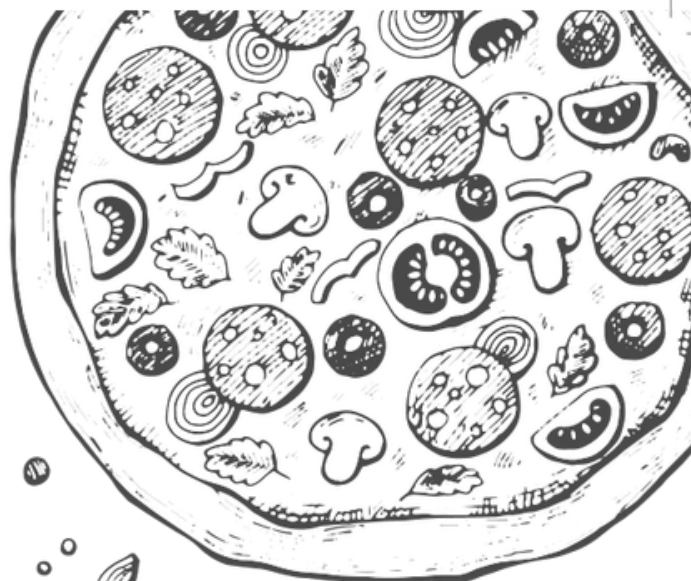
Lemon herb chicken / charred green beans / foraged greens / red onion pickle / cherry tomatoes / cucumber / feta / crispy garlic / avocado / olives / herb toast / garden green dressing

ROOTS & RADIANCE

168

Roasted veggies / foraged greens / crispy facon / avocado / red onion pickle / vegan cheese / cherry tomatoes / charred green beans / spinach tempura / herb toast / vegan dressing





Handcrafted Pizza

ONE SIZE FITS ALL

Stone ground '00' flour

Local / non gmo / no preservatives

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!

MARGHERITA 114

Napoli sauce / fresh tomato / mozzarella

SAGEWOOD 182

Bolognese / pepperoni / caramelized onions / tomato / garlic / chilli / foraged greens

HOG & EMBER 176

Smoked pulled pork / bacon / pineapple ginger compote / peppadews / garlic / crispy onions

VINTAGE 168

Marinated chicken / mushrooms / cream cheese / avocado / peppadews / spring onion

LOCAL LOVE 166

Smoked bacon / avocado / feta / caramelized onions

GREEN SCENE (VEGETARIAN) 158

Roasted vegetables / pesto / cherry tomatoes / avocado / garlic / spinach tempura

ROOTED & ROASTED (VEGAN) 168

Artichokes / mushrooms / garlic / olives / vegan cheese / avocado / spinach tempura

COASTAL 184

Smoked salmon trout / cream cheese / avocado / crispy capers / red onion pickle / foraged greens / crispy garlic / caramelized lemon

TROPICAL FIRECRACKER 172

Tikka chicken masala / bacon / pineapple ginger compote / crispy onions / spinach tempura / Tikka creamy sauce

HOT HONEY INFERNO 168

Pepperoni / red onion pickle / parmesan shavings / hot honey drizzle / foraged greens

Add ons

Mozzarella 32

Vegan Mozzarella 44

Gluten Free Base 26

Cold Beverages

HAND CRAFTED KOMBUCHA (250ml)

Blueberry / Mango / Strawberry 38

COLD PRESSED JUICES

GREEN GLOW 54

Green apples / lemon / ginger / carrot /
spinach / cucumber

Add ginger shot 24

RED RADIANCE 54

Beetroot / strawberry / lemon / ginger /
carrot / green apples

SUNBEAM 54

Pineapple / turmeric / ginger /
green apples / carrot / lemon

SMOOTHIES

BLUEBERRY BLISS 64

Blueberries / banana / natural yoghurt /
almond milk / chia seeds / vanilla

GREEN VITALITY 64

Spinach / green apple / avocado / cucumber /
ginger / coconut milk / banana

GOLDEN GLOW 64

Mango / banana / pineapple / coconut milk /
cinnamon / ginger / turmeric / chia seed

Add 10ml Superfoods: Collagen 16 / Maca Powder 12 / Moringa 12

SLUSHIES 45

Apple mint / strawberry / mango / blueberry /
fresh orange / iced coffee

CORDIALS 48

Passionfruit / lime / kola tonic

FRUIT JUICES 36

Orange / mango / cranberry / fruit cocktail / apple

MILKSHAKES 52

Chocolate ganache / strawberry cookie /
peanut butter / coffee / vanilla / banana caramel

SOFTDRINKS 26

Coca cola / coke light / coke zero / sprite /
sprite zero / crème soda / fanta orange

Appletiser / red grapetiser 32

NATURAL SPRING WATER

AQUA V (Karkloof, Kzn Midlands)

Still / Sparkling	300ml	750ml
	26	68

Hot Beverages

LOCALLY ROASTED COFFEE

Single origin African / med. dark roast

	CLASSIC	MUG
CAPPUCCINO	36	39
FLAT WHITE	38	
AFRICANO	30	36
CORTADO	32	
Add Decaf Extraction	18	
Add Milklab non-dairy: Coconut / Almond / Macadamia	12	

MILKIER LATTE'S

CAFFE LATTE' 42

SPICED CHAI 46

DIRTY CHAI 48

MOCHACCINO 48

SNOW WHITE 48

GOLDEN MILK 54

RED CAPPUCCINO 46

Add flavoured syrups 12

NATURAL/CEYLON TEAS

CARMIEN 34

Organic Rooibos natural teas
and caffeine free.

Organic rooibos / Citrus chai /
Turkish delight / Creamy mint /
orange chamomile / floral berry

CEYLON 30

5 ROSES / EARL GREY /

ENGLISH BREAKFAST 30

HOT LEMON TEA 22



Signature Virgin Cocktails

Sagewood is proud to present our Handcrafted 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!

BLUSH & BLOOM

Strawberry / rose water / soda / mint / vanilla syrup / marigold petals

66

BLUE GINGER CRUSH

Blueberry slush / ginger extract / mint / lavender / soda

62

ZESTY SUNSHINE

Mango / lime / ginger / mint / soda / pineapple compote

66

CRANBERRY COSMO

Cranberry juice / orange zest / vanilla syrup / soda / lime / hibiscus

68

MINT MEADOW

Lime / soda / cucumber / apple juice / mint / marigold petals

62

*“Keep your friends close
and your cocktails closer.”*





Sagewood's commitment to homegrown ingredients, sourcing fresh, trusted local produce and our devotion to a balance between nature and health, means we're always serving

Passion on a Plate

SAGEWOOD PIETERMARITZBURG

Shop 3, Blackwood's Home of Gardening Centre,
97 Chatterton Road, Pietermaritzburg, KZN

SAGEWOOD HILTON

The Avenues Centre, Cnr Hilton College Road
and Elizabeth Dr, Hilton, KZN

Email: orders@sagewoodcafe.co.za

Shop online: www.sagewoodcafe.co.za



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