

Hello!Mains

Vegan Sweet Potato 65 (VGN)

Baked Sweet Potato with Guacamole, Sun-dried Tomatoes, Nori & Microgreens

Apple & Wasabi Pork Belly 145

Slow-Roasted Pork Belly served on Wasabi Mash with Caramelised Apples, Whole-Roasted Garlic & Crispy Asian Slaw.

Balati Chicken 90

Curried Balati Chicken, Couscous, Naan Chips, Coriander, Cucumber Mint & Coconut Raita.

Kung Pao Chicken 89

Sweet & Spicy Asian Chicken, Cashew Nuts, Peppers, Chilli & Sesame Oil served on Sticky Jasmine Rice.

The Old Man Steak 160

200g Fillet Steak, Creamy Mushroom & Brandy Sauce served with Zucchini Fries or Wok Salad.

Vegan Balati 83 (VGN)

Chickpea, Peppers, Onion & Roast Butternut on Couscous with Coriander, Cucumber Mint with Coconut Raita.

Couscous Fried Chicken 98

Couscous & Parmesan-Fried Chicken Breasts with Dressed Baby Spinach, Wok-Tossed Broccoli & Citrus Cream Cheese.

Veggie Burger 90 (VGN)

Bean & Lentil Patty, Roasted Red Pepper Hummus, Red Onion, Cucumber Mint & Coconut Raita served on a Vegan Bun with Zucchini Fries or Wok Salad.

Lamb Burger 126

200g Lamb Patty, Homemade Sweet Mustard, Red Onion, Cucumber Mint & Coconut Raita served on a Brioche Bun with Zucchini Fries or Wok Salad.

Hello!Beyond™ Burger 155 (VGN)

Chargrilled Beyond™ Patty, Sautéed Truffle Infused Mushrooms, Roasted Garlic Mayo served on a Vegan or Brioche Bun with Zucchini Fries or Wok Salad.

Teriyaki Salmon 150

200g Crispy Skinned Salmon, Wok Vegetables & Teriyaki Sauce.

Hello!Tapas

Wok Tossed Broccoli 34 (VGN)

Sun-dried Tomato, Sesame Seeds & Wok Sauce.

Tempura Cauliflower 44 (VGN)

Served with Soy, Ginger & Sesame Dipping Sauce.

Chicken & Ginger Spring Roll 52

Chicken, Ginger, Garlic, Cabbage & Carrots served with Thai Sweet Chilli Sauce.

Jalapeño Springrolls 51 (VEG)

Served on a Bed of Yoghurt Dressing with a Sweet Chilli Dipping Sauce

Prawn Pot Stickers 61

With Red Wine Vinegar, Ginger & Sticky Soy Sauce.

Pulled Pork & Cheese Bombs 58

Three Cheeses, Panko Crumbs with Sweet Chilli Mayo.

Snoek Fishcakes 55

Served with a Yoghurt Dressing and Asian Slaw, Garnished with Fresh Lemon & Coriander

Hello!Kids

Breakfast

(served until 11:30am)

Scrambled Egg, Bacon & Toast 40

Bowl of Oats 31

Fruit & Yoghurt 44

Toasted Cheese 30

(+Bacon 25)

Boiled Egg & Toast Soldiers 31

Lunch

Couscous Chicken Strips 39

Chicken Noodles 44

Bacon & Cheese Flatbread 53

Pineapple & Cheese Flatbread 48

Smoothies

Strawberry Smoothie 38

Chocolate Brownie Smoothie 33

Baby Chino 15



Hello! Day Menu

Hello!Sunshine

Classic Power Oats 45

Banana, Pecan & Cinnamon Power Oats 65

(*Substitute Almond Milk Option)

Dr Paw Paw 45

Fresh Paw Paw, Double Cream Yoghurt, Toasted Almonds, Seeds & Honey.
(+Hello Muesli 15)

Glowing Green Smoothie Bowl 65 (VGN)

Spinach, Pineapple, Banana, Mint, Kale, Spirulina, Coconut & Flaxseed.

Acai Berry Smoothie Bowl 65 (VGN)

Mixed Berries, Banana, Pineapple, Acai, Flaxseed & Almond Butter.

Fruit Bowl with Double Thick Yoghurt 60 (VEG)

*Coconut Yoghurt for a Vegan Option
(+Hello! Muesli 15)

Avo on Toast 48 (VEG)

Toasted Artisan Bread with Avocado & Chia Seeds served on Sourdough, Seeded or Rye Bread.

Mince on Toast 70

Spiced Mince on Toast with Cheddar Cheese & Sour Cream, Poached Egg served on Sourdough, Seeded or Rye Bread.
(+Avo 20)

Hello!Sunshine 65

Toasted Artisan Bread, Poached, Fried or Scrambled Eggs served with Tomato & Coriander Salsa.
(+Avo 20 +Bacon 25)

Chickpea Scramble 70 (VEG)

Toasted Artisan Bread, Chickpea Scramble, Brown Mushroom & Rosa Tomatoes.

Hello!Benedict 90

English Muffin, Poached Eggs, Wok Tossed Spinach, Mushroom, Rosa Tomatoes & Brown Mushroom served with Homemade Hollandaise.
(+Bacon 25 +Salmon 30)

Hello!Karoo 90

Two Eggs, Bacon, Sausage, Brown Mushrooms, Rosa Tomatoes & Toasted Artisan Bread.

Salmon Rosti 75

Citrus-Cured Salmon with Cream Cheese & Tomato-Coriander Salsa.
(+Poached Egg 10, +Avo 20, +Bacon 25)

The Banter 75

Two Eggs, Avocado, Rosa Tomatoes, Brown Mushrooms & Feta.
(+Bacon 25, +Salmon 30, +Toast 10)

Mince Open Omelette 72

Savoury Mince, Mozzarella, Brown Mushroom & Rocket.
(+Bacon 25)

Salmon Open Omelette 90

Citrus-Cured Salmon, Feta, Mozzarella, Micro Greens.

Mexican Bowl 81

Spiced Tomato Beef Mince, Black Beans, Poached Egg, Rosa Tomatoes, Tomato & Coriander Salsa, Chilli, Sour Cream & Lettuce.
(+Feta 13 +Bacon 25)

- BREAKFAST SERVED UNTIL 11:30am -

Hello!Lights

Toasties

Avo & Spinach Toastie 65 (VEG)

Spinach, Basil Pesto, Avocado, Mozzarella & Feta served on Sourdough, Seeded or Rye Bread. with Zucchini Fries or Wok Salad.

Bacon & Avo Toastie 75

Bacon, Smoked Chicken, Avocado & Cheddar served on Sourdough, Seeded or Rye Bread. with Zucchini Fries or Wok Salad.

Chicken & Mayo Toastie 70

Roasted Chicken, Citrus-Ponzu Mayo & Red Onion served on Sourdough, Seeded or Rye Bread. with Zucchini Fries or Wok Salad.

Cured Salmon Open Sandwich 78

Citrus Cured Salmon, Cream Cheese, Fresh Salsa served on Sourdough, Seeded or Rye Bread.

Avo & Rooibos Open Sandwich 60 (VEG)

Avocado, Sun-dried Tomatoes, Cucumber & Rooibos Balsamic Reduction served on Sourdough, Seeded or Rye Bread.

Noodles

Spicy Cashew Noodles 85 (VGN)

Red Pepper & Tomato Sauce, Carrot, Cabbage, Ginger, Sesame Seeds, Onion, Chilli & Coriander.
(+Chicken 25)

Thai Red Chicken Curry Noodles 89

Fragrant Red Curry with Cabbage, Peppers, Onion, Sesame Seeds & Coriander.

Beef Fillet & Broccoli Noodles 98

Stir-fried Beef, Carrot, Cabbage, Peppers, Onion, Sesame Seeds, Wok Sauce & Coriander.

Pork Belly Noodles 89

Pork Broth, Carrot, Cabbage, Peppers, Onion, Sesame Seeds, Wok Sauce & Spring Onion.

Salads

Mango & Smoked Chicken Salad 78 (GF)

Avocado, Lettuce, Rocket, Whole-Grain Mustard & Citrus Vinaigrette.

Caesar Salad 90

Cos Lettuce, Baby Spinach, Grilled Chicken, Bacon, Boiled Egg, Croûtons, Caesar Dressing & Parmesan. (Caesar Dressing Contains Anchovies)

Hello!Wok Salad 48 (VGN)

Baby Spinach, Broccoli, Sun-dried Tomato, Pine Nuts & Wok Sauce. (+Chicken 25)

Thai Salmon Fishcake Salad 95

Salmon Fishcakes, Rosa Tomatoes, Avocado, Asian Slaw, Yoghurt Dressing.

Bowls

Mexican Buddha Bowl 55 (VEG)

Blackbean Salad, Rosa Tomatoes, Purple Cabbage, Lime, Coriander, Guacamole, Black Rice & Cucumber Mint & Coconut Raita. (+Chicken 25)

Falafel Buddha Bowl 55 (VEG)

Carrot, Kale, Quinoa, Cucumber, Radish, Rosa Tomatoes, Beetroot, Rocket, Cucumber Mint & Coconut Raita, Falafels, Spring Onions & Microgreens. (+Chicken 25)

Gnocchi

Gorgonzola, Butternut & Bacon Gnocchi 98

Gorgonzola, Butternut, Bacon & Pumpkin Seeds.

Red Pepper & Tomato Gnocchi 84 (VEG)

Red Pepper & Tomato Sauce, Basil Pesto, Avocado & Parmesan.

Flat Breads

The Italian Flat Bread 89

Roast Butternut, Gorgonzola, Bacon & Pumpkin Seeds.

Up Beet Flat Bread 72 (VGN)

Beetroot, Butternut, Avocado, Pumpkin Seeds & Rooibos Balsamic Reduction.

The HIM 89

Bacon, Chicken, Mozzarella, Peppadews, Cream Cheese, Spring Onion & Sweet Chilli. (+Avo 20)

Mexican Flat Bread 95

Spiced Beef Mince, Black Beans, Red Pepper & Tomato Sauce, Cheddar, Guacamole, Sour Cream, Tomato & Coriander Salsa.

FREE
WIFI

Username: **Hello-Hotspot**
Password: **ItsM32019**

VEG

vegetarian

GF

gluten-free

VGN

vegan

- DISHES MAY CONTAIN THE FOLLOWING ALLERGENS: DAIRY, EGGS, GLUTEN, SEEDS & NUTS -