

# BACKYARD

## ALL DAY BREAKFAST TILL 4 PM

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### OVERNIGHT OATS 5.50 (GF)

OATS, ALMOND MILK, BLUEBERRY, HOMEMADE GRANOLA

### YOGURT GRANOLA BOWL 7.50 (GF)

SOY YOGURT, HOMEMADE GRANOLA, FRESH FRUIT

### GREEN SMOOTHIE BOWL 9.95 (GF)

SPINACH, AVOCADO, BANANA, CACAO, GRANOLA, CHIA, FRESH FRUIT

### ACAI BOWL 9.95 (GF)

ACAI, CACAO NIBS, GRANOLA, CHIA, FRESH FRUIT

### AVO & SALSA TOASTS 8.95 (NF)

1 SMASHED AVOCADO CHILIFLAKES & 1 HOMEMADE SALSA

### TOASTIE CHEESE 6.95 (NF)

VEGAN CHEESE, SPINACH, SUNDRIED TOMATOES - AIOLI

### WAFFLE & FRESH FRUIT 8.95 (NF)

SEASONAL FRUIT, MAPLE SYRUP, POWDERED SUGAR

## SWEETS ALL DAY

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### BANANA BREAD 4.50

DRIED FIGS & WALNUTS WITH SALTED CARAMEL

### CARROT CAKE 4.75

WITH WALNUTS & CINNAMON

### OREO CAKE 4.75 (NF)

3 LAYER STUFF YOUR FACE OREO CHOCOLATE CAKE

### BLUEBERRY NO CHEESECAKE 4.50 (GF)

FRESH BLUEBERRY NO CHEESECAKE, ALMOND DATE CRUST

### ADD-ONS

AVAILABLE FOR ALL BREAKFAST DISHES

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+ AVOCADO 2.00 (GF)(NF)

+ FRIED EGG 2.50 (NV)(GF)(NF)

+ SCRAMBLED EGG 2.50 (NV)(GF)(NF)

## WELCOME

to our urban Backyard where you can enjoy our relaxed atmosphere. Drink the best coffee in town and eat our delicious home made meals.

A place where everyone can enjoy great food, whether you are a vegetarian, full time vegan or a carnivore who wants to take a step on the wild side.

We believe in a sustainable future and try our very best for people to get to know plant based food as fun, easy and delicious. Break through the 'vegan stereotype' and make your tummy feel yummy.

(GF) GLUTEN FREE - CAN CONTAIN TRACES OF GLUTEN (NF) NUT FREE (NV) NON VEGAN

PLEASE LET US KNOW IF YOU HAVE ANY FOOD INTOLERANCES

# BACKYARD

**ALL DAY TILL 5:30 PM**

**BUDDHA BOWL 12.95** (NF) (GF) (COLD)  
ROASTED CAULIFLOWER, LENTILS, CHICKPEAS, SWEET POTATO, AVOCADO, GREEN GODDESS DRESSING

**CAESAR SALAD 12.95** (NF) (COLD)  
ROMAINE LETTUCE, TOMATO, RED ONION, CUCUMBER, CHICK'N, CROUTONS, AVOCADO, CAESAR DRESSING

**RAINBOW FALAFEL BOWL 13.95** (NF)  
SWEET POTATO FALAFEL, HUMMUS, FLATBREAD, CUCUMBER, TOMATO, RED ONION, TAHINI DRESSING

**CIABATTA SMOKED NO SALMON 7.95**  
CASHEW CREAM CHEEZE, SMOKED CARROT SALMON, RED ONION, CAPERS, AGAVE MUSTARD DRESSING

**CROQUETTE BUN 8.95**  
2 VEGAN CROQUETTES ON SPELT BUN, MOSTERD MAYO

**ADONIS WRAP 8.95**  
SHWARMA, HUMMUS, TZATZIKI, OLIVE, TOFU FETA, SALAD

**TOMATO NO MEATBALLS 9.95**  
SPICED TOMATOES, BEAN NO MEAT BALLS, FLATBREAD

**CLASSIC CHEEZE BURGER 10.95**  
BLACK BEAN BURGER, VEGAN CHEESE, AIOLI, PICKLED & FRIED ONION, TOMATO, BBQ SAUCE, PRETZEL BUN  
*+SWEET POTATO FRIES 5.50*

**PULLED NO CHICKEN 10.95** (NF)  
KING OYSTER MUSHROOM, CARAMELISED ONION, SALSA, SPELT BUN  
*+SWEET POTATO FRIES 5.50*

**BACKYARD HEALTHY KAPSALON 13.95** (NF)  
SWEET POTATO FRIES, SHWARMA, LETTUCE, CUCUMBER, TOMATO, RED & FRIED ONION, SRIRACHA MAYO & AIOLI

**BAKED SWEET POTATO 14.50** (NF)  
OVEN BAKED SWEET POTATO, AVOCADO, SALAD, OLIVES, TOFU FETA, CHICKPEA CROUTONS, TZATZIKI

**LENTIL CURRY SOUP 6.95/9.95** (NF)  
RED LENTIL, CREAMY COCONUT, CIABATTA

## BACKYARD SNACK PLATTER

FALAFEL, TZATZIKI, FLATBREAD, HUMMUS, NACHOS, SALSA, GUACAMOLE, SWEET POTATO FRIES, SPRING ROLLS, CHILI SAUCE

**23.95**

## SNACKS

**BREAD & AIOLI 4.50** (NF)  
CIABATTA, HOMEMADE AIOLI

**FLATBREAD & DIPS 6.95**  
TZATZIKI, OLIVES, HUMMUS

**SWEET POTATO FRIES 5.50** (NF)(GF)  
SWEET POTATO FRIES & SRIRACHA MAYO  
**BITTER BALEN (5PCS) 6.95** (NF)  
FRIED VEGAN DUTCH BITTERBALLEN, MUSTARD MAYO

**NACHOS MUCHACHOS 9.50** (GF)(NF)  
NACHOS, MELTED VEGAN CHEESE, JALOPeños, SALSA, GUACAMOLE

**NACHOS SUPREME 12.50** (GF)(NF)  
NACHOS, MELTED VEGAN CHEESE, JALOPeños, SALSA, GUACAMOLE, PULLED NO CHICKEN

**FRIED SPRING ROLLS (6PCS) 5.50** (NF)  
MINI VEGGIE SPRING ROLLS, CHILI SAUCE  
**CRISPY DIMSUM POCKETS (5PCS) 6.50** (NF)  
VEGGIE STUFFED POCKETS, CHILI SAUCE

## ADD-ONS

AVAILABLE FOR ALL DAY DISHES

*+ AVOCADO 2.00* (GF)(NF)  
*+ FRIED EGG 2.50* (NV)(GF)(NF)  
*+ SCRAMBLED EGG 2.50* (NV)(GF)(NF)  
*+ SIDE SALAD 4.25* (GF)(NF)

(GF) GLUTEN FREE - CAN CONTAIN TRACES OF GLUTEN (NF) NUT FREE (NV) NON VEGAN

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# BACKYARD

## COFFEE

BACKYARD BLEND BY GIRAFFE COFFEE

ESPRESSO 2.50 / 3.00  
AMERICANO 2.80  
CAPPUCCINO 3.30 / 3.80  
FLAT WHITE 3.80  
CORTADO 3.80  
CAFE LATTE 3.60  
LATTE MACCHIATO 3.80

ICED COFFEE 3.60

OUR COFFEES ARE SERVED WITH  
PLANT BASED MILK BY DEFAULT:  
ALPRO SOY  
RUDE HEALTH ALMOND  
OATLY OAT

## TEA

LOOSE LEAF TEA BY THE TEA LAB

GREEN YASMIN 2.80  
ASSAM 2.80  
ROOIBOS 2.80  
FUNKY FLAMINGO 2.80  
BLACK TEA, ROSE PETALS  
VANILLA SKY 2.80  
BLACK TEA, VANILLA  
FREE YOUR MIND 2.80  
GREEN TEA, HIBISCUS

FRESH GINGER 3.00  
FRESH MINT 3.00

CHAI LATTE 3.50  
MATCHA LATTE 3.50  
TURMERIC LATTE 3.50  
HOT CHOCOLATE 3.50

## DRINKS

APPLE JUICE 2.95  
PEAR JUICE 2.95  
MARIE STELLA MARIS 2.80  
SPARKLING/STILL  
FRITZ COLA 2.95  
REGULAR/LIGHT  
FRITZ RABARBER 2.95  
TONIC 2.95  
FEVERTREE/LOOPUYT  
YAYA KOMBUCHA 4.50  
BUNDABERG GINGERBEER 4.20

## SMOOTHIES

THE HULK 5.50  
SPINACH, AVO, APPLE, BROCCOLI, MANGO,  
SPIRULINA, WHEATGRASS, BARLEY GRASS

PURPLE RAIN 5.50  
ACAI, BLUEBERRY, BLACKCURRANT, BANANA,  
APPLE, STRAWBERRY, BLACKBERRY, BAOBAP

TROPICAL SUNSHINE 5.50  
PASSION FRUIT, PINEAPPLE, COCONUT, MANGO,  
APPLE, ACEROLA CHERRIES

## BEER BY THE BOTTLE

VEGAN

GULPENER PILS 3.00  
BEER BUCKET 15.50  
6 BOTTLES GULPENER IN ICE BUCKET

NOORDT SINGLE 4,5% 4.80  
LIGHT & FRESH, HINT OF LIME  
NOORDT BLOND 6% 4.90  
ROUND & FULL, DARK BLOND

### VET&LAZY

'JE MOEDER' 8,5% 5.50  
BLOND TRIPEL, FRESH JAPANESE HOP,  
ELDERFLOWER  
'DUBBEL WIT ZOMERFIT' 7% 5.50  
CITRUS FRUITS, CARDAMOM, CORIANDER

THE GOAT BAD KID IPA 6,0% 5.25  
FRUITY IPA, CITRA & SIMCOE MALTS

LOWLANDER  
SUMMER ALE 3,8% 5.50  
BLOND, ORANGE, DRAGONFRUIT  
LOWLANDER WIT 0,00% 5.25  
WHITE BEER, FRESH, FRUITY  
LOWLANDER IPA 0,3% 5.25  
MANGO IPA, ORANGE PEEL, CARDAMOM

## HOMEMADE DRINKS

GINGER LEMONADE 3.70  
GINGER, HOMEMADE LEMONADE  
BACKYARD LEMONADE 4.50  
LEMONGRASS, LIME, COCO, SPARKLING WATER

HIBISCUS ICED TEA 3.70  
GREEN ICED TEA 3.30  
BLACK ICED TEA 3.30

## WINE

VEGAN

'SLOW' CHENIN BLANC 4.25/21.50  
SOUTH AFRICA, ELEGANT, EXOTIC  
'O' CHARDONNAY 5.95/30.00  
CHILE, FRUITY, HINT OF CITRUS

'SLOW' SYRAH 4.25/21.50  
SOUTH AFRICA, ELEGANT, HERBAL  
PINOT NOIR 6.25/31.50  
FRANCE, FRUITY, BODY

CROIX DE BASSON ROSE 5.50/30.00  
FRANCE, LIGHT, FRUITY, ELEGANT

PROSECCO SPUMANTE 6.95/36.00  
FRANCE, DRY & FRUITY, SPARKLING

## COCKTAILS

GIN TONIC 9.95  
CHOOSE YOUR GIN:  
BOBBY'S, HENDRICKS,  
BOMBAY, LOOPUYT

BACKYARD MOJITO 9.95  
RUM, COCO, LEMONGRASS, MINT, LIME, SODA  
BACKYARD BLISS 9.95  
VODKA, PEACH, GINGER, LEMONADE

MOSCOW MULE 9.95  
VODKA, LIME, GINGERBEER  
DARK & STORMY 9.95  
DARK RUM, LIME, GINGERBEER

MIMOSA 8.95  
FRESH OJ, PROSECCO  
BELLINI 8.95  
PEACH PUREE, PROSECCO