

BREAKFAST

PLEASE ASK YOUR WAITRON FOR BREAD OPTIONS

OATMEAL (V) CREAMY OATS TOPPED WITH HAZELNUTS, BANANA AND DRIED CRANBERRIES	80
AVO, HUMMUS & TOAST (V) TOAST OF YOUR CHOICE SPREAD WITH HUMMUS AND AVO, DRESSED WITH BABY TOMATOES, SUNFLOWER AND CHIA SEEDS	95
FRENCH TOAST (V) CINNAMON AND SUGAR-COATED EGG-TOAST, SERVED WITH BLUEBERRIES AND HONEY	95
BREAKFAST CROISSANT FRESHLY BAKED CROISSANT STUFFED WITH SCRAMBLED EGGS AND MACON	86
SCRAMBLED EGGS, AVO & TOAST SCRAMBLED EGGS AND AVO SERVED WITH YOUR CHOICE OF TOAST	79
LOW CARB EGGS BENEDICT AVO, ROCKET, MACON AND MUSHROOMS SERVED WITH POACHED EGGS AND A CREAMY HOLLANDAISE SAUCE	105
EGGS BENEDICT FLORENTINE (V) BLANCHED SPINACH, MUSHROOMS AND POACHED EGGS ON AN ENGLISH MUFFIN WITH A CREAMY HOLLANDAISE SAUCE	135
SALMON BENEDICT CREAM CHEESE, SALMON, AVO AND POACHED EGGS SERVED ON AN ENGLISH MUFFIN WITH CREAMY HOLLANDAISE SAUCE WITH CAPERS	145
SALMON BREAKFAST BAGEL 2 SCRAMBLED EGG AND SALMON SERVED ON A SOFT BAGEL WITH CREAM CHEESE	135
CROQUE MONSIEUR FRENCH CROISSANT FILLED WITH MACON, EMMENTAL CHEESE, PARMESAN CHEESE AND BÉCHAMEL SAUCE	115
MORNING ROLL POACHED EGGS, MACON, AVO AND GREEN PESTO SERVED ON A BUN	95
SHIFT BREAKFAST 2 RASHERS OF MACON, TWO EGGS, A BEEF SAUSAGE, MUSHROOMS AND BABY TOMATOES SERVED WITH YOUR CHOICE OF TOAST	115
SCRAMBLED EGG & SWEET CORN BOWL 4 SCRAMBLED EGGS, SWEET CORN, MACON AND PARMESAN CHEESE GARNISHED WITH SPRING ONION, RADISH AND MICRO HERBS	98
OMELETTE #1 (V) 3 EGG OMELETTE SERVED WITH CHEDDAR CHEESE AND AND YOUR CHOICE OF TOAST	75
OMELETTE #2 2 EGG OMELETTE SERVED WITH MACON, CHEDDAR CHEESE, MUSHROOMS AND YOUR CHOICE OF TOAST	85
OMELETTE #3 (V) 2 EGG OMELETTE SERVED WITH GREEN PEPPERS, CHERRY TOMATOES AND CHEDDAR CHEESE AND YOUR CHOICE OF TOAST	80
PLAIN FRENCH CROISSANT SERVED WITH PRESERVES	45
BANANA BREAD HOME-MADE BANANA BREAD SERVED WITH PRESERVES	45

BAGELS

THE BASIC (V) MOZZARELLA, AVO, LETTUCE, TOMATOES AND RED ONION SERVED WITH GREEN PESTO	92
THE SALMON SMOKED SALMON ON A TOASTED BAGEL, CAPERS, RED ONIONS AND CREAM CHEESE	115
THE MACON CREAM CHEESE, MACON AND AVO	98
THE ROCKSTAR GRILLED CHICKEN, AVO, SPANISH ONION AND TOMATOES SERVED WITH GREEN PESTO	95
THE CLUB CHICKEN AND MACON SERVED ON A BED OF LETTUCE WITH ONION, TOMATOES AND MAYO	95

BOWLS

CHICKPEA BOWL (V) CHICKPEAS SERVED WITH QUINOA, CUCUMBER, BABY TOMATOES AND RED ONION GARNISHED WITH RADISH, CHIA SEEDS, SUNFLOWERS SEEDS AND LEMON VINAIGRETTE	95
MINCE BOWL MINCE COOKED IN OUR HOMEMADE BOLOGNESE SAUCE WITH QUINOA, CORN, AVO AND FETA CHEESE GARNISHED WITH RADISH, SUNFLOWER AND CHIA SEEDS	115
SALMON BOWL SALMON SERVED QUINOA, AVO, CARROTS AND CUCUMBER GARNISHED WITH SPICY MAYO, SOYA SAUCE AND TOASTED SESAME SEEDS	149
CHICKEN & BROCCOLI BOWL CHICKEN STRIPS SERVED WITH QUINOA, CHICKPEAS, BROCCOLI AND AVO GARNISHED WITH PARMESAN, CHIA SEEDS AND LEMON VINAIGRETTE	110

LIGHT MEALS

CHICKEN SALAD GRILLED CHICKEN, AVO, CHERRY TOMATOES AND FETA CHEESE SERVED ON A BED OF LETTUCE	110
MEDITERRANEAN CHICKPEA SALAD (V) CHICKPEAS, CUCUMBER, BABY TOMATOES, RED ONION AND ENGLISH PARSLEY GARNISHED WITH SUNFLOWER SEEDS AND OUR LEMON VINAIGRETTE	92
STEAK SALAD 150G SIRLOIN STEAK, MIXED LETTUCE, BABY TOMATOES, AVO, RED ONION, PEAS AND CORN GARNISHED WITH SUNFLOWER SEEDS, PARMESAN CIABATTA TOAST AND BALSAMIC REDUCTION	145
SCHNITZEL & LONG STEM BROCCOLI SALAD CRUMBED CHICKEN FILLET SERVED WITH LONG STEM BROCCOLI, PARMESAN CHEESE, CORN AND PEAS, DRESSED WITH OUR LEMON VINAIGRETTE	135
STEAK ROLL (SERVED WITH A SIDE OF FRIES) 150G SIRLOIN STEAK MARINATED IN A HOT SAUCE, SERVED ON A BURGER ROLL WITH ONIONS, LETTUCE, TOMATOES AND FRIES	145
PERI PERI CHICKEN KEBABS (SERVED WITH A SIDE OF FRIES)	130
STEAK & CHIPS (SERVED WITH A SIDE OF FRIES) 200G SIRLOIN STEAK SERVED TO YOUR PREFERENCE	150

BURGERS

(SERVED WITH A SIDE OF FRIES)

SHIFT CHEESE BURGER 150G BEEF PATTY, CHEDDAR CHEESE, LETTUCE, TOMATOES AND ONIONS SERVED ON A SESAME SEED BUN WITH MAYO	129
MACON, AVOCADO FETA BURGER 150G BEEF PATTY, FETA CHEESE, AVO, LETTUCE, TOMATOES AND ONIONS SERVED ON A SESAME SEED BUN WITH MAYO	145
CHICKEN BURGER CHICKEN BREAST, CHEDDAR CHEESE, LETTUCE, TOMATOES AND ONIONS SERVED ON A SESAME SEED BUN WITH MAYO	110
CRUMBED CHICKEN BURGER CRUMBED CHICKEN FILLET, CHEDDAR CHEESE AND SPICY MAYO SERVED ON A BED OF LETTUCE, ONION AND TOMATOES ON A SOFT SEEDED BUN	125
VEGAN SHIFT BURGER (V) PLANT-BASED PATTY, VEGAN MAYO, VEGAN CHEESE SERVED ON A BED OF LETTUCE, ONION AND TOMATOES ON A SOFT SEEDED BUN	140

TOASTIES

(SERVED WITH A SIDE OF FRIES)

GRILLED CHEESE	85
MACON & GRILLED CHEESE	88
CHICKEN MAYO	88
MACON, EGG & CHEESE	89
MACON, AVO & FETA	95
MONTE CRISTO (EGG-TOAST, EMMENTAL CHEESE, MACON, PARMESAN CHEESE AND BÉCHAMEL SAUCE SERVED WITH A SIDE OF FRIES)	105

(V) VEGETARIAN

ALLERGENS: ATTENTION CUSTOMERS WITH FOOD ALLERGIES. PLEASE BE AWARE
THAT OUR FOOD MAY CONTAIN OR COME INTO CONTACT WITH COMMON
ALLERGENS, SUCH AS DAIRY, EGGS, WHEAT, SOYBEANS, TREE NUTS, PEANUTS,
FISH, SHELLFISH OR WHEAT.

EXTRAS

SALMON	49
CHICKEN, MACON, MINCE, AVO, EMMENTAL CHEESE	40
MUSHROOM, CHERRY TOMATO, SWEET CORN, FETA BLOCKS	30
CHIPS	35

DEATH BEFORE DECAF

ARTISAN COFFEE

	R	M
ESPRESSO	26	
MACHIATTO	28	
CORTADO	34	
CAPPUCCINO	38	40
FLAT WHITE	38	40
AMERICANO	34	36
LATTE		46
MOCHA		50
RED CAPPUCCINO		40
HOT CHOCOLATE		60
CHAI LATTE		55
MATCHA LATTE		56
HAZELNUT LATTE		50
CARAMEL LATTE		50
VANILLA LATTE		50

SPICE THINGS UP

	R	M
HONEY BADGER		49
<small>SHOT OF BRAZILIAN SINGLE ORIGIN SERVED WITH HONEY AND OAT MILK (SERVED HOT OR COLD)</small>		
PICK ME UP		49
<small>DOUBLE SHOT OF ESPRESSO (SINGLE ORIGIN BRAZILIAN), INDIAN TONIC AND LIME</small>		
ITALIAN PLUMBER (THE OTHER MARIO)		69
<small>BLENDED DOUBLE SHOT OF ESPRESSO, VANILLA ICE CREAM AND NUTELLA</small>		
DIRTY CHAI		49
<small>ESPRESSO MIXED WITH CHAI LATTE</small>		

LIKE IT COLD

	R	M
ICED AMERICANO		40
ICED LATTE		40
CAFÉ FRAPPUCCINO		48
ORANGE JUICE & CREAM MATCHA		75
BANANA MILK LATTE		60
ICED MOCHA CREAM		65
ICED ORANGE ESPRESSO		60
ICED HAZELNUT LATTE		48
ICED CARAMEL LATTE		48
ICED VANILLA LATTE		48

TEAS

ASSORTED TEAS		28
<small>ASK YOUR WAITRON FOR OUR IN-STORE SELECTION</small>		

ALT MILKS

ALMOND, MACADAMIA OR OAT MILK	12
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FRESHLY JUICED

ORANGE	52
PINEAPPLE & GINGER	52
ORANGE & CARROT	52
GREEN JUICE	52
<small>KALE, APPLE, LEMON AND GINGER</small>	
GINGER SHOT	35

SMOOTHIES

RASPBERRY & MANGO	65
BLACKBERRY & PINEAPPLE	65
STRAWBERRY & RASPBERRY	65
PEANUT BUTTER & BANANA	65
<small>MADE WITH OAT MILK</small>	

MILKSHAKES

CHOCOLATE MILKSHAKE	60
PEANUT BUTTER MILKSHAKE	60
HAZELNUT MILKSHAKE	60

COLD DRINKS

STILL/SPARKLING WATER 500ML	32
STILL/SPARKLING WATER 1L	38
COCA COLA	30
COKE ZERO	30
ASSORTED SAN PELLEGRINO	40
TIZERS	38



HALAAL MENU