

## EARLY MORNING DELI SUNRISE SELECTION

BREAKFAST AVAILABLE FROM 8AM - 11AM

<b>EGG MAYO ON SOURDOUGH</b> BOILED EGG, TANGY MAYO, ROCKET, ONION, PARSLEY & CRISPY BACON BITS	85
<b>GRANOLA BOWL</b> ✓ YOGHURT, HOMEMADE GRANOLA & BERRY COMPOTE	85
<b>BACON &amp; EGG CROISSANT</b> FRESHLY BAKED CROISSANT, 2 SCRAMBLED EGGS, CRISPY BACON & CHEDDAR CHEESE	110
<b>SALMON &amp; EGG ON SOURDOUGH</b> SMOKED SALMON TROUT, SCRAMBLED EGGS, FENNEL CREAM CHEESE, SPRING ONION & FRESH ROCKET	125
<b>SAVORY MINCE ON SOURDOUGH</b> SAVORY MINCE, FRIED EGG, CHEDDAR CHEESE, TOASTED SOURDOUGH BREAD	95
<b>AVOCADO ON SOURDOUGH</b> ✓ SLICED AVOCADO, DRIED CRANBERRIES, CANDIED PECAN NUTS FETA CHEESE, MARINATED HEIRLOOM TOMATOES & FRESH ROCKET	120

## SANDWICHES

ALL OUR SANDWICHES ARE MADE USING LOCAL ARTISAN SOURDOUGH & TOASTED TO ORDER

<b>MOZZARELLA &amp; CHEDDAR CHEESE</b> ✓	65
<b>MOZZARELLA, CHEDDAR CHEESE &amp; TOMATO</b> ✓	75
<b>GRILLED BACK BACON &amp; CHEDDAR CHEESE</b>	85
<b>CAJUN GRILLED CHICKEN &amp; MAYO</b>	95
<b>SALAMI, GOAT'S CHEESE, MOZZARELLA &amp; CARAMELIZED ONION</b>	105

## SALADS

<b>CHICKEN CAESAR SALAD</b> GRILLED CHICKEN, CRISPY PANCETTA, MIXED LEAVES CUCUMBER, GARLIC & HERB CROUTONS, GRATED PECORINO CHEESE, FRESH BASIL & CAESAR DRESSING	175
<b>GREEK SALAD</b> ✓ MIXED LEAVES, CUCUMBER, TOMATO, FETA CHEESE OLIVES & HOUSE DRESSING	135
<b>ROAST BUTTERNUT WHIPPED FETA</b> ✓ DRESSED KALE, PEANUT SPRINKLE, ROAST BUTTERNUT EDAMAME BEANS, CREAMY WHIPPED FETA, TOASTED COCONUT MUNG BEANS & ASIAN DRESSING	145

## POKE BOWLS

EDAMAME BEANS, BEAN SPROUTS, RED CABBAGE, SUSHI RICE, CUCUMBER, PICKLED CARROT JAPANESE GINGER, TOGARASHI DRESSING, SWEET & SOUR PINEAPPLE, AVOCADO

<b>TUNA</b>	195
<b>SALMON</b>	195
<b>TEMPURA PRAWN</b>	195
<b>MARINATED SHIITAKE MUSHROOM</b> ✓	170
<b>TOGARASHI DEEP FRIED TOFU</b> ✓	165

## FRESH PIZZA

GLUTEN FREE BASE: ADD R35

<b>FOCACCIA</b> ✓ GARLIC, FETA, OLIVE OIL & FRESH HERBS	95
<b>MARGHERITA</b> ✓ CLASSIC TOMATO SAUCE, MOZZARELLA CHEESE, PARMESAN & FRESH BASIL	120
<b>BACON &amp; PINEAPPLE</b> CLASSIC TOMATO SAUCE, MOZZARELLA CHEESE, BACON & PINEAPPLE	145
<b>GARDEN</b> ✓ MIXED PEPPERS, MUSHROOM, ONION & MOZZARELLA CHEESE	145
<b>BACON, FETA &amp; ROCKET</b> CLASSIC TOMATO SAUCE, MOZZARELLA CHEESE, BACON, FETA & ROCKET	160
<b>STICKY PEPPERONI</b> PEPPERONI, CARAMELISED ONION, OLIVES & MOZZARELLA CHEESE	170
<b>CAJUN CHICKEN</b> CAJUN CHICKEN, MOZZARELLA CHEESE, GARLIC MAYO, CARAMELISED ONION & FRESH CORIANDER	165
<b>HAM &amp; MUSHROOM</b> ITALIAN HAM, MUSHROOM, TRUFFLE OIL, MOZZARELLA & FRESH ROCKET	165
<b>QUATTRO STAGIONI</b> PEPPERONI, SALAMI, ARTICHOKE, MUSHROOMS, OLIVES PEPPERS & MOZZARELLA	185
<b>MEXICANA</b> BOLOGNAISE MINCE, CORIANDER, RED ONION, PICKLED JALAPEÑOS & MOZZARELLA	185

## COFFEE & MORNING BREWS

FROM FIRST LIGHT TO LATE BREAKFAST, OUR BARISTAS CRAFT EACH CUP FROM ROOT COFFEE ROASTERS' SIGNATURE TOLIMA DOLORES BEANS, SMOOTH, NUTTY & KISSED WITH CITRUS. EVERY SIP TASTES LIKE KNYSNA MORNINGS.

<b>BABYCHINO</b> STEAMED MILK, CHOCOLATE DUST AND TINY MARSHMALLOWS FOR OUR LITTLEST GUESTS	25
<b>SINGLE ESPRESSO</b>	35
<b>DOUBLE ESPRESSO</b>	40
<b>AMERICANO</b>	40 / 45
<b>AMERICANO DECAF</b>	40 / 45
<b>CAPPUCCINO</b>	45 / 55
<b>CAPPUCCINO DECAF</b>	45 / 55

## TEAS & SPICED INFUSIONS

<b>DILMAH TEAS</b> ENGLISH BREAKFAST · EARL GREY · GREEN · CHAMOMILE	35
<b>ROOIBOS, FIVE ROSES</b>	30
<b>RED CAPPUCCINO</b>	52
<b>CHAI LATTE</b>	52
<b>ICED RED HONEY LATTE</b> DOUBLE SHOT RED ESPRESSO, CHILLED MILK, HONEY & ICE	52

## MILKSHAKES

OLD-SCHOOL CHARM, COASTAL COOL! THICK CREAMY & MADE WITH REAL ICE-CREAM! A TASTE OF SUMMER IN EVERY SIP!

<b>VANILLA</b>	65
<b>CHOCOLATE</b>	65
<b>STRAWBERRY</b>	65
<b>SALTED CARAMEL</b>	65
<b>COFFEE</b>	65

## SMOOTHIES

<b>COASTAL KICK</b> DOUBLE ESPRESSO, PROTEIN POWDER, FROZEN YOGHURT, ALMOND MILK & CACAO — SMOOTH BOLD AND BUILT TO POWER YOUR DAY	90
<b>SUNSET BLISS</b> STRAWBERRIES, BANANA, SIR JUICE APPLE JUICE & FROZEN YOGHURT — LIGHT, FRUITY & REFRESHINGLY COASTAL	80
<b>BERRY SHORELINE</b> BLUEBERRIES, RASPBERRIES, STRAWBERRIES, BANANA HONEY & FROZEN YOGHURT — CREAMY, VIBRANT & FULL OF BERRY-BRIGHT FLAVOUR	85

<b>CAFE LATTE</b>	45
<b>FLAT WHITE (DOUBLE SHOT)</b>	52 / 55
<b>HOT CHOCOLATE, CHOCOLATE &amp; MINI MARSHMALLOWS</b>	60
<b>ICED LATTE</b> A DOUBLE ESPRESSO POURED OVER ICE WITH MILK & A LIGHT HINT OF HONEY	65
<b>SUBSTITUTE FULL CREAM MILK FOR ALMOND MILK</b>	12

## SWEET TREATS



<b>RASPBERRY ALMOND TART</b>	50
<b>APPLE CRUMBLE</b>	50
<b>CARROT CAKE</b>	65
<b>LEMON DRIZZLE CAKE</b>	55
<b>MILK TART</b>	50
<b>SCONES</b>	35
<b>ROCKY ROAD</b>	35
<b>PECAN NUT PIE</b>	55
<b>LEMON MERINGUE TART</b>	45
<b>CHEESE CAKE</b>	55
<b>CAKE OF THE DAY!</b>	65
<b>PLEASE ASK US ABOUT OUR CAKE OF THE DAY</b>	

## SIR JUICE

A VARIETY OF SIR JUICES ARE AVAILABLE. PLEASE ASK US FOR TODAY'S SPECIAL ROTATING FLAVOURS

## SLUSH PUPPY

BLUE OR RED COLOURS AVAILABLE (250ML) 40

## FRESHLY BREWED HOMEMADE ICE TEA 500ML SERVING

<b>MINTY FRESH</b>	50
<b>EARL GREY &amp; LEMON</b>	50
<b>REDBUSH &amp; ORANGE</b>	50
<b>CHILLI GINGER SNAPS</b>	50

# SPECIALITY SUSHI



**BANG BANG CALIFORNIA** ✓  
AVOCADO | PICKLED SICHUAN BAMBOO | CUCUMBER | JULIENNE CARROT | TEMPURA JALAPEÑO CHEESE BALLS | SWEET CHILLI DRIZZLE | BANG BANG SAUCE  
4PC - 100 | 8PC - 180



**KOREAN FRIED CHICKEN ROLL**  
FRIED CHICKEN | BABY GEM AVOCADO | SMOKED MAYO KOREAN BBQ DRIZZLE ASIAN PINEAPPLE SALSA  
4PC - 100 | 8PC - 180



**ROCK SHRIMP ROSES**  
NORWEGIAN SALMON | AVOCADO TOGARASHI SPICED PRAWN KEWPIE MAYO | LIME ZEST  
4PC - 125 | 8PC - 190



**MEXICAN SALMON ROLL**  
SALMON | PICKLED JALAPEÑO SMOKED CHILLI PINEAPPLE | AVOCADO CREAM CHEESE | SPRING ONION SRIRACHA MAYO  
4PC - 120 | 8PC - 210



**GOLDEN TIGER**  
TEMPURA PRAWN | SRIRACHA MAYO AVOCADO | SESAME | ROCK SHRIMP YUZU MAYO | SPICED CRABSTICK CREAM CHEESE | SPRING ONION TEMPURA FLAKES  
4PC - 120 | 8PC - 210



**FLAMING SALMON FUTOMAKI**  
SMOKED SALMON | CREAM CHEESE SPICED CRABSTICK | AVOCADO CUCUMBER | PICKLED BAMBOO JULIENNE CARROT | KEWPIE MAYO TERIYAKI DRIZZLE  
6PC - 195



**RAINBOW RELOADED**  
SALMON | TUNA | AVOCADO TOGARASHI | CREAM CHEESE TERIYAKI DRIZZLE | SRIRACHA MAYO SPRING ONION  
4PC - 120 | 8PC - 210



**TEMARI DRAGON BALLS**  
A TRIO OF SUSHI ORBS:  
• SALMON | WASABI | KEWPIE & ROE  
• TUNA | TOGARASHI | SESAME SRIRACHA MAYO  
• AVOCADO | PICKLED SICHUAN BAMBOO | YUZU MAYO | SPRING ONION PONZU DIP  
3PC - 95 | 6PC - 185

# MOCKTAILS

**GRANADILLA NOGARITA** 65  
FRESH GRANADILLA & APPLE WITH A TOUCH OF LIME

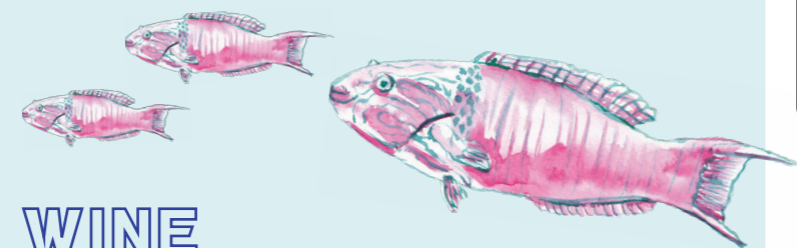
**BLUEBERRY DAIQUIRI** 70  
BLUEBERRIES & HINTS OF LEMON BLENDED TO PERFECTION

# COCKTAILS

**MIMOSA** 90  
SPARKLING WINE & FRESH ORANGE JUICE

**CLASSIC MARGARITA** 110  
A TIMELESS BLEND OF EL JIMADOR TEQUILA, FRESH LIME & A WHISPER OF SALT

**APEROL SPRITZ** 135  
APEROL, SPARKLING WINE & A SPLASH OF SODA



# WINE

## WHITE WINE

HER COLLECTION SAUVIGNON BLANC 65 / 285

ARNISTON BAY SAUVIGNON BLANC 70 / 310

POST HOUSE CAMEO CHENIN BLANC 80 / 335

STELLENZICHT THUNDERSTONE CHARDONNAY 85 / 335

## ROSÉ & SPARKLING

STELLENZICHT THUNDERSTONE ROSÉ 85 / 335

NEIL ELLIS WAY OF FLOWERS ROSÉ 375

GLASS OF BUBBLES 70

## RED WINE

BOSMAN GENERATION 8 MERLOT 75 / 305

HER COLLECTION PINOTAGE 65 / 285

NIEL JOUBERT CABERNET SAUVIGNON 80 / 325

DAVID FINLAYSON THE PEPPER POT 85 / 375

BACKSBERG OLD CELLAR DRY RED 70 / 295

# GIN

BEEFEATER ORIGINAL 42

BEEFEATER PINK 42

# BEERS & CIDERS

STELLA ARTOIS DRAFT (ON TAP) 500ML: 60 / 350ML: 45

BLACK LABEL 45

CASTLE LITE 45

WINDHOEK DRAUGHT 52

SAVANNA DRY 52

# SUSHI PLATTERS & PLATES



**COASTAL PLATTER** 295  
4 X TUNA CALIFORNIA  
4 X GOLDEN TIGER SPECIALITY ROLL  
2 X PRAWN NIGIRI  
3 X SALMON FUTOMAKI | TERIYAKI & YUZU MAYO



**CRUNCH PLATTER** 245  
4 X SALMON ROSES | TEMPURA CRUNCH FLAKES  
4 X TUNA CALIFORNIA CRUNCH ROLLS SRIRACHA MAYO  
TRIO OF TEMARI DRAGON BALLS TUNA | AVO | SALMON



**GARDEN OF EDEN PLATTER** ✓ 260  
4 X CUCUMBER | PICKLED CARROT MAKI  
4 X BANG BANG CALIFORNIA ROLL  
4 X MONARCH RAINBOW ROLL  
2 X PICKLED SICHUAN BAMBOO TEMARI DRAGON BALL



**SPECIALITY PLATTER** 375  
4 X PRAWN CALIFORNIA ROLLS  
2 X TUNA NIGIRI  
2 X ROCK SHRIMP ROSES  
4 X MEXICAN SALMON ROLL  
4 X KOREAN FRIED CHICKEN ROLL



**THE BLU PLATTER** 495  
4 X GOLDEN TIGER ROLL  
2 X ROCK SHRIMP ROSES  
4 X SALMON CALIFORNIA ROLL  
3 X SALMON FUTOMAKI ROLL TERIYAKI & YUZU MAYO  
4 X PRAWN TEMPURA ROLL  
TRIO OF TEMARI DRAGON BALLS: TUNA | AVO | SALMON



**TAG US IN ALL YOUR FOODIE MOMENTS**



**f** @butterflyblurestaurant

**ig** @butterflyblurestaurant

# CALIFORNIA ROLLS

	4'S	8'S
TUNA	80	140
SALMON	80	140
PRAWN	80	140
AVO ✓	60	110

# NIGIRI

	2'S
TUNA	70
SALMON	70
PRAWN	70

# RAINBOW ROLLS

	4'S	8'S
TUNA	105	195
SALMON	105	195
MONARCH ✓	85	160

# TEMPURA ROLLS

	4'S	8'S
TUNA	95	170
SALMON	95	170
PRAWN	95	170
AVO ✓	85	150

# SASHIMI

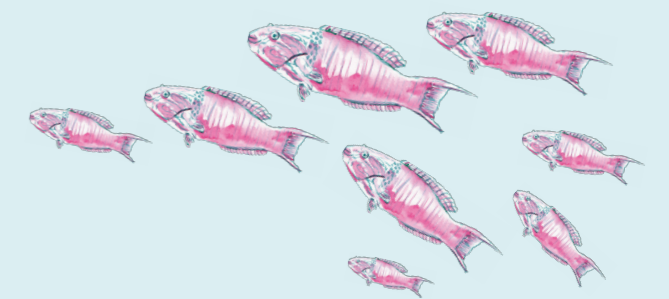
TUNA	105
SALMON	105

# SALMON ROSES

	4'S	8'S
SALMON	105	165

# MAKI

	4'S	8'S
TUNA	70	130
SALMON	70	130
PRAWN	70	130
AVO ✓	50	90



FOOD & DRINKS MENU