

HOT COFFEE

ESPRESSO R32

Double shot.

FLAT WHITE M/L R45/52

CAFÉ LATTE M/L R48/55

MOCHA M/L R58/65

MATCHA LATTE M/L R55/65

CHAI LATTE M/L R40/48

MILK ALTERNATIVES · SYRUP SHOTS +R10

CORTADO R42

Espresso cut with textured milk.

CAPPUCCINO S/M/L R45/48/55

AMERICANO S/M/L R38/42/48

HOT CHOCOLATE M/L R45/52

FILTER COFFEE M/L R38/45

RED ESPRESSO M/L R40/48

ALOSTRO SIGNATURES

BREAD & BUTTER Bread & Butter mix, milk and espresso. R60

ALOSTRO RITUAL Espresso, honey and cinnamon cappuccino. R48

SANDTON SUNRISE Espresso, orange zest and honey. R60

GOLDEN TEA Turmeric, ginger, honey and steamed milk. R45

SINGLE ORIGIN IN ANY DRINK — COLOMBIAN +R7 · FAZENDA SHADE / SAO BENEDITO +R20

THE BEANS

BRAZILIANS SUBJECT TO AVAILABILITY

THE ALOSTRO BLEND Citrus, caramel, chocolate, floral. Four origins, one vision — roasted in South Africa.
ETHIOPIA · KENYA · COSTA RICA · COLOMBIA · MEDIUM

COLOMBIAN SINGLE ORIGIN Caramel and milk chocolate, red-berry acidity. Specialty grade 83. CAUCA,
COLOMBIA · MEDIUM

ETHIOPIAN YIRGACHEFFE (V60 ONLY) Floral and citrus, cocoa, nuts and berry. YIRGACHEFFE G2, ETHIOPIA

BRAZILIAN FAZENDA SHADE Bright cherry, strawberry and passion fruit, champagne acidity. Specialty grade 89.
FAZENDA SHADE, BRAZIL · NATURAL · LIGHT MEDIUM

BRAZILIAN SITIO SAO BENEDITO Caramel and nuts, full body, low acidity, creamy finish. Specialty grade 87. SITIO SAO
BENEDITO, BRAZIL · NATURAL · MEDIUM

V60 POUR-OVER — TASTE ANY SINGLE ORIGIN R65

Hand-brewed to order, sit-down only. Choose from Ethiopian, Colombian and Brazilian single origin.

FROM THE BAKERY COUNTER

Bakery box — all five baked goods, subject to availability

BUTTER CROISSANT R40 CHOCOLATE CROISSANT R45 ASSORTED MUFFIN R45

BUTTERMILK SCONE R45 BANANA BREAD (2 SLICES) R65 BAKERY BOX R180

*new crushes***COLD CLASSICS**

MILK ALTERNATIVES · SYRUP SHOTS +R10

ICED AMERICANO	R48	ICED LATTE	R65	ICED MOCHA	R60
ICED MATCHA	R55	COFFEE FREEZO	R55	MATCHA FREEZO	R65
HOUSE ICED TEA	R45	CHAI FREEZO	R55	SMOOTHIE	R75
Red espresso, lemon, honey, mint, apple / cranberry.			Mixed berry / Passion fruit.		

OFF THE RECORD Our baristas are always trialling something new. Ask what is pouring today.**COOLERS, CRUSHERS & FIZZ**

MATCHA MOJITO	R72	PASSION CRUSH	R56	MIXED BERRY CRUSH	R56
Matcha, lemon, mint and ice.		Passion syrup, lemon, mint and ice.		Berry syrup, lemon and ice.	
BERRY FIZZ	R42	PASSION FIZZ	R42	KOLA FIZZ	R42
Berry syrup, lemon lime, lemon and ice.		Passion tonic, lemon lime, lemon and mint.		Kola tonic, lemon lime, lemon and mint.	

COLD & CRISP

STILL WATER 500ML	R32
SPARKLING WATER 500ML	R32
COKE ORIGINAL / ZERO 300ML	R38

JUICE SELECTION

CLOUDY APPLE 350ML	R38
ORANGE 350ML	R38
MANGO 350ML	R38
CRANBERRY 350ML	R38
STRAWBERRY 350ML	R38

*damn, I need one***SIGNATURE ICED LATTES**

HONEY TRAP	R65	CREAM COME TRUE	R75
Double espresso, honey, salt and milk.		Espresso, condensed milk, fresh cream, caramel and milk.	
FIRST COMES DESSERT	R90	BREAD & BUTTER	R80
Espresso, cream cheese, caramel, salt and milk.		Espresso, banana, vanilla, cinnamon syrup and milk.	
COOKIE CHAOS	R80		
Espresso, Biscoff, vanilla, caramel and milk.			

made brilliant

BREAKFAST

QUICK START

OAT BOWL (V) **R85**
Apple crumble / Banana & nut butter / Blazing berry.

BERRY CHEESECAKE BOWL (V) **R115**
Overnight oats, chia, double-cream yoghurt, cream cheese, berries and apple crumb.

EGG & CHEESE ROLL **R85**
Folded egg, cheddar and tomato relish.

BAGELS

FIRST LIGHT **R105**
Fried egg, bacon and mozzarella.

UPSTREAM **R150**
Salmon, cream cheese, rocket and red onion.

SIT-DOWN FAVOURITES

EGGS YOUR WAY (V) **R85**
Scrambled / fried / poached with toasted sourdough.

EGGS IN PURGATORY (V) **R135**
Poached eggs in arrabiata with basil and sourdough.

STEAK, EGG & FRIES **R195**
Grilled sirloin, two eggs and seasoned fries.

OVERNIGHT OAT POT (V) **R75**
Vanilla & blueberry chia pudding / Tiramisu chia pudding.

TROPICAL COCONUT BOWL (V) **R115**
Oats, chia, coconut, mango, passion fruit, toasted seeds and almond flakes.

AVO SMASH ON TOAST (V) **R115**
Smashed avo, blistered tomato and seeds on sourdough.

THE COOP **R95**
Chicken, garlic mayo, lettuce and red onion.

GARDEN PARTY (V) **R110**
Avo smash, peppers, cucumber, tomato and rocket.

TURKISH EGGS (V) **R115**
Garlic yoghurt, poached eggs, chilli butter and sourdough.

ALOSTRO FULL HOUSE **R175**
Eggs, bacon, pork / beef sausage, mushrooms, cherry tomatoes, chakalaka and sourdough.

MORNING CLUB

MON-FRI 06:30-09:00

Early Bird Brew — any hot drink, excl. matcha **R35**

Cold Morning Fix — overnight oat pot + house iced tea **R100**

Morning Fix — egg-and-cheese roll + Americano **R115**

Coffee & Croissant/Muffin — butter croissant / muffin + cappuccino **R65**

Selected products only · no substitutions unless stated · no additional promotions · subject to daily availability.

never joyless

CALORIES CORNER (FEEL-GOOD FOOD)

FEEL-GOOD LUNCH

GREEN PROTEIN BREAKFAST

R125

~470 kcal · Two poached eggs, quinoa, avo, spinach, tomato and herb yoghurt.

HARISSA CHICKEN BOWL

R135

~520 kcal · Chicken, soft egg, sweet potato, greens, cucumber and harissa yoghurt.

GREEN GODDESS CHICKEN BOWL

R135

~560 kcal · Chicken, quinoa, cucumber, avo, tomato, greens, feta and herb dressing.

ROAST VEG & HALLOUMI BOWL (V)

R130

~590 kcal · Peppers, mushrooms, sweet potato, quinoa, greens, halloumi and pesto.

SALMON & CUCUMBER SOURDOUGH PLATE

R155

~445 kcal · Smoked salmon, cottage cheese, cucumber, capers, herbs and one slice sourdough.

MEDITERRANEAN COUS- COUS (V)

R145

~480 kcal · Red onion, exotic tomato, cucumber, olives, bell peppers and a South African olive and lemon dressing. Add grilled chicken thigh +R45.

CHICKEN CAESAR

R125

~540 kcal · Lettuce, grilled chicken, parmesan, croutons and Caesar dressing.

POKE BOWLS

GREEK BOWL

R125

Chicken, avo, cherry tomato, olives, feta, cucumber and quinoa.

SALMON BOWL

R145

Salmon, rice, edamame, avo, red onion, pineapple, coriander and soy.

fast favourites

WEEKDAY LUNCH

SANDOS

ALL R85

GRILLED CHICKEN & RED PEPPER PESTO

Grilled chicken and red-pepper pesto.

CHEESE, TOMATO & PEPPERS (V)

Mozzarella, tomato, peppers and pesto.

HALLOUMI & CHILLI JAM (V)

Grilled halloumi, mushroom, chilli jam, honey, tomato and rocket on toasted sourdough.

GET FOCCE *fresh focaccia, no apologies*

HAM & CHEESE

R120

Ham, mozzarella, peppadews piquante peppers and rocket.

BEEF

R150

Sirloin, caramelised onion and garlic mayo.

OPEN SOURDOUGH SIGNATURES

OPEN RARE BEEF

R165

Rare beef, mustard butter, caramelised onion and rocket.

FROM THE PAN

CHICKEN LIVERS

R115

Chicken livers, peri-peri sauce and sourdough.

CALABRIAN CHILLI TOMATO RIGATONI (V)

R115

Rigatoni, Calabrian chilli tomato sauce, fresh basil and shaved parmesan. Ask your waiter for a non-spicy version.

CHICKEN & GARLIC MAYO

Chicken, garlic mayo, lettuce and onion.

BEEF FILLET & CHIMICHURRI

Beef fillet, mustard butter and chimichurri.

HAM, MOZZARELLA & TOMATO MELT

Ham, mozzarella, roasted tomatoes, lettuce and honey mustard mayo on toasted sourdough.

CHICKEN

R130

Chicken, chipotle mayo, cheddar and lettuce.

ROASTED MUSHROOM (V)

R170

Halloumi, mushroom, peppers and basil pesto.

ROAST MUSHROOM (V)

R135

Miso-butter mushrooms, whipped feta, peppers and hot honey.

WINGS & CHIPS

R135

Deep-fried wings in peri-peri / Alostro house basting, seasoned fries and garlic mayo.

AFTERNOON CLUB

MON-FRI 14:30–16:30

Sando & Sip — selected sando + Americano / house iced tea **R99**

Sweet Break — classic banana bread + cappuccino **R79**

all out

WEEKEND BRUNCH

SATURDAY & SUNDAY ONLY

ALOSTRO MORNING BOARD

R175

Soft scrambled eggs, grilled sourdough, avo smash, halloumi, cherry tomatoes, labneh and house chilli.

SANDTON SHAKSHUKA (V)

R135

Poached eggs in a rich tomato and red-pepper sauce with crispy chickpeas, feta, fresh herbs and grilled sourdough.

CROISSANT BENEDICT

R175

Buttery croissant with poached eggs, hollandaise and fresh chives. Salmon / Bacon.

MATCHA FRENCH TOAST

R155

Brioche french toast layered with matcha cream, seasonal berries, toasted almonds and honey.

ALOSTRO BREAKFAST BUN

R125

Soft folded egg, grilled halloumi, avo and chilli jam on toasted brioche.

FETA & HONEY TOAST

R145

Whipped feta on brioche with roasted figs, berries, pistachio crunch and honey. Fruit subject to season.

COFFEE-RUB STEAK & EGGS

R210

Grilled sirloin in Alostro coffee rub, sunny-side eggs, roasted cherry tomatoes and sourdough.

the Alostro way

BURGERS & SWEET

BURGERS **SERVED WITH FRIES • SIDE SALAD ON REQUEST, SUBJECT TO AVAILABILITY****CLASSIC BEEF****R125**

Beef patty, mature cheddar, caramelised onion, lettuce, tomato and garlic mayo.

ALOSTRO SIGNATURE**R185**

Beef patty, fried egg, crispy bacon, mature cheddar, chilli jam, lettuce, tomato and Imfihlelo (secret) sauce.

FIRE-ROASTED CHICKEN**R165**

Herb-marinated chicken, charred peppers, smoked mozzarella, avo, rocket and lemon-chilli aioli.

BUTTERMILK FRIED CHICKEN**R145**

Buttermilk fried chicken, chipotle mayo, creamy slaw, mature cheddar and pickled gherkins.

MUSHROOM & HALLOUMI (V)**R155**

Roasted mushroom, grilled halloumi, basil pesto, peppadews piquante peppers, rocket and garlic mayo.

WHOLESOME DESSERTS**WANDI'S BANANA BREAD****R95**

Warm banana bread, double-espresso butter and whipped sour cream.

BELGIAN WAFFLES**R120**

Served with vanilla ice cream and maple syrup.
Add crispy bacon +R49.

LEMON OLIVE LOAF**R95**

Lemon cake, rosemary sugar, lemon curd and cultured cream.

ROOIBOS POACHED PEAR**R110**

Spiced rooibos pear, oat crumble, vanilla ice cream and honey.

SPICY CARROT LOAF**R95**

Spicy carrot loaf with vanilla ice cream and carrot syrup.



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