

LUST

Bistro & Bakery

BREAKFAST

Your breakfast is accompanied by a bread basket with a selection of ciabatta, gluten-free seed loaf, multigrain whole-wheat, rye, and sourdough. All eggs are free-range.

FULL BREAKFAST	99
2 eggs (poached, scrambled or fried), beef chipolatas, streaky bacon, grilled tomato, sautéed button mushrooms	
EGGS BENEDICT	87
2 poached eggs, hickory-smoked ham, classic Hollandaise sauce, toasted English muffin	
SALMON FLORENTINE	109
2 poached eggs, smoked salmon, sautéed spinach, classic Hollandaise sauce, fried capers, toasted English muffin	
CROISSANT WITH SCRAMBLED EGGS, AVO AND SALMON	115
3-egg scramble on a croissant topped with Franschoek smoked-salmon, avo and classic Hollandaise Sauce (seasonal and subject to availability)	
YOGHURT PANNA COTTA WITH FRESH FRUIT	90
vanilla yoghurt panna cotta served with fresh seasonal fruit, granola and berry coulis	
BANANA & PISTACHIO FRENCH TOAST	96
topped with ported figs, crème fraiche and cinnamon sugar dust	
SCRAMBLED EGGS	49
3-egg-scramble on toast	
- add 4 rashers streaky bacon	25
- add Franschoek smoked-salmon (50g)	45
- Substitute bread with croissant (subject to availability)	15
OMELETTE	
3-egg folded omelette	
- spinach, feta, mushroom, caramelised onion and nutmeg	85
- bacon, ham, white cheddar and cherry tomato	90
- smoked salmon, asparagus, chives and brie	115

Free Wi-fi available

Trading Hours:
Monday – Saturday: 7:30am – 5pm | Sunday &
Public Holidays: 8am – 4pm
All hearth loaves are baked on the premises and
available for sale in our bakery.

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reservations@lustbistro.com | www.lustbistro.com

** Ask your waiter for our kiddies menu **

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**Coffee
Break**

Lunch

(starter - / main-)

FREE-RANGE CHICKEN AND PANCETTA CAESAR SALAD 84 / 120
shredded roasted chicken, crispy pancetta, garlic croutons and romaine
lettuce with a classic Caesar dressing
(We suggest: Marguerite Chardonnay)

SALT ROASTED BEETROOT AND BARLEY SALAD 84 / 120
Beetroot, chilled, with orange flavoured barley, chevre with a pomegranate &
cranberry dressing
(We suggest: Red Shale Sauvignon Blanc)

RARE SPRINGBOK, GREEN BEAN AND POTATO SALAD 88 / 125
biltong-spiced springbok loin on a salad of green beans, spring potatoes,
sun-dried tomatoes, red onion and feta cheese tossed in a chili cream cheese
dressing
(We suggest: Viognier)

(starter - / main-)

PERI-PERI CHICKEN LIVERS 65 / 93
served with fresh OR toasted sourdough bread and naked onion rings
(We suggest: White Mischief)

THAI FISH CAKES 80 / 115
Thai-flavoured, crumbed, line-fish-cakes served on rocket, avo and tomato
salsa with chili-ginger-syrup
(We suggest: Early Mist Riesling)

LAMB BURGER (gluten-free) single 85 / double 122
lamb patty (belly and shoulder, 120g) char-grilled and served on a roasted
butternut disc*, with red onion marmalade, provolone cheese and brinjal
chutney. Accompanied by rustic fries and harissa mayo
(We suggest: Côtes de Savoye)
**Please inform your waiter if you'd like to swap the butternut disc for a Portuguese
roll (contains gluten)*

FREE-RANGE CHICKEN PREGO 120
prego-marinated free-range chicken breast, char grilled and served on a
sweet-potato-Portuguese roll with tomato salad and cucumber raita
(We suggest: Semillon)

GNOCCHI (gluten free) 105
cauliflower-gnocchi served in roasted butternut with gorgonzola cream and
toasted pumpkin seeds
(We suggest: Marguerite Chardonnay)

PULLED PORK COLESLAW WRAP 95
slow-roasted pork, shredded with chili-star-anise glaze and coleslaw wrapped
in a flour tortilla served with a crispy side salad
(We suggest: Jess Rosé)

NORWEGIAN SALMON ** 145
pineapple-and-sunflower-seed salsa, apricot cous-cous salad and summer
greens
(We suggest: Kogelberg Chenin Blanc)

CHALMAR BEEF SIRLOIN ** 170
char-grilled dry-aged sirloin (300g), Café de Paris butter, served with seasonal
vegetables and rustic fries
-add creamy brandy-mustard sauce 25
-add creamy green peppercorn sauce 25
(We suggest: Boet Erasmus)

** Replace starch with a side salad at no conditional cost

Choose from the menu or consult the chalkboard for our daily chef's specials,
freshly prepared with seasonal produce.
Kindly note that we are unable to share portions
Please see our cake-display in the bakery

Sandwich BOSS * ask your waiter for a sandwich card

Be the boss of your own gourmet sandwich, using any of our artisan, hearth
baked breads, all-butter-croissant (subject to availability) and a variety of
mouth-watering toppings

Just for pizza * ask your waiter for a pizza card

Create your own pizza, with a variety of bases or toppings, baked in our
wood-fired oven ***only available from noon

MONTHLY SUNDAY buffet

adult - R200 / children under 14 - R90

Available on the first Sunday of every month from 12pm to 3pm, with a variety of
dishes (including sweets) from the kitchen and wood-fired oven. Dish as much
and as many times as you like. No sharing or take-away permitted. Bookings
advised

Platters

single / double

CHEESE PLATTER 84 / 154
South African cheeses, olives, fig-and-sunflower pâté, preserves and fresh
breads

PLOUGHMAN'S PLATTER 99 / 180
South African cheeses, artisan charcuterie, beetroot chutney, bacon jam,
olives, preserves and fresh breads
(we suggest any of our wines with the platters)

Desserts

BELGIAN CHOCOLATE BROWNIE 68
with home-made raspberry & Cointreau sorbet, chocolate praline, berry coulis

CLASSIC CRÈME BRÛLÉE 70
served with apricot sorbet and white-choc-biscotti

LUSTY ICE CREAM SUNDÆ 70
Salted caramel, honey-comb ice cream, brown-sugar-meringue and berries*
* seasonal and subject to availability

Gratuity is not included in your final bill and is left at your discretion.
However, for tables of 8 guests and more, a 12% service charge will be added

BEVERAGES

Cappuccino	normal 19 / large 32
Café latte	32
Espresso	single 14 / double 18
Macchiato	single 14 / double 18
Americano (normal or iced)	19
Tea - TWG ceylon, bourbon vanilla rooibos, green, french earl grey, chamomile, plain rooibos	22
Red cappuccino (100 % Rooibos)	normal 27 / large 35
Italian dark hot chocolate	normal 27 / large 35
** soy milk available - please ask your waiter - R3.00 surcharge	
Sir fruit (350ml) Apples	28
LUST freshly squeezed juice (350ml) 100% Orange Green (apple, cucumber, green pepper, mint) Orange (orange, carrot, ginger) Red (beetroot, orange, apple)	42
Smoothies strawberry & kiwi OR green apple & ginger-beer	45
Milkshake vanilla, chocolate, strawberry, salted caramel	45
Mineral sparkling water (Aquabella)	(500ml) 18 / (1L) 30
Mineral still water (Aquabella)	(500ml) 18 / (1L) 30
Soft drinks (330ml) coke, coke zero, fanta orange, crème soda	20
Mixers (200ml) lemonade, soda, ginger ale, dry lemon, tonic	16
Rock shandy (soda, ginger ale, lime cordial, bitters)	32
Ceres sparkling fruit 275ml (apple, red grape)	24
Cordials (kola tonic, passion fruit, lime)	8
Iced tea - Bos organic rooibos 275ml (lemon, peach)	28



Alcoholic beverages

Don Pedro (Kahlua OR Amarula OR Jameson)	60
Jameson Irish Coffee	60
Glenmorangie 10yo single malt Scotch	40
Jameson's Irish whiskey	30
Premium brandy	22
Local craft gin	27
Original Stolichnaya vodka	20
Grappa shiraz barrique	27



STELLENBRAU craft beer

Craven Lager on tap 500ml / 330ml	46/36
Alumni Ale (440ml)	49
Governor's Red (440ml Rooibos and Honeybush Lager)	49
Jonker's Weiss (500ml)	49
Windhoek lager	26
Castle lite	26

MÉTHODE Cap Classique

L'Ormarins Brut	250
Graham Beck Brut	250
Graham Beck Brut Rosé	250

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VREDE EN LUST Wines

WHITE

bottle / glass

Casey's Ridge Sauvignon Blanc	95 / 32
White Mischief - Chenin Blanc, Pinot Grigio, Semillon, Sauvignon Blanc, Riesling, Viognier	95 / 32
Early Mist Riesling	95 / 32
Viognier - barrel fermented	130 / 43
Marguerite - barrel fermented Chardonnay	155 / 52
Kogelberg Chenin Blanc - single vineyard, barrel fermented	170
Barrique - barrel fermented Semillon, Sauvignon Blanc	170

ROSÉ

Jess Dry Rosé - Pinotage, Shiraz	95 / 32
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RED

Red Lady - Merlot	95 / 32
Mocholate Malbec	120 / 40
Côtes de Savoye - barrel fermented Shiraz, Grenache, Viognier	120 / 40
Lady J Syrah - Shiraz with a dash of Viognier	145 / 48
Pinot Noir	220
Boet Erasmus - Cabernet Sauvignon, Merlot, Petit Verdot & Malbec	225

VREDE EN LUST Artisan Wine Range SMALL BATCH AND LIMITED EDITION

WHITE

bottle / glass

Semillon	120 / 40
Red Shale Sauvignon Blanc - from Elgin	120 / 40

RED

Shiraz, Cabernet Sauvignon	170 / 56
Casey's Ridge Syrah	170 / 56
Cabernet Franc	300

