

LOW CARB MEAL

Low-Carb Chicken Stack

Grilled Chicken Breast topped with Crispy Bacon and 2 fried eggs

R 89

SAVOURIES & COMBOS

SAVOURIES *Selection varies daily*

Cheese and Herb Muffin	R 40
Bacon and Cheese Muffin	R 44
Quiche of the Day	R 59
Quiche with a Small side Salad	R 85

Croissants

Plain	R 32
Butter and Jam	R 39
Butter, Jam and Cheese	R 48
Chocolate	R 48
Cheese	R 45
Ham and Cheese	R 55
Chicken Mayonaise	R 58

COMBOS

Muffin Combos	
Muffin and Standard Americano	R 55
Muffin and Standard Cappuccino	R 60
Scone Combos	
Scone with Butter and Jam and Standard Americano	R 55
Scone with Butter and Jam and Standard Cappuccino	R 60
Toastie Combos	
Cheese and Tomato Toastie Combo. Plus your choice of either:	
Canned Soda:	R 60
Standard Cappuccino:	R 65
Ham and Cheese Toastie Combo. Plus your choice of either:	
Canned Soda:	R 65
Standard Cappuccino:	R 70
Chicken Mayonaise Toastie Combo. Plus your choice of either:	
Canned Soda:	R 70
Standard Cappuccino:	R 75
Bacon, Egg and Cheese Toastie Combo. Plus your choice of either:	
Canned Soda:	R 75
Standard Cappuccino:	R 80

Combos are served without a side

SALADS & SWEET TREATS

SALADS *Freshly made on a daily basis*

Standard Salad	R 59
Lettuce, Tomato, Cucumber, grated Carrots, feta and house dressing	
Chicken, Bacon and Avo Salad	R 95
Grilled Chicken, Bacon, Avocado, lettuce, Tomato, Cucumber, Feta and house dressing	
The Workbench Salad	R 85
Grilled Chicken, Ham, Cheese, Lettuce Tomato, Cucumber and house dressing	
Roasted Butternut and Feta Salad	R 79
Roasted Butternut, Lettuce, Tomato, Cucumber Feta, Roasted Seeds and Balsamic dressing	

SWEET TREATS *Selection varies daily*

Muffins	R 38
Blueberry, Caramel, Chocolate Chip, Bran, Muffin of the Day	
Scones with Butter and Jam	R 35
Scone with Butter, Jam & Cream	R 40
Scone with Butter, Jam and Cheese	R 40
Cake of the Day	R 65
Ask your waiter about today's Cake	
Mini Cake Selection	R 60
Ask your waiter, or view the display fridge	
Brownie	R 38
Brownie with Ice-Cream or Cream	R 50
Chocolate Croissant	R 48

MEETING & WORKSPACE PLATTERS

Available on pre-order

Breakfast Platter	Price on request
Sandwich Platter	Price on request
Assorted sandwich portions	
Wrap Platter	Price on request
Assorted Chicken and Vegetarian Wrap Portions	
Savoury Platter	Price on request
Mini Quiches, Savoury Muffins and Pastries	
Sweet Treat Platter	Price on request

Please Note: Platters must be ordered in advance. Final composition and price depends on guest numbers and availability



EST 2026

THE WORKBENCH

Coffee • Food • Co-Working

Fresh café favourites made for working, meeting and taking a well-earned break.

Day Pass R 180 per day - includes free bottomless filter coffee. Dedicated lockable workdesk open area - R 750 per week rental and include free bottomless filter coffee. Monthly rental and coffee space rental available on request

IMPORTANT INFORMATION

- Breakfast is served until 12H30
- Muffins, cake and savoury selections vary daily
- Alternative milk, syrups and extra espresso shots are charged separately
- White and brown bread included; rye, health, sourdough and ciabatta add R5
- Toasties and sandwiches are served without chips or a side
- Please advise your waiter of any allergies or dietary requirements
- Products are prepared in a kitchen that handles dairy, eggs, gluten and nuts

CO-WORKING SPACE

Thank you for visiting us today. We hope you enjoyed your meal, the coffee, and the time you've spent with us. It has been our pleasure to serve you. Your support means the world to us, and we look forward to welcoming you back again soon. Until next time...

For bookings or queries contact us on 063 440 0783

DRINKS

COFFEE

	Standard / Tall
Espresso	R 20
Double Espresso	R 32
Filter Coffee	R 28
Americano	R 32 / R 37
Cappuccino	R 35 / R 40
Cortado	R 38
Red Cappuccino	R 39 / R 44
Cafe Latte	R 38 / R 43
Flat White	R 42
Mocha Cappuccino	R 40 / R 46
Chai Latte	R 38 / R 43
Dirty Chai Latte	R 43 / R 48
Red Latte	R 37 / R 42
Tea	R 28
Rooibos, Earl Grey, Five Roses	
Hot Chocolate	R 42 / R 47
Standard, Dark, White	

SIGNATURE HOT DRINKS

	Standard / Tall
Classic Matcha	R 49 / R 55
Matcha Blush	R 55 / R 62
Creamy Matcha with sweet strawberry puree	
Workbench Ruby	R 49 / R 55
White hot chocolate with a shot of red espresso	

MILK ALTERNATIVES

Oat Milk: R 12 per cup | Almond Milk: R 12 per cup

ADD-ONS

Condensed Milk: R 14.00 | Whipped Cream: R 12.00

CRAFT YOUR CUP

Decaf: R 8.00 | Extra Espresso Shot: R 12.00

FLAVOURED SYRUPS *R 8 per cup*

Available in: Caramel, Salted Caramel, Hazelnut & Vanilla

MILKSHAKES

Standard Milkshakes

Coffee, Vanilla, Chocolate, Strawberry, Bubblegum

SIGNATURE MILKSHAKES

Campfire Shake

Toasted marshmallow milkshake

Turkish Toast

Toasted marshmallow milkshake with delicate rose syrup, reminiscent of Turkish Delight

Cookie Crumble

Oreo milkshake blended with Cookies & Cream

OTHER DRINKS

Still Water	R 22
Sparkling Water	R 22
Fruit Juice (500ml)	R 41
Tizers (Apple or Grape)	R 32
Sodas	R 25
Iced Tea	R 25
Workbench Lemonade	R 38 / R 45

ICE CRUSH / FREEZO

	Standard / Tall
Cappuccino Freezo	R 42 / R 49
Iced Red Cappuccino	R 44 / R 51
Mango Rush	R 49 / R 55
Sunset Rush	R 55 / R 62
Mango crushed ice finished with strawberry puree for a fruity sunset twist.	
Iced Matcha Blush	R 55 / R 62
Matcha blended with ice and strawberry puree for a refreshing, creamy drink.	

BREAKFAST

Budget Breakfast

1 Egg, 1 Slice of Toast, 2 Rashers of Bacon and Grilled Tomato R 39

The Workbench Breakfast

2 Eggs, 2 Rashers of Bacon, Mushrooms, Grilled Tomatoes and Toast R 65

Eggs Benedict

Poached Eggs, Bacon & Hollandaise Sauce served on Toast or English Style Muffin R 95

Breakfast Wrap

Scrambled eggs, Bacon Bits and Cheese in a slightly toasted wrap R 55

Avo Sunrise

Fresh avocado topped with two eggs, served on toasted sourdough or your choice of bread R 62

Granola / Muesli Bowl

Choose between: Breakfast Crunch or Nutty Crunch with plain yoghurt & seasonal fruit R 65

3 Egg Omelette

A fluffy 3 egg omelette with cheese. R 55

Add any one of the following fillings at R15 each: Bacon, Tomato, Ham, Mushrooms

Bacon, Egg & Cheese Toastie

Bacon, egg and melted cheese on your choice of bread R 60

BREAKFAST ADD-ONS

Egg: R12, Bacon x2: R28, Cheese: R12,
Grilled Tomato: R5, Mushrooms: R18,
Avocado: R25, Feta: R15,
Hollandaise Sauce: R15,
Extra Toast: R10, Boerewors: R30

BREAKFAST ON CROISSANT'S

Breakfast Croissant	R 75
Scrambled egg, Bacon & Cheese	
Bacon & Avo Croissant	R 82
Crispy Bacon with fresh Avocado	
BLTC Croissant	R 75
Bacon, Lettuce, Tomato & Cheese	

TOASTIES, SANDWICHES & WRAPS

TOASTIES *Freshly prepared to order (no side included)*

Cheese	R 39
Cheese and Tomato	R 44
Ham and Cheese	R 49
Ham, Cheese and Tomato	R 53
Chicken Mayonnaise	R 52
Chicken Mayonnaise and Cheese	R 58
Bacon, Egg and Cheese	R 60
Bacon, Cheese and Tomato	R 55
Smash Avo Toast	R 55
Fresh Avocado on toasted sourdough or your choice of bread	

BREAD CHOICES

White/Brown/Rye (+R5) Sourdough (+R5) Ciabatta (+R5)
Health (+R5) *Avo's subject to availability

SANDWICHES *Freshly prepared to order (no side included)*

BLTC Sandwich	R 65
Bacon, Lettuce, Tomato and Cheese	
Chicken Mayonnaise and Avo	R 65
Chicken Mayo, Avo, Lettuce and Tomato	
Ham, Cheese and Tomato	R 58
Ham, Cheese and Tomato and Lettuce	

WRAPS

Grilled Chicken Wrap	R 69
Grilled Chicken Strips, Lettuce, Tomato, Cucumber and Creamy Dressing	
Sweet Chilli Crunch Wrap	R 69
Crumbed chicken strips, lettuce, tomato and cucumber, finished with Sweet Chilli	
Chicken Mayonnaise Wrap	R 72
Chicken Mayonnaise, Lettuce, Tomato and Cucumber	
Chicken and Avocado Wrap	R 76
Grilled Chicken, Avocado, Lettuce, Tomato and Creamy Dressing	
Bacon and Chicken Wrap	R 81
Bacon Bits, Grilled Chicken, Lettuce, Tomato and Creamy Dressing	
Vegetarian Wrap	R 55
Lettuce, Tomato, Cucumber, Grated Cheese and Avocado	