



THE SKINNY MENU™

SOMETHING FOR BREAKFAST

FREE-STYLE EGGS R45

Free range eggs poached / scrambled or fried served with toast of your choice
Bread / toast available: multi-seed whole wheat, 70% rye.
Paleo grain free R10

ADD YOUR EXTRAS

Cheese: mozzarella, low fat cream cheese, grilled halloumi, goat's cheese, feta R15

Sides: roasted rosa tomato, R10
grilled mushroom, grilled red onion, grilled peppers, rocket, baby spinach, watercress

More sides:

Smoked salmon, kale pesto, R25
grilled smoked mackerel, onion relish
Chunky hummus, avo, R15
anchovy pate

TOAST, TOPPING & TEA

2 slices of toast served with:
Anchovy pate & avo R45
Home made sugar free R40
blueberry mint preserve with mozzarella
Almond nut butter R40
& agave nectar

BELLISIMA FLAP JACK STACK R68

GF, SF, LC, V
Blueberry flapjack layered with low fat vanilla cream cheese, blueberry mint preserve drizzled with agave nectar.

SEASONAL FRUIT SALAD R36

ADD YOUR EXTRAS:
Low fat Greek yoghurt R15
Grain free nut granola R25

ACAI-OAT POT R65

WF, SF, V
Soaked raw oats with low fat Greek yoghurt, apple, acai, mint leaves & grain free nut granola drizzled with honey.

BANT-A-CHIA BOWL R70

GF, SF, LC, HP, VG
Cold chia seed porridge soaked in almond milk & vanilla served with grain-free nut granola, sliced banana & cinnamon drizzled with agave nectar.

COCONUT QUINOA PORRIDGE R70

GF, SF, HP, VG
Hot quinoa soaked in coconut milk topped with blueberry mint preserve, coconut shavings & walnuts drizzled with honey.

SALMON OPEN OMELETTE R95

GF, SF, LC, HP, PC
Smoked salmon, low fat cream cheese, avo, sesame seeds, chilli, chives & watercress with wasabi mayo & fresh lemon juice. Served with any bread from our bakery.

MEDITERRANEAN OPEN OMELETTE R85

GF, SF, LC, HP, V
Artichoke hearts, grilled feta, avo & micro sprouts served on a bed of rocket drizzled with citrus dressing. Served with any bread from our bakery.

POWER PROTEIN SHAKE R65

WF, SF, LC, HP, V
Whey protein, rich cocoa, banana, almond nut butter & almond milk.

SOMETHING FOR LUNCH

SALAD

CHOPPED QUINOA SALAD R75

GF, SF, HP, V
Quinoa tossed with baby spinach, feta, raw sweet corn, capers, hemp seeds, pomegranate, mint, avo, & micro greens. Dressed with poppy seed dressing.

ADD EXTRA PROTEIN:

Smoked salmon R30
Tuna R20
Free range poached eggs (2) R20

LA NICOISE R85

GF, SF, DF, HP, PC
Shredded tuna tossed in Belle's dressing, artichoke hearts, roasted rosa tomatoes & sweet potato served on a bed of greens, topped with a poached egg & olives.

CHOPPED SUPER FOOD BOWL R69

GF, SF, DF, LC, VG
Cauliflower rice tossed with broccoli, hemp seeds, shredded cabbage, baby spinach, celery, carrots, pumpkin seeds, peppadews, toasted chick peas, coriander & mixed sprouts with Belle's dressing.

ADD EXTRA PROTEIN

Tuna R20
Feta R15

SUMAC SALAD R79

GF, SF, V
Baby spinach, watercress, marinated majool dates, goat's cheese, grilled red onion, walnuts, chia seeds & avo with a light citrus dressing.

GRILLED BEETROOT SALAD R74

GF, SF, HP, V
Grilled beetroot & aubergines, peppers, feta, rocket, radish, basil, pine nuts, mixed sprouts & avo served with a citrus dressing.

CHOPPED ASIAN COLESLAW R60

GF, SF, LC, VG
Red & white cabbage, mixed sprouts, spring onion, coriander, macadamia nuts & sesame seeds, with mild red curry coconut dressing.

TRY IT IN OUR PALEO CARB FREE CAULI-WRAP R20

WATERMELON SALAD R70

GF, SF, LC, V
Fresh watermelon, rocket, watercress, grilled halloumi, cucumber, hemp & pumpkin seeds, mint & lemon zest served with a light citrus dressing.

SOMETHING ELSE

MEZZE BOARD R120

GF, SF, V
Roasted aubergine with pomegranates & wasabi mayo, beetroot, grilled halloumi, artichoke hearts & chunky hummus. Served with grain free cauliflower pita.

CRUSTLESS QUICHE R72

GF, SF, LC, HP, V
Roasted butternut, goat's cheese, halloumi, garlic, chilli, mint & thyme served with watercress & onion relish.

CAULIFLOWER WRAP / PIZZA BREAD R68

GF, SF, DF, LC, V
Seasonal julienne vegetables, rocket, watercress, chunky hummus, sesame seeds, avo & wasabi mayo.

ADD PROTEIN

Cheese: goat's cheese, feta, R15
mozzarella, cottage cheese, cream cheese
Smoked salmon R30
Shredded tuna R20

BUTTERNUT TOWER R86

GF, SF, LC, HP, V
Roasted butternut rounds layered with cream cheese & kale pesto, served on a bed of greens with roasted peppers, pine nuts, pumpkin seeds & basil drizzled with Belle's dressing. Served with grain free cauliflower pita.

SOMETHING SWEET

gluten & sugar free

SKINNY RED VELVET CUPCAKE R30

GF, SF, V
A Belle's innovation.

FRAN'S CHEESECAKE R35

GF, SF, LC, HP, V
Baked low fat cheesecake on an almond crust with blueberry mint coulis.

HEMP BROWNIE R35

GF, SF, V
Double chocolate brownie with hemp protein, 100% cacao & pecan nuts.

PALEO POPPY LOAF R42

GF, SF, V
Lemon, poppy & chia seeds loaf drizzled with agave nectar served with zesty vanilla cream cheese.

THE SKINNY ON HEALTHY EATING

PALEO is a diet based on the eating habits of people who lived in the "caveman" era. It only includes foods that could be hunted or found naturally such as meats, fish, nuts, leafy greens, regional vegetables and seeds. Foods such as dairy, processed meats and fish, grains and processed sugars are strictly off limits.

BANTING also referred to as the LCHF diet, is a low carbohydrate, high fat eating plan based on the Banting diet created by William Banting back in 1862 and currently advocated by Tim Noakes. Foods that are allowed in your banting diet include eggs, meat, fish, dairy, vegetables, water, fruit and tea & coffee. The big things to avoid on this diet are sugar, high carb fruits, vegetables and grains. The main thing to remember about banting is don't be scared of your healthy fatty foods.

WHO IS TIM NOAKES? Tim Noakes is a South African professor of exercise and sports science at the University of Cape Town as well as the author of several books on diet and exercise. He is well known for his support of a high fat, low carbohydrate way of eating.

WHAT IS LOW GI? GI stands for the glycemic index, or amount of sugar found in carbohydrates and starchy foods. Foods with low GI help maintain a much steadier level of energy throughout the day.

If there is anything else you would like to know

Please mail us at catering@bellespatisserie.co.za

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Shop 16 BluBird Shopping Centre,
Athol Oaklands Road, Birnam

Tel: 011 440 4474

THE SKINNY MENU™ Feeling confused about what eating plan to follow? Use this key card for quick explanations of our skinny food.

GF gluten free (that includes wheat)
SF sugar free
WF wheat free

DF dairy free
LC low carbohydrate value
PC pesceterian (only fish, no meat)

VG vegan (no animal products)
V vegetarian (no meat)
HP high protein value

GRAIN FREE is always gluten free, paleo friendly.



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