



Welcome to Bean Authentic!

We hope that you enjoy your time with us...

Our Story:

In 2016, the dream of Bean Authentic was born, where Martin and Lisa Greyvenstein began roasting coffee in their garage. Since 2017, they opened their first shop here in the heart of Monte Vista, and have been blessed by the amount of support received from the community, friends and family! Shortly after that, in 2020, they moved the shop into a bigger premises; which led to a whole new adventure and being able to live out their passion!

We pride ourselves in using ethically sourced, **Speciality Coffee Association** graded green beans.
We have a variety of **single origins** available - Enquiry at counter.
Our **BLENDS** are as follows: **VREUGDE** ~ City Roast/ Medium Body/ **GRACIA** ~ City+ Roast/ Full Body/
iMANI ~ Full City+ Roast/ Full Body/ **MI AMOR** ~ City Roast/ Signature Blend

**Buy any 1kg Coffee and receive
a complimentary short/ tall hot beverage of your choice***

Important information:

We serve our coffees with **60-65 degrees Celcius steamed milk** - to accentuate the sweetness.
Prefer it hotter? Inform our barista of your preference.

All our beverages and meals are prepared from scratch with **fresh ingredients**.
Please be patient, as good beverages and food takes time.
Please bring any **feedback, queries or concerns** to our attention.

A **gratuity of 10%** will be added to tables of four or more.

Our eggs are **free range**.
Our bacon, sausages & chicken are **flame - grilled**.

Our breakfasts come with **complimentary** tomato & caramelised onion **on request**.

All our food is prepared in a kitchen where **all allergens are present**.
Please note: although we can cater for those with allergies, due to the presence of allergens in our kitchen, we cannot guarantee that anything is completely allergen free, we will however avoid cross contamination as far as possible - **please do notify us of any allergies that you may have**.

Our sourdough bread, sourdough buns, tortilla wraps & gluten free bread are **vegan friendly**.
Gluten free naan **not vegan friendly**.

Our WIFI ~ Being Authentic ~ B-AUTHENTIC



Speciality Coffee

Signature blend/ today's **speciality single origin. Decaf** available on request.

Sizes available: **SHORT, TALL & GRANDE.**

Add: Fresh Cream +8/ **Add:** Collagen +20/ **Switch** to mylk alternative (almond/ macadamia/ oat) +12

Add: Syrup (vanilla/ hazelnut/ caramel/ salted caramel/ crème brulee/ american fudge/ sf vanilla/ sf caramel/ sf hazelnut) +9

Espresso/ Ristretto

SHORT: double

Ricano

SHORT: double espresso over ice:

__180ml steamed

Americano

SHORT: double espresso

TALL: triple espresso

GRANDE: quad espresso

__ on the top of hot water

__ hot or cold milk

Piccolo

SHORT: double ristretto

__equal part of texturised milk

Cortado

SHORT: double espresso

__1.5 part of texturised milk

Flat White

SHORT: double espresso

TALL: triple espresso

GRANDE: quad espresso

__ with texturised milk

Cappuccino

SHORT: single espresso

TALL: double espresso

GRANDE: triple espresso

28 - - 4 x 4

32 - -

33/39/46

32 - -

34 - -

38/45/52

35/42/48

TALL: quad espresso

__ with texturised milk

Latte

TALL: single espresso

GRANDE: double espresso

__ with texturised milk

BA Signature

SHORT: triple ristretto

TALL: quad ristretto

__ with texturised milk

BA Short Dark

SHORT: double ristretto

__on the top of 120ml hot water

__no milk

BA Brave

SHORT: half americano (triple espresso)

__half steamed milk

__topped with pouring cream

TALL: half americano (quad espresso)

__half steamed milk

__topped with pouring cream

- 50 -

- 40/47

- 40/48

30 - -

- 48/55

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Prefer it hotter? Inform our barista of your preference.

Tea Pot

Ceylon/ Earl Grey/ Peppermint/ Organic Rooibos

45

Organic Rooibos, Lemon & Ginger

48

Nigiro Speciality Tea

50

Lover's Green

Sencha is blended with roses, passionfruit & flowers to enhance sensitivity, aroma & connection of the teas, as well as to the tea drinker. It is the sweet & sourness of love between couples... full of vitality.

Vanilla Cocoa Rose

Classic Black tea flavoured with vanilla & roses.

Ethiopian cocoa husks are added to encourage the woody & sweet notes of vanilla. Flavour & power on the next level.

Blood Orange Honeybush

Honeybush flavoured with blood orange essence & orange pieces present a less sweet & citrus edge of a honeybush base. Rich, brilliant & brightly coloured.

Tender Mint Rooibos

Rooibos delicately merges with spearmint & peppermint leaves to offer the best refreshing & soothing choice. Subtleness of mints perfectly mixed with caramel rooibos is a truly memorable cup.

Jasmine Bai Hao

High end quality, semi-fermented oolong is scented with jasmine blossoms & then removed, which leaves the tea with a delightful jasmine flavour & scent. This tea was formerly reserved for the use in the imperial court, & a small taste will confirm that this is clearly not your typical jasmine.

gluten free

dairy free

sugar free

refined sugar free

vegan



Steamers

Available in **SHORT, TALL & GRANDE.**

Chocolate (milk/ white/ dark )	38/47/55 Bar-One Original	- 49/59
Spicy Chai	38/47/55 Ferrero Rocher	- 49/59
Red Cappuccino	38/47/55 Dirty Chai	- 49/59
Salted Caramel	38/47/55 Mocha (white/ milk)	- 49/59
Pumpkin Spice	38/47/55 Red White Chocolate	- 49/59

Smoothies

Available in **TALL & GRANDE.**

Macadamia & Oat mylk alternative **free of charge** 

Berry Nice mixed berries, berry puree, banana, apple, full cream yoghurt or mylk alternative.	55/69	Green Tropics mango, pineapple, banana, spinach, apple, mint, collagen or hemp protein & chia seeds.	69/75
Peanut Power peanut butter, cocoa, banana, honey or dates, full cream milk & yoghurt or mylk alternative.	55/69	Mango-C Spice coconut milk, mango & orange, chia seeds, honey or dates, ginger, passionfruit & vitamin c (500mg).	69/75
Fruity Peach banana, mango, peach puree, dried fruit, full cream milk & yoghurt or mylk alternative.	55/69	Whey +R22/ Pea Protein +R22 Collagen +R20	

Iced

Americano	45/55	Rooibos Apple	55/65
Latte TALL: double espresso GRANDE: triple espresso ___ over cold milk & ice ___ flavoured syrup or no syrup	48/58	Red Latte TALL: double rooibos espresso GRANDE: triple rooibos espresso ___ over cold milk & ice ___ flavoured syrup or no syrup ___ honey & cinnamon	48/58

Frappés

Coffee	49/59	Salted Caramel Choc-Chip	55/65
Dark Chocolate	49/59	Mocha (white/ milk)	55/65
Spicy Chai	49/59	Ferrero Rocher	55/65
		Pumpkin Spice with espresso	55/65

Gourmet Milkshakes

Coffee	59/79	Salted Caramel Blondie	59/79
Chocolate Brownie	59/79	Bar-One Original	59/79
Strawberry Cream	59/79		



Other Beverages

Water 500ml/ 1Lt still/ sparkling
100% Fruit Juice 350ml

20/35 Coca Cola 440ml original/ zero sugar
25 Tizer 330ml apple/ red grape

25
28

Morning Lights

Stewed Fruit Muesli Bowl

Full cream yoghurt & rooibos infused stewed fruit topped with BA protein granola.

Toasted Banana Bread

Two slices served with butter or peanut butter.

Oats Bowl

Gluten free rolled oats, peanut butter, banana served with full cream milk or oat milk.

70 Jack Stacks

Three flap jacks, choice of:

- coffee infused dulce de luche, fresh banana, tiramisu cream, belgium dark chocolate chips.
- white chocolate, berries, biscotti crumb.

45

French Toast

Single slice egg-dipped sourdough slice, topped

- bacon, avo, feta & beetroot blueberry
- onion marmalade.

50

— gypsy ham, tomato chilli jam, cheese.

Add: french toast slice +25

80

79

Our eggs are **free range**.

Our bacon, sausages & chicken are flame-grilled.

Our breakfasts come with **complimentary** tomato & caramelised onion **on request**.

Our authentic sourdough bread & buns are **vegan friendly**.

Tortilla wheat wraps are **vegan friendly**.

Switch: Low Carb/ Gluten Free - Cauliflower Wrap (**vegan friendly**) +R25

Switch: gluten free artisan bread (**vegan friendly**) +R8/+R15.

Morning Plates

Brekkie Bun

Seeded sourdough bun filled with a fried egg, bacon & BA creamy sauce.

Add: hickory mushrooms +R10.

Feeling Peckish

Single egg, two bacon, sourdough toast served with butter & jam.

Full House

Two eggs, two bacon, hickory mushrooms, a hash brown, two slices sourdough toast, served with butter & jam.

Add: boerie, pork banger, cheese griller +R25

BA Signature Breakfast

Two poached eggs, two bacon, avo, served on a slice of sourdough toast, topped with BA creamy sauce & rocket.

Switch: bacon to mushroom, spinach & feta.

Switch: bacon to smoked salmon +R20.

65 Carb-Smart

Three eggs, two bacon, boerie/ pork banger/ cheese griller, avo & hickory mushrooms.

69

Turkish Bowl

Two poach eggs on a bed of infused yoghurt topped with spicy chickpeas with a moroccan butter drizzle, served alongside a naan bread.

105

Sunrise Wrap/ Toastie

Tortilla wheat wrap filled with scrambled eggs, bacon, cheese, sticky tomato relish & BA creamy sauce.

Switch: to sourdough toastie with fried eggs.

125

Cheesy Wrap

Tortilla wheat wrap filled with scrambled eggs, cheese griller, fresh tomato, avo, onion marmalade, cream cheese, BBQ sauce.

135

89

105

105

Bacon +R25
Boerie +R30
Cheese Griller +R30
Pork Banger +R25

Hickory mushrooms +R20
Half avo +R25-30
Caramelised banana +R10
Cheese +R20

Hash Brown +R15
Potato Fries +R30



Omelette

Build your three egg omelette infused with spring onion/ chives

119

One Premium Option:

gypsy ham
bacon
smoked salmon +R20
grilled chicken fillet
salami
avo

Four filler Options:

roasted butternut
spicy chickpeas
hickory mushrooms
tomato
jalapeno
caramelised onion
fig preserve
peppers
sundried tomato
banana
spinach

One Dressing Option:

BA creamy sauce
creamy harissa
sesame mayo
spicy mayo
basil pesto (contains dairy & nuts)
basil pesto (contains seeds/ no dairy)
chimichurri
beetroot blueberry onion marmalade
onion marmalade
BBQ Sauce

One Dairy/ Plant-based Option:

plant based cheese
cheese
camembert
feta

Open Toastie / Bun

Choice of a single artisan sourdough bread slice or sourdough bun
Switch to gluten free artisan bread slice +R8.

Dukkah Avo

Avo topped with tomato, dukkah & lemon.

Garbanzo Mayo

Combo of creamy mayo & smashed chickpeas infused with red onion & dill pickles, sprinkled with spring onion, lemon zest & a dash of freshly ground pepper.

Basil

Basil pesto (contains seeds, no dairy), cheese or plant cheese topped with fig preserve, greens & balsamic reduction.

78 Smoked Salmon

Smoked salmon, cream cheese or goat's cheese (optional), avo, pickled red onion, pickled ginger, greens served with a wedge of lemon.

78

Smokey Gypsy

Gypsy ham, cheese, dill pickles, beetroot blueberry onion marmalade, sweet mustard & greens.

78

95

95

Closed Toastie / Tramezzini

Choice of authentic sourdough bread or tramezzini/ no sides.
Crust option: parmesan/ habanero butter (mild).
Switch to gluten free artisan toastie +R15.

Spicy Bacon

Bacon, jalapeno, crispy onions, cheese, feta & spicy mayo.

Chicken Mayo

Grilled chicken fillet, dill pickles or jalapeno, caramelised onions, cheese, sesame mayo or spicy mayo.

Fig

Bacon, camembert, cream cheese, fig preserve, caramelised onions & greens.

95 Bacon Basil

Bacon, basil pesto (contains dairy & nuts), tomato, cheese, balsamic reduction & greens.

95 Asian Pork

Pulled pork, asian slaw, pickled red onion, avo, cheese, greens, crispy onions & toasted sesame seeds.

95 FAB

Gypsy ham, avo, fresh basil leaves, sundried tomato, feta.

95

110

95



Wrap / Bowl

Choice of bowl or tortilla wheat wrap.

Switch to Gluten Free/ Low Carb - Cauliflower Wrap (**vegan friendly**) +R25
Switch chicken or venison to roasted veggies (mushrooms, butternut, peppers).
Switch dairy cheese to plant cheese.

Thai Chicken

Grilled chicken fillet strips, cheese, slaw, tomato, corn, jalapeno, greens, toasted seeds & thai sauce (*contains peanuts*).

Harissa Chic

Grilled chicken fillet strips, roasted butternut, peppers, avo, spicy chickpeas, sundried tomato & onion cous cous with a creamy harissa dressing, topped with olive caviar & greens.

125 Chimichurri Venison 135

Shredded Venison, pineapple salsa, slaw, avo, cream cheese, greens with chimichurri.

125 Creamy Blu Steak 135

Sirloin Steak, Caramelised Onions, Rocket, Avo, Creamy Blu sauce (with or without black pepper).

NO
vouchers no
entertainer will be
accepted in
conjunction with
Lunch Special

Lunch

R105
Lunch Special
Monday to Friday
from 12:00/
Take away additional
R10

Lunch special - available from 12:00 Monday to Friday sit down only.
 Please ask waitron or view board for our daily lunch specials

Schnitzel

Two crumbed/ grilled chicken with a homemade creamy mushroom or green peppercorn sauce with a side of potato fries.

Relish Burger

Beef brisket patty or grilled chicken fillet served on a seeded sourdough bun with rocket, cheese & sticky tomato relish with a side of potato fries.

Add: half an avo +R25-R30

135 Nachos 135

Tortilla chips served with fresh salsa, guacamole, jalapeno (optional), drizzled with BA creamy sauce with your choice of protein:

- 135 — pulled pork in a sticky sauce
- pulled beef in an enchilada sauce

Prego Bun 135

Steak with Chippies Prego BBQ Sauce, raw or caramelised onions, fresh tomato on a seeded sourdough bun with a side of potato fries.

Potato Fries - single portion

45 Potato Fries - full portion 70

Bakery / Display

All of our baked goodies are available for **your office or celebration**. Please **enquire** at counter to place your order.
Check the counter display/ fridge or speak to your waiter for **today's variety**. While stocks last.

Plain Butter Croissant

Puff Pastry Roulades

Phyllo Quiches

Assorted Muffins

Date Bon Bon

Giant Choc Chip Cookie

Crunchies

Brownies/ Blondies Slices

40 Assorted Dessert Cups 45

40 Assorted Cakes/ Tarts from 59

40 Vanilla Baked Cheesecake 55

35-38 Gourmet Baked Cheesecake 69

22 Low Carb Cheesecake 65-75

25 Protein Muesli & Yoghurt Cup 40

25 Assorted Overnight Oats Cup 40

39

gluten free

dairy free

sugar free

refined sugar free

vegan