



KEYSTONE
CAFÉ

TRAIL RUN MENU

BREAKFAST

- Coffee/Tea/Juice/Water
- Cereal
- Fruit
- Yoghurt
- Egg Muffins
- Toast/Bread
- Jams
- Eggs
- Bacon
- Bangers
- Tomato
- Mushrooms

DINNER

- Lemon Butter Chicken Spaghetti
- Amarula Cheesecake

- Power bowl (mix of different grains and fresh veg) with shredded Chicken
- Chocolate Brownie and Ice Cream

- Coffee/Tea/Juice/Water

CREATE. NOURISH. INTEGRATE

Every human being plays a role in food production systems, therefore a conscious interest in the food on our plates and the environment in which we exist can assist us in realizing that combined with agriculture, the ecosystem in which we live is impacted by every decision we make. A greater awareness of how we impact this ecosystem has a lasting effect and can help maintain balance and diversity. We need to create and allow space for nature to remind us how important it is to regenerate and nourish our own mental health and wellbeing to restore the possibility for sustainable food production for the future.

Keystone Café (Pty) Ltd

Registration nr: 2022/860825/07

Shop 13, Kamogelo Tourism Centre, Ferret Street, Hoedspruit, 1380

Tel: 0825712165 Email: jackie@keystonecafe.co.za