



*We levy 8% service charge and GST as applicable

soups

Super green soup 220
with kale and swiss chard

Roast mushroom & pickled mushroom soup 220

small plates

Syrian street bhel 300
with brown lentil, onion, pita chips & tomato with lots of fresh herbs olive oil & date molasses

Orecchiette Pasta 300
Quick tossed orecchiette pasta with mushroom, garlic and basil

Hot baby potatoes 300
in jalepeño butter, with lemony rocket, a parsley dressing and some parmesan

Roast Pumpkin Cakes 300
Roast pumpkin, dill and parmesan cakes with a nutty romesco

Lebanese Caramelised Babycorn 300
Stir fried babycorn with our special homemade lebanese spice mix, orange-saffron & caramel sauce with almond dukkah

houmous and spreads

Houmous and pita with

- Potato kibbeh stuffed with leek, feta and kishmish 300
- Spicy miso aubergine 300
- Beetroot, feta, balsamic rocket and roasted nuts 300
- Portobello mushroom tossed in mustard and lime 300
- Eggs shakshouka 300
- Stir-fried marinated olives, edamame and leek 350
- Plain 275

Msbekha 425

houmous with tahina, warm spiced chickpeas, lemon parsley sauce, schug served with warm pita. Add a hard boiled egg (chef recommended).

Romha 350

Our Knead special spread of almond, bell pepper, chilli and spices served with warm pita

Whipped feta 350

and a confit of cherry tomato with oregano and thyme served with toasted zaatar pita

Zuccchini Moutabbal 350

charcoal grilled zucchini, walnut, tomato, tahina and garlic served with pita

Fustuku 350

creamed pistachio and feta, lime and herbs, crisp fried olives - herb lavash

Additional pita 75

flatbreads

Eggs Khabz 450
flatbread with feta and spinach in the crust topped with eggs and baked in a stone oven

Freshly baked potato flatbread topped with

• Spiced Labaneh 550
Herby labaneh, cream cheese, caramelised onion, garlic, olive, cherry tomato, zaatar and sea salt

• Romesco 550
with plenty of fresh herbs, mozzarella, Emmanthal and rice pops

sandwiches, open toasts, pies

Grilled Alibaug Sandwich 400
Our popular Alibaug school grilled breakfast sandwich with cream cheese, roasted tomato, olive tapenade and basil

Quinoa chickpea burger 450
Chickpea, quinoa, swiss chard and olive burger with pistachio and feta spread, parmesan, lettuce and fresh tomato

Egyptian Baladi Pockets 475
Freshly baked Egyptian Baladi bread pockets with corn and quinoa kebabs, yoghurt cucumber and tahina sauce, fried aubergine, tomato, schug and fresh lettuce

Caponata Crostini 450
Crisp baked baguette slices topped with tomato, mustard, olive, onion and a whole lot of lemony rocket leaves

Kale and Mushroom Crostini 400
Open sourdough toasts with kale, roast mushroom, cherry tomato, cream cheese, mozzarella, chilli honey and extra virgin olive oil

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Mushroom Burgers 450

Lentil, mushroom and cracked wheat burger, rocket, cream cheese spread and grilled tomato

Add a slice of emmental cheese (worth it, we promise) 65

B'stilla 450

roast pumpkin, red chilli, spinach and feta baked in layers of buttery filo pastry, served hot from the oven

Grilled corn sandwich 400

Grilled corn sandwich with tahina, mozzarella, cream, sundried tomato, lime and lots of fresh herbs

baked on order

20 minutes preparation time

Tomato Aubergine crisp pastry 350

Tomato and aubergine on almond puff pastry served hot with caper, lime and fresh herb salsa

Portobello mushroom Crisp pastry 350

Portobello mushroom and kalamata olive on almond puff pastry served hot with caper, lime and fresh herb salsa

homemade wraps

Quinoa-lafel wrap 400

With quinoa-falafels, almond, carrot and chilli spread, pickled cucumber, arugula lettuce, lemon and cream chilli dressing

Egg and pickled aubergine wrap 400

With fried eggs, tahina, pickled onion, schug and pickled aubergine

cheese toasts

One of life's simple pleasures. We use our white potato loaves to make these wholesome sandwiches, served with our homemade crisps. Please choose a filling:

Emmental and cheddar	400
Cheddar, tomato and rocket lettuce	400
Feta, beetroot and mint or just feta	400
Gouda and schug (very, very hot)	400
Sourdough Bagel toast with cream cheese	400

salads

Warm beetroot and apple salad <i>Roast beetroot and apple, pan tossed with a date and sherry vinegar dressing, served warm on creamed feta and lemony wild rocket</i>	450
Burrito Bowl <i>Burrata with confit cherry tomato, olive chermoula served with garlic rubbed toasted sourdough bread</i>	500
Fresh leaf salad <i>Baby spinach, asparagus, romaine lettuce, date, almond, kalamata olives and pita chips tossed with sumac, lime and olive oil</i>	450
Barley and lentil salad <i>Barley and brown lentil with roasted cherry tomato, carrot, cucumber, blackcurrant and lots of fresh herbs in a creamy cashew dressing or a citrus olive oil dressing</i>	400
Knead Cafe salad <i>with soba noodles tossed in pesto, topped with fresh rocket in balsamic dressing, roasted cauliflower, cherry tomatoes, celery and hazelnut with lime & extra virgin olive oil</i>	450

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rice, couscous, pasta

Want something in particular? Gluten free pasta or your favorite sauce? Let us know what you like & we'd be happy to serve you.

Eggs Chatternee 550

a local Iraqi hot and sour spiced chutney with slow roasted eggs and served with mejadra, a lentil and brown onion pulao, homemade plantain chips

Japanese Katsu Curry 550

with crisp skewers of aubergine, zucchini and tofu served with steamed jasmine rice topped with stir fried green beans, sesame and spiced nuts

Fruity Pearl couscous 550

with almond and feta koftas, tomato tamarind sauce, stir fried pok choy

Pierogi 550

Crisp dumplings filled with yellow cheddar and potato and tossed in tomato chilli and orange glaze with caramelised onion and chives. Sour cream on the side

Slow cooked carnaroli 550

Carnaroli rice tomato risotto with caper, lime, slow roasted cherry tomato, chilli and feta

Pasta in pimienta crea 550

Pasta tossed in pimento cream with Parmesan, roast mushroom, spiced walnut and potato straws

sides

• Stir fried vegetables 425

• Garlic bread with mozzarella & truffle oil 400

• Sourdough toasts with butter and homemade seasonal jam 250

• Cream cheese 250

• Butter & homemade seasonal jam 75

• Freshly baked • Pita • Lavash • Crisps • Breads 75

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juices, smoothies, fruit sodas

Want something in particular? Ask for a list of today's fresh fruits.

Slow juiced fruit blended smoothies

Lawn tennis	280
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Green apple, Turkish cucumber, kale, spinach, celery and lime

Arpora	300
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Banana, blueberry and lime with yoghurt and cashew milk

Oasis	280
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Banana, date and tahini blended with cashew milk

Ma Cherie	300
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Cherry and chocolate with almond milk and chia

Mehico	350
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Avocado and mango blended with Greek yoghurt and almond milk

Pure juice blends (no sugar or sweeteners added)

Glow	275
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Carrot + orange + pineapple + thyme

Sunset point	275
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Strawberry + apple + cucumber + carrot

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Beats 275

Beetroot + apple + orange + spinach + cucumber + lime + salt

Verriberri 300

Mulberry + blueberry + carrot + apple + beetroot + lime

Moshe's favourite: Carrot + apple + orange 275

All freshly pressed with a little honey and ice

Fruit and herb sodas

Our fruit and herb sodas are made with fruit & herb syrups all made in-house

LLimonana 375

Mint + lemongrass + basil + lots of lime + Perrier

Verriberri 2 375

Cherry + mulberry + strawberry + lime + Perrier

Bee 2 bee 375

Hibiscus + rhododendron + lime + Perrier

Ratnagiri 375

Watermelon + Kokum + lime + Perrier

Replace Perrier with ginger ale

coffee

Cappuccino	150
Cortado	150
Macchiato	130
Americano (double shot)	150
Espresso single/double	110/130
Knead blend served in a French press	175
Latte	200
Mocha	225
Nitro Cold Brew	225
<i>Nitrogen infused cold brew with a light (less acidic) flavour and a creamy head (think Guinness beer). Served regular, chilled or slightly sweetened.</i>	
Belgian hot chocolate	325
Replace dairy milk with Almond milk	+80

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tea

with hot milk, if you'd like.

Brewed in a pot

Chamomile whole flowers	220
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Organic green tea leaves	200
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Earl Grey with bergamot	220
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In tea mugs

Rooibos	180
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Japanese Sencha green tea	220
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Moroccan Mint	180
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Korakundah Green tea	180
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Assam	180
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Freshly cooked masala chai	180
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Made fresh. Please note: this tea cannot be made with almond/soy milk

Our overnight infused lemon and mint iced tea	250
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soda & water

Diet Coke or Coke	100
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Mineral water	100
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Our water is very safe to drink. It comes from the BMC and is then filtered by us.

cakes and desserts

Lemon passionfruit spiral	275
Chocolate cream pots	275
<i>Madagascar chocolate cream pots, black cherry, mascarpone cream (eggless)</i>	
Apple & cranberry galette	275
<i>with orange caramel sauce (eggless)</i>	
Chocolate blackout cake	325
New York style baked cheesecake	375
Strawberry shortcake with yoghurt cream	275
Chocolate ganache & raspberry cheesecake	350
<i>Double chocolate ganache and raspberry cheesecake (eggless)</i>	
Chocolate, prune & fudge tart	275
Vegan dark chocolate pie in a honeyed oat crust	220
Carrot and blackcurrant cake with cream cheese frosting	325
Fresh plum cake with marzipan	275
<i>Optional scoop of vanilla ice cream (recommended)</i>	65

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Fudgy cream cheese brownies TDF	275
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Pistachio, almond and cranberry baklava	325
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Add a scoop of vanilla ice cream	65
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tea cakes and viennoiseries

Chocolate and salted caramel bars	175
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Coconut banana slice	175
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Asli mawa cake	110
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Blueberry streusel bars with lemon cream	175
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French butter croissants	130
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Baba traditional date and sesame cookie	165
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