

## EGGS

*Choice of toast: health, white, rye*

**The Classic** R110

2 eggs, bacon / macon, cherry tomatoes, toast

**The Englishman** R160

2 fried or scrambled eggs, bacon / macon, beef sausage, mushroom, tomato, baked beans, toast

**The Italian** R165

2 eggs, Parmesan, napoletana, Italian sausage (contains beef & pork), mushrooms, cherry tomatoes, basil, toast

**Mr Bennie** R150

2 poached eggs, bacon, spinach, hollandaise sauce, English muffin +R60 salmon instead of bacon

**Cheese & Mushroom Omelette (v)** R125

3-egg omelette, cheddar cheese, grilled mushrooms, chives, toast

**The Newbie (v)** R150

2 poached eggs, grilled halloumi, grilled mushrooms, sautéed spinach, cherry tomatoes, toast

**Saucy Salsa (v)** R130

2 poached eggs, guacamole, coriander, red onion, pickled jalapeno & tomato salsa on toast

**Breakfast Bagel** R140

Fried egg, bacon/macon, fresh tomato, rocket, basil pesto

**Vegan "Fry Up" (ve)** R130

Sautéed spinach & onion, mushroom, tomato, vegan sausage, baked beans, avocado\*, toast

## LIGHT START

**Avocado on Toast (ve)** R120

avo\*, chimichurri tomatoes, chilli flakes, mixed herbs, served on your choice of toast

**Smoked Salmon Bagel** R175

smoked salmon, smashed avo\*, crème fraîche, cucumber, red onion, bagel

**Classic Oats (v)** R70

prepared with milk, cinnamon & vanilla

**Tropical Breakfast (v)** R150

papaya, yoghurt, passionfruit compote, toasted almonds, sunflower & pumpkin seeds



## BREAKFAST MENU

### PASTRIES & THINGS

**Halva Flapjack Stack (v)** R125

Maple-tahini sauce, berry compote, banana, berries, creme fraiche topped with toasted sesame seeds and served with maple syrup

**Mini Croissants (v)** R120

with cheese, butter & jam

**Mini Scones (v)** R85

with jam, butter & whipped cream

**Vegan Banana Bread (ve)** R95

with peanut butter & jam

### SMOOTHIES

**Vegan Berry (ve)** R85

banana, frozen berries, peanut butter, cinnamon, almond milk, maple syrup

**Babalas Buster (v)** R70

banana, peanut butter, honey

**Green Monster (v)** R70

avo\*, spinach, pineapple, coconut milk, honey, lemon

**Tropical Turmeric (v)** R70

banana, mango, pineapple, coconut, turmeric, honey, ice

### SLUSHIES

R55

Cucumber, apple, mint | Pineapple, jalapeno, cucumber | Rose, cucumber, lemon | Berry, lemon, mint

## COLD DRINKS

**Freshly Squeezed Juice** R48

fresh apple | orange & carrot | orange & pineapple apple, mint & spinach | extra ginger + R25

**Tizers** R48

**BOS Iced Tea** R48

**Soft Drinks** R34

**Local still and sparkling water**

350ml R32 | 750ml R58

**Imported Water** R98

Acqua Panna 750ml | San Pellegrino 750ml

## HOT DRINKS

*Almond milk / Soy milk + R10*

**Espresso** R34

**Americano** R38

**NOVA Cappuccino** R42

**Rooibos Cappuccino** R44

**Nutella Cappuccino** R54

espresso, frothed milk & a dollop of nutella

**Condensed Milk Coffee** R42

condensed milk topped with strong black coffee

**Mochaccino** R48

**Caffé Latte** R44

**Rooibos Latte** R44

**Chai Latte** R48

**Matcha Latte** R48

**Hazelnut Latte** R48

**Vanilla Latte** R48

## ICED DRINKS

*Almond milk / Soy milk + R10*

**Iced Caffé Latte** R42

**Iced Rooibos Latte** R42

**Frozen Spiced Chai** R58

**Coffee Freezo** R65

**Chocolate Freezo** R70

**Frozen Nutella Cappuccino** R55

**Sunrise Suzie** R55

black coffee, fresh orange juice, ice

*\*Items subject to availability. | Our kitchen makes use of alcohol, pork products, nut and seed ingredients. Substitutions may be charged for. | (v) - vegetarian | (ve) - vegan*