

EGGS

Choice of toast: health, white, rye

The Classic R120

2 eggs, bacon / macon, cherry tomatoes, toast

The Englishman R165

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 +R85 salmon instead of bacon

Cheese & Mushroom Omelette (v) R125

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

The Newbie (v) R155

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 R145

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

Vegan "Fry Up" (ve) R150

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) R95

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) R130

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

Mini Croissants (v) R125

with cheese, butter & jam

Mini Scones (v) R95

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) R75

banana, peanut butter, honey

Green Monster (v) R75

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

Tropical Turmeric (v) R75

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 R70

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

Tizers R52

BOS Iced Tea R52

Soft Drinks R35

Local still and sparkling water

350ml R34 | 750ml R60

Imported Water R110

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 R64

condensed milk topped with strong black coffee

Mochaccino R48

Caffé Latte R44

Rooibos Latte R44

Chai Latte R48

Matcha Latte R48

Hazelnut Latte R52

Vanilla Latte R48

ICED DRINKS

Almond milk / Soy milk + R10

Iced Caffé Latte R44

Iced Rooibos Latte R44

Frozen Spiced Chai R65

Coffee Freezo R70

Chocolate Freezo R85

Frozen Nutella Cappuccino R65

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*