



something light

| | |
|---|-----|
| SUPERFOOD SMOOTHIE BOWL | 155 |
| mixed berries, banana, goji berries, chia seeds, almond milk, seed mix, granola | |
| SPICED POACHED PEAR BIRCHER | 135 |
| steel cut oats, cinnamon, yoghurt, strawberries, coconut | |
| YOGHURT & GRANOLA BOWL | 145 |
| grilled peaches, cinnamon yoghurt, blueberry compote, cocoa nibs | |
| HOUSE BANANA BREAD | 105 |
| espresso butter, fresh strawberry | |

eggs

FRIED | POACHED | SCRAMBLED | OMELETTE
with a choice of sourdough or brioche | 72

SIDES

| | | | |
|------------------------|----|---------------------|----|
| avocado | 48 | streaky bacon | 58 |
| tomatoes | 28 | grilled halloumi | 55 |
| sautéed spinach | 42 | breakfast boerewors | 55 |
| butter thyme mushrooms | 55 | smoked salmon trout | 82 |
| house made hash browns | 45 | spicy baked beans | 50 |

CARNI BIG BREAKFAST 175
eggs as you like, bacon, sausage, mushrooms
baked beans, sourdough

VEGGIE BIG BREAKFAST 165
eggs as you like, spinach, roast tomato,
mushrooms, baked beans, halloumi,
sourdough

benedicts

| | |
|--|-----|
| ROYALE | 215 |
| salmon cream cheese roulade, avo, asparagus, lemon hollandaise, brioche | |
| THICK CUT BACON | 175 |
| poached eggs, hollandaise, english muffin | |
| FLORENTINE | 145 |
| sautéed spinach, poached eggs, hollandaise, english muffin | |
| FRIED CHICKEN | 195 |
| buttermilk fried chicken, poached eggs, pickles, hot sauce hollandaise, brioche | |

favourites

| | |
|---|---------|
| TURKISH EGGS | 195 |
| labneh, dukkah, red & green pesto, hummus, chopped salad, chilli butter fried eggs, pita | |
| SALMON ROSTI | 215 |
| potato rosti, zucchini, avo, smoked salmon, capers, basil creme, poached eggs | |
| SHAKSHUKA | 165 |
| spicy tomato sauce, feta, poached eggs, za'atar crouts, coriander yoghurt, sourdough <i>*please allow extra time to prepare this dish</i> | |
| BREAKFAST BRUSCHETTA | 185 |
| bacon, tomato, avo & red onion salsa, pesto, balsamic reduction, poached eggs, sourdough | |
| BACON & EGG BUN | 120/165 |
| bacon, emmental, chilli mayo, fried egg, brioche bun | |
| SMASHED AVO TOAST | 155 |
| beetroot puree, tomato, feta, pepitas, pesto, sourdough | |
| AUSSIE SCRAMBLED EGGS | 120 |
| chilli, chives, feta, spring onion, sourdough | |
| EGG WHITE OMELETTE | 185 |
| tomato coriander salsa, beans, roasted corn, jalapeños, avo, sourdough | |
| QUINOA BOWL | 175 |
| chilli broccoli, herbed quinoa, halloumi, shredded kale, avo, za'atar, poached eggs | |
| BREAKFAST BURGER | 205 |
| beef patty, bacon, emmental, jalapeño relish, chilli mayo, onion rings, fried egg, chives, fries | |
| OPEN SALMON BAGEL | 205 |
| scallion cream cheese, capers, pickled red onion, avocado, chive scrambled egg | |
| HUEVOS RANCHEROS | 185 |
| spicy bean & tomato sauce, queso fresco, crispy tortilla, tomato coriander salsa, avo, fried eggs | |
| MUSHROOMS ON TOAST | 175 |
| roasted mushroom, mushroom ragu, brioche, chimichurri, rocket parmesan salad, poached eggs | |



all day lunch

| | | | |
|--|-----|---|-----|
| GYROS BOWL | 210 | HALLOUMI WRAP | 175 |
| marinated chicken skewers, hummus, tzatziki, chopped salad, pita | | roasted quinoa, cherry tomatoes, chilli honey halloumi, mushrooms, sundried tomato, pesto hummus | |
| PESTO PAPPARDELLE | 185 | OPEN BURRATA SANDWICH | 225 |
| roasted cherry tomatoes, pine nuts, parmesan | | garlic sourdough, heirloom tomatoes, pickled red onion, basil, lemon, evoo | |
| WAGYU CHEESEBURGER | 225 | CHICKEN CAESAR SALAD | 195 |
| american cheese, diced onion, pickles, ketchup, mayo with fries or salad | | cos lettuce, croutons, parmesan, anchovies, boiled egg | |
| BMF CHICKEN BURGER | 185 | TUNA NICOISE SALAD | 205 |
| shredded iceberg, red onion, tomato, mayo with fries or salad | | green beans, new potatoes, olives, boiled egg, tomato, pesto dressing | |
| SCHNITZEL BAGEL | 165 | SUPER FOOD SALAD | 175 |
| shredded lettuce, pickled red onion, emmental, chilli mayo with crisps | | avo, carrot, spinach, rocket, chimichurri quinoa, almonds, black sesame, parmesan, spring onion, house dressing | |
| NY REUBEN SANDWICH | 235 | GREENS SALAD | 155 |
| sourdough, double portion pastrami, sauerkraut, emmental, mustard, dill pickle with crisps | | butter lettuce, cucumber, marinated feta, avo, seed and nut sprinkles, honey mustard vinaigrette | |
| BMF CHICKEN WRAP | 185 | | |
| avo, lettuce, tomato, red onion, dill mayo with fries or salad | | | |

sweets

| | | | |
|---|-----|---|-----|
| JARRYDS LOTUS PANCAKE STACK | 210 | CHEESECAKE FRENCH TOAST | 215 |
| lotus biscoff spread, crushed biscuits, maple syrup, vanilla bean ice cream | | cinnamon sugar brioche, tennis biscuit crumb, cheesecake mousse | |
| AMERICAN FLAPJACK STACK | 185 | BELGIAN WAFFLES | 185 |
| maple syrup, farm butter, seasonal fruit | | hazelnut chocolate cream, sweet ricotta, fresh strawberries | |
| CLASSIC PANCAKE STACK | 185 | | |
| vanilla creme, brûlée banana, caramel popcorn, maple syrup, strawberries, ice cream | | | |

d r i n k s

S

D

R

B

B

L

L

A

L

L

L

coffee

| | |
|--------------------------------|-------|
| ESPRESSO | 36 |
| MACCHIATO | 36 |
| PICCOLO LATTE | 36 |
| CORTADO | 40/48 |
| CAPPUCCINO | 40/48 |
| FLAT WHITE | 40/48 |
| LATTE | 40/48 |
| AMERICANO | 40/48 |
| RED CAPPUCCINO | 42/50 |
| COCONUT CHAI LATTE | 42/50 |
| HOT CHOCOLATE | 48/58 |
| MOCHA | 52/60 |
| + shot | 9 |
| + decaf | 9 |
| + alternative milks | 10 |
| <i>almond soy oat milk</i> | |

specialties

| | |
|------------|----|
| MAGIC | 48 |
| AFFOGATO | 62 |
| ICED LATTE | 58 |
| ICED MOCHA | 72 |

teas (all 32)

5 ROSES | EARL GREY | ROOIBOS
GREEN | PEPPERMINT | CHAMOMILE

milkshakes

| | |
|----------------|----|
| SNICKERS | 85 |
| ICED COFFEE | 85 |
| SALTED CARAMEL | 85 |
| VANILLA BEAN | 85 |

juices (all 70)

/ MIXED CITRUS

/ CARROT, APPLE, GRAPEFRUIT & GINGER

/ APPLE, PINEAPPLE, COCONUT & LIME

/ PEAR, SPINACH, CELERY, LEMON & MINT

MAKE YOUR OWN

choose any 3 : orange | apple | pear | carrot
watermelon | pineapple | lemon | celery |
beetroot

+ ginger for an extra boost (20)

smoothies

| | |
|--|----|
| BERRY | 85 |
| mixed berries, banana, chia seeds, oat milk, protein powder | |
| GREEN | 94 |
| spinach, avo, banana, pineapple, lemon | |
| CASHEW & COCONUT | 95 |
| almond & cashew butter, coconut oil, banana, dates, almond milk, vanilla, cinnamon, nutmeg, cloves | |

power shots

| | |
|--|----|
| PROTECTOR | 40 |
| ginger, honey, lemon | |
| BOOSTER | 40 |
| lemon, turmeric, cayenne, apple cider vinegar | |

soft drinks

| | |
|---------------|----|
| mineral water | |
| s.pellegrino | 62 |
| acqua panna | 62 |
| soft drinks | 38 |
| iced tea | 42 |
| rock shandy | 60 |



cocktails

SPICY MARGARITA | 125

patron silver, cointreau, lime juice, jalapeño

ESPRESSO MARTINI | 135

grey goose, rosetta espresso, vanilla

ELDERFLOWER FIZZ | 125

martini fiero, elderflower, martini prosecco

PORN STAR MARTINI | 155

grey goose, passion fruit, vanilla,
martini prosecco

MIMOSA | 105

martini prosecco, orange juice
**make them bottomless (450)*

JARRYD'S MOJITO | 130

bacardi carta blanca, lime juice,
simple syrup, mint

COSMOPOLITAN | 135

grey goose, cointreau,
cranberry juice, lime juice

GIN BLOSSOM | 130

woodstock gin, elder flower, lime,
cucumber, mint

IRISH COFFEE | 125

bushmills, fresh cream, coffee

wines

WHITE

| | |
|---|---------|
| durbanville hills collectors reserve chardonnay | 75/280 |
| durbanville hills collectors reserve chenin blanc | 75/280 |
| iona sauvignon blanc | 105/390 |

ROSÉ

| | |
|------------------------------------|--------|
| nederburg wine master reserve rosé | 70/270 |
|------------------------------------|--------|

RED

| | |
|---|---------|
| durbanville hills collectors reserve merlot | 85/320 |
| kaapzicht bottelary hills red blend | 95/360 |
| raka biography shiraz | 105/390 |

beers

| | |
|------------------|----|
| heineken | 55 |
| heineken 0.0 | 50 |
| heineken silver | 50 |
| windhoek lager | 55 |
| windhoek draught | 55 |
| savanna dry | 50 |
| savanna light | 50 |
| corona | 60 |

ON TAP

| | |
|------------------|-------|
| windhoek draught | 45/65 |
| heineken | 45/65 |