

# JARRYDS

Brunch & Bistro

## fresh

**SUPERFOOD SMOOTHIE BOWL** 138  
mixed berries, banana, goji berries, chia seeds, almond milk, seed mix, granola

**SPICED POACHED PEAR BIRCHER** 125  
steel cut oats, cinnamon, yoghurt, strawberries, coconut

**YOGHURT & GRANOLA CUP** 135  
grilled peaches, cinnamon yoghurt, blueberry compote, cocoa nibs

## one pan breakfasts

**CARNI** 155  
eggs as you like, bacon, sausage, mushrooms, baked beans, sourdough

**VEGGIE** 145  
eggs as you like, spinach, roast tomato, mushrooms, baked beans, halloumi, sourdough

## benedicts

**ROYALE** 185  
salmon cream cheese roulade, avo, asparagus, lemon hollandaise, brioche

**THICK CUT BACON** 145  
poached eggs, hollandaise, english muffin

**FLORENTINE** 135  
sautéed spinach, poached eggs, hollandaise, english muffin

**FRIED CHICKEN** 175  
buttermilk fried chicken, poached eggs, pickles, hot sauce hollandaise, brioche

## eggs

**FRIED | POACHED | SCRAMBLED | OMELETTE** 65  
with a choice of sourdough or brioche

### SIDES

avocado - 45

tomatoes - 25

sautéed spinach - 35

butter thyme mushrooms - 48

house made hash browns - 42

streaky bacon - 48

grilled halloumi - 52

breakfast boerewors - 50

smoked salmon trout - 65

spicy baked beans - 48

## favourites

**TURKISH EGGS** 165  
labneh, dukkah, red & green pesto, hummus, chopped salad, chilli butter fried eggs, pita

**SALMON ROSTI** 175  
potato rosti, zucchini, avo, smoked salmon, capers, basil creme, poached eggs

**SHAKSHUKA** 145  
spicy tomato sauce, feta, poached eggs, za'atar crouts, coriander yoghurt, sourdough  
*\* please allow extra time to prepare this dish*

**BREAKFAST BRUSCHETTA** 170  
bacon, tomato, avo & red onion salsa, pesto, balsamic reduction, poached eggs, sourdough

**BACON & EGG BUN** 105/140  
bacon, emmental, chilli mayo, fried egg, brioche bun

**SMASHED AVO TOAST** 145  
beetroot purée, tomato, feta, pepitas, pesto, sourdough

**AUSSIE SCRAMBLED EGGS** 110  
chilli, chives, feta, spring onion, sourdough

**EGG WHITE OMELETTE** 175  
tomato coriander salsa, beans, roasted corn, jalapeños & avo, sourdough

**QUINOA BOWL** 155  
chilli broccoli, herbed quinoa, halloumi, shredded kale, avo, za'atar, poached eggs

**BREAKFAST BURGER** 185  
beef patty, bacon, emmental, jalapeño relish, chilli mayo, onion rings, fried egg, chives, fries

**JARRYDS NOT MCMUFFIN** 115  
sausage patty, american cheese, spicy bbq sauce, fried egg

**FRENCH OMELETTE** 165  
wild mushrooms, boursin style cream cheese, thyme, chives, butter, sourdough

# bistro

<b>STEAK AU POIVRE</b> peppercorn cream jus, pomme frites	255
<b>CHICKEN PARM</b> napoletana, fior di latte, rocket, parmesan salad	225
<b>GYROS BOWL</b> marinated chicken skewers, hummus, tzatziki, chopped salad, pita	185
<b>ENGLISH FISH &amp; CHIPS</b> mushy peas, tartare sauce	185
<b>FRENCH ONION STEAK SANDWICH</b> fillet steak, lyonnaise onions, gruyere, horseradish mayo, fresh baguette	210
<b>PESTO PASTA</b> roasted cherry tomatoes, pine nuts, parmesan	165
<b>PREGO ROLL</b> chicken or fillet, house prego sauce, red onion, aioli with fries	155/195

# salads

<b>CHICKEN CAESAR</b> cos lettuce, croutons, parmesan, anchovies, boiled egg	165
<b>TUNA NICOISE</b> green beans, new potatoes, olives, boiled egg, tomato, pesto dressing	185
<b>SUPER FOOD</b> avo, carrot, spinach, rocket, chimichurri quinoa, almonds, black sesame, parmesan, spring onion, house dressing	155
<b>GREENS</b> butter lettuce, cucumber, marinated feta, avo, seed and nut sprinkles, honey mustard vinaigrette	135

# burgers, sandwiches & wraps

<b>WAGYU CHEESEBURGER</b> american cheese, diced onion, pickles, ketchup, mustard with fries or salad	210
<b>BMF CHICKEN BURGER</b> shredded iceberg, red onion, tomato, mayo with fries or salad	165
<b>SMOKED SALMON BAGEL</b> herbed cream cheese, capers, dressed greens, pickled red onion, lemon vinaigrette	165
<b>SCHNITZEL BAGEL</b> shredded lettuce, pickled red onion, emmental, chilli mayo with crisps	150
<b>B.L.A.T</b> sourdough, bacon, lettuce, avo, tomato, garlic aioli with crisps	145
<b>NY REUBEN SANDWICH</b> sourdough, double portion pastrami, sauerkraut, emmental, mustard, dill pickle with crisps	195
<b>BMF CHICKEN WRAP</b> avo, lettuce, tomato, red onion, dill mayo with fries or salad	165
<b>FALAFEL WRAP</b> hummus, pickled cabbage, chopped salad, sumac onions, tahini with fries or salad	155

PLEASE INFORM YOUR WAITER

*if you have any allergens or dietary requirements that we should be aware of before ordering. There are traces of nuts, wheat and dairy present in our kitchen.*

# sweet

<b>HOUSE BANANA BREAD</b> espresso butter, fresh strawberry	95	<b>DUTCH BABY</b> caramelised banana, butterscotch, cultured creme, toasted hazelnut praline	195
<b>JARRYDS LOTUS PANCAKE STACK</b> lotus biscuits, spread, maple syrup, vanilla bean ice cream	185	<b>CREME BRÛLÉE FRENCH TOAST</b> brioche, creme patisserie, lemon curd	195
<b>AMERICAN FLAPJACK STACK</b> maple syrup, farm butter, seasonal fruit	165	<b>BELGIAN WAFFLES</b> hazelnut chocolate, fresh strawberry, italian meringue	155

# JARRYDS

*Brunch & Bistro*

## coffee

ESPRESSO	34
MACCHIATO	34
PICCOLO LATTE	34
CORTADO	38/46
CAPPUCCINO	38/46
FLAT WHITE	38/46
LATTE	38/46
AMERICANO	38/46
RED CAPPUCCINO	38/46
COCONUT CHAI LATTE	38/46
HOT CHOCOLATE	42/50
MOCHA	45/55
+ shot	9
+ decaf	9
+ alternative milks	10
<i>almond   soy   oat milk</i>	

## specialties

MAGIC	46
AFFOGATO	58
ICED LATTE	55
ICED MOCHA	70

## teas (all 30)

5 ROSES | EARL GREY | ROOIBOS  
GREEN MINT | CHAMOMILE

## milkshakes (all 85)

SNICKERS | ICED COFFEE  
SALTED CARAMEL | VANILLA BEAN

## smoothies

<b>BERRY</b>	88
mixed berries, banana, chia seeds, oat milk, protein powder	
<b>GREEN</b>	92
spinach, avo, banana, pineapple, lemon	
<b>CASHEW &amp; COCONUT</b>	95
almond & cashew butter, coconut oil, banana, dates, almond milk, vanilla, cinnamon, nutmeg, cloves	

## power shots

<b>PROTECTOR</b>	40
ginger, honey, lemon	
<b>BOOSTER</b>	40
lemon, tumeric, cayenne, apple cider vinegar	

# juices (all 65)

/ 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 (15)

# cocktails

<b>CLASSIC MARGARITA</b>	105
1800 blanco, cointreau, lime	
<b>ESPRESSO MARTINI</b>	125
grey goose, rosetta espresso, vanilla	
<b>ELDERFLOWER FIZZ</b>	105
martini fiero, elderflower, martini prosecco	
<b>PORNSTAR MARTINI</b>	135
grey goose, passionfruit, vanilla, martini prosecco	
<b>MANGO BELLINI</b>	105
mango, martini prosecco	
<b>MIMOSA</b>	95
martini prosecco, orange juice <i>* make them bottomless (425)</i>	

# wines

/ BROOKDALE 'MASON ROAD' CHENIN BLANC	60/230
/ BOSCHKLOOF CHARDONNAY	60/230
/ BROOKDALE 'MASON ROAD' ROSÉ	60/230
/ BROOKDALE 'MASON ROAD' SYRAH	70/275
/ DASCHBOSCH MERLOT	60/230

# beers

HEINEKEN	50
CASTLE LIGHT	45
SAVANNA DRY	45
CORONA	60

## ON TAP

DEVIL'S PEAK LAGER	40/60
DEVIL'S PEAK LITE	42/62

# soft drinks

<b>MINERAL WATER</b>	
S.PELLEGRINO	58
ACQUA PANNA	58
<b>SOFT DRINKS</b>	35
HOUSE ICED TEA	35
ROCK SHANDY	55
TISERS	40