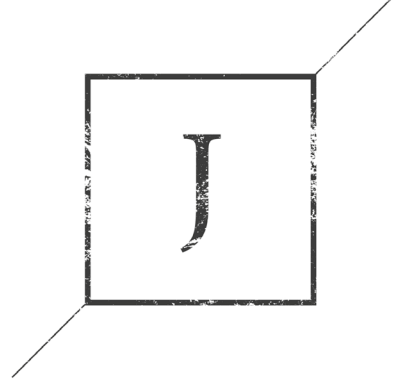

ABOUT OUR PRODUCE

Our eggs are free range & dairy free.
Our alternative milks are sourced from Milk Lab.
Our dairy is all locally sourced from Fair Cape Milk.
Our blend is co-roasted exclusively for us by Rosetta Roastery. Our packaging is biodegradable, compostable & recyclable.
Our meat, poultry, cold cuts & sausages are free range & grass fed.



LIGHT

HOT OATS (75)

steel cut oats, whole milk, crushed mixed nuts & berry compote

BIRCHER (95)

steel cut oats, cinnamon, yoghurt, tumeric & ginger poached pear, strawberries & coconut

SUPERFOOD SMOOTHIE BOWL (95)

mixed berries, banana, goji berries, chia seeds, almond milk, seed mix & granola

YOGHURT & GRANOLA (105)

seasonal fruit, vanilla mint yoghurt & house granola

EGGS & SIDES

EGGS & TOAST (50)

poached, fried, scrambled or omelette

CARNI (135)

eggs as you like, bacon, sausage, mushrooms, baked beans & toast

VEGGIE (125)

eggs as you like, spinach, roast tomato, mushrooms, baked beans, halloumi & toast

MEXICAN EGG WHITE OMELETTE (135)

tomato coriander salsa, beans, roasted corn, jalapeños & avo

CALI OMELETTE (110)

red onion, peppers, feta, olives, cherry tomatoes, potato & rocket

AUSSIE SCRAMBLED EGGS (85)

chilli, chives, feta, spring onion & sourdough

AVO - 35

CHORIZO - 50

DANISH FETA - 30

SAUTÉED SPINACH - 25

SPICY BAKED BEANS - 35

GRILLED HALLOUMI - 38

BEEF MINCE - 45

STREAKY BACON - 38

BREAKFAST SAUSAGE - 40

SMOKED SALMON TROUT - 58

BUTTER THYME MUSHROOMS - 40

HOUSE MADE HASH BROWNS - 35

BENEDICTS

BACON (120)

SALMON (135)

SPINACH & MUSHROOM (110)

ROYALE (155)

salmon cream cheese roulade, avo, asparagus & lemon hollandaise

MEXICAN (125)

spicy baked beans, guac, chorizo, cherry tomato & chipotle hollandaise

REUBEN (145)

pastrami, sauerkraut, pickles, cheese croquettes & wholegrain mustard hollandaise

FRIED CHICKEN (145)

buttermilk fried chicken, pickles & hot sauce hollandaise

JARRYDS FAVOURITES

MUSHROOMS ON TOAST (135)

roasted brown mushroom, mushroom ragout, brioche, chimichurri, rocket parmesan salad & poached egg

QUINOA BOWL (125)

chilli broccoli, herbed quinoa, halloumi, crispy kale, avo, za'atar & poached eggs

TURKISH EGGS (125)

labneh, dukkah, red & green pesto, hummus, chopped salad, pita & chilli butter fried eggs

SALMON ROSTI (145)

potato rosti, zucchini, avo, smoked salmon, capers, basil creme & poached eggs

BACON POTATO CAKE (115)

spring onion potato cake, mushroom ragout & poached eggs

SMASHED AVO (115)

beetroot purée, tomato, feta, pepitas & pesto

BACON & EGG BUN (80/115)

bacon, emmental, chilli mayo & fried egg

BREAKFAST BRUSCHETTA (140)

bacon, avo salsa, pesto, balsamic reduction, sourdough & poached eggs

HUEVOS RANCHEROS (130)

spicy tomato sauce, beans, queso fresco, crispy tortilla, tomato coriander salsa, avo & fried eggs

SHAKSHOUKA (110)

spicy tomato sauce, feta, eggs, za'atar crouts & coriander yoghurt

*** please allow extra time to prepare this dish ***

SALADS

CAESAR SALAD (105)

cos lettuce, croutons, parmesan, anchovies & boiled egg

GRILLED CHICKEN SALAD (130)

peri-peri chicken, gem lettuce, avo, cucumber, tomato, red onion & feta

MEDITERRANEAN BOWL (125)

sumac chicken, hummus, tzatziki, chopped salad, olives, feta & pita

SUPERFOOD SALAD (115)

avo, carrot, spinach, rocket, chimichurri quinoa, almonds, black sesame, parmesan & spring onion

FATTOUSH BOWL (95)

halloumi, lettuce, cabbage, onions, tomato, cucumber, radish, hummus & pita crisps

+ marinated grilled chicken (45)

+ grilled halloumi (38)

+ streaky bacon (38)

BURGERS

served with a choice of fries or salad

BREAKFAST BURGER (135)

beef patty, bacon, emmental, jalapeño relish, chilli mayo, onion rings & fried egg

OLD SCHOOL CHEESEBURGER (125)

smashed beef patty, cheddar, onions, pickles, ketchup & mustard

FRIED CHICKEN BURGER (125)

buttermilk fried chicken, iceberg, tomato, onion & mayo

BONDI BURGER (120)

grilled chicken breast, chilli, cheddar, iceberg & mayo

VEGGIE BURGER (115)

halloumi, mushroom, spinach, beetroot & dill aioli

BAGELS & BREAD

BREAKFAST BAGEL (70)

scrambled egg, tomato, rocket & scallion schmeer
* add smoked salmon trout (58)

CLUB SANDWICH (125)

chicken mayo, bacon, lettuce, tomato, boiled egg, russian dressing & fries

CHICKEN MAYO BAGEL (85)

pickles, red onion & chives

REUBEN SANDWICH (105)

pastrami, sauerkraut, emmental, dill pickle & russian dressing

CHICKEN SCHNITZEL BAGEL (98)

emmental, shredded lettuce & chilli mayo

SMOKED SALMON BAGEL (105)

scallion schmeer, red onion, capers & rocket

CLASSIC CHICKEN WRAP (115)

buttermilk fried chicken, avo, lettuce, tomato, red onion, fries & lemon black pepper mayo

SWEETS

BANANA BREAD (75)

espresso butter, strawberry & mint

BRIOCHE FRENCH TOAST (120)

lemon ricotta, berry compote & pecan nut praline

CLASSIC PANCAKE STACK (115)

vanilla creme, brûlée banana, caramel popcorn, maple syrup, strawberries & ice cream

LOTUS PANCAKE STACK (145)

biscoff spread, lotus biscuits, cheesecake mousse, vanilla bean, ice cream, strawberries & citrus

COFFEE

ESPRESSO	28
MACCHIATO	28
PICCOLO LATTE	28
CORTADO	32/39
CAPPUCCINO	32/39
FLAT WHITE	32/39
LATTE	32/39
AMERICANO	32/39
ICED LATTE	32/39
RED CAPPUCCINO	32/39
COCONUT CHAI LATTE	32/39
MOCHA	38/45
HOT CHOCOLATE	35/42

(make it iced for the same price)

+ shot (7)
+ decaf (7)
+ alternative milks (8)
* almond / soy / oat milk

SPECIALTIES

MAGIC	35
SHAKEN ICED LATTE	45
AFFOGATO	40

TEA PLEASE / ALL (25)

5 roses / earl grey / rooibos / green mint / chamomile

SHAKES / ALL (70)

snickers / iced coffee / salted caramel / vanilla bean

SMOOTHIES

BERRY (70)
mixed berries, banana, chia seeds, oat milk & protein powder

GREEN (75)
spinach, avo, banana, pineapple & lemon

CASHEW & COCONUT (75)
almond & cashew butter, coconut oil, banana, dates, almond milk, vanilla, cinnamon, nutmeg & cloves

OUR JUICES / ALL (55)

MIXED CITRUS
CARROT, APPLE, GRAPEFRUIT & GINGER
APPLE, PINEAPPLE, COCONUT & LIME
PEAR, SPINACH, CELERY, LEMON & MINT

MAKE YOUR OWN (50)

choose any 3: orange / apple / pear / carrot
waterlemon / pineapple / lemon / celery / beetroot

+ ginger for an extra boost (15)

POWER SHOTS / ALL (30)

PROTECTOR
ginger, honey & lemon

BOOSTER
lemon, tumeric, cayenne & apple cider vinegar

COCKTAILS

BLOODY MARY (100)
vodka, tomato, celery, worcestershire & tabasco

MIMOSA (85)
martini prosecco & orange juice
* make them bottomless (350)

CLOUDY APPLE (95)
bombay sapphire, apple, lime, elderflower, mint & cucumber

WATERMELON TONIC (100)
bombay sapphire, watermelon, mint & tonic

CAIPIRINHA (95)
do tulha, lime & sugar

BASIL SMASH (90)
bombay sapphire, lemon, raspberry & basil

WINES

MORGENSTER ROSE	65/215
GIANT PERIWIKLE SAV BLANC	85/290
FAIRVIEW CHENIN BLANC	70/240

IDIOM HERITAGE ROSSO	65/220
ARCANGELI PELLEGRINI MERLOT	75/260

BEERS

HEINEKEN	32
CASTLE LIGHT	30
SAVANNA DRY	36
CBC LAGER	35
CORONA	50
PERONI	45

ON TAP

DEVILS PEAK LAGER	30/50
DEVILS PEAK LIGHT	32/55

ASK YOUR WAITER FOR SPIRITS & MIXERS

SOFT DRINKS

MINERAL WATER	45
SOFT DRINKS	25
HOUSE ICED TEA	38
ROCK SHANDY	38
TISERS	28