

LIGHT

HOT OATS (80)

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

BIRCHER (98)

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

SUPERFOOD SMOOTHIE BOWL (120)

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

YOGHURT & GRANOLA (115)

seasonal fruit, vanilla mint yoghurt & house granola

EGGS & SIDES

EGGS & TOAST (55)

poached, fried, scrambled or omelette

CARNI (135)

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

VEGGIE (135)

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

MEXICAN EGG WHITE OMELETTE (145)

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

CALI OMELETTE (110)

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

AUSSIE SCRAMBLED EGGS (90)

chilli, chives, feta, spring onion & sourdough

AVO - 40

CHORIZO - 55

DANISH FETA - 35

SAUTÉED SPINACH - 30

SPICY BAKED BEANS - 38

GRILLED HALLOUMI - 42

BEEF MINCE - 45

STREAKY BACON - 45

BREAKFAST SAUSAGE - 45

SMOKED SALMON TROUT - 58

BUTTER THYME MUSHROOMS - 40

HOUSE MADE HASH BROWNS - 35

BENEDICTS

BACON (130)

SALMON (140)

SPINACH & MUSHROOM (120)

ROYALE (145)

salmon cream cheese roulade, avo, asparagus & lemon hollandaise

MEXICAN (135)

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

REUBEN (155)

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

FRIED CHICKEN (155)

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 (130)

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

TURKISH EGGS (135)

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

SALMON ROSTI (155)

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

BACON POTATO CAKE (125)

spring onion potato cake, mushroom ragout & poached eggs

SMASHED AVO (120)

beetroot purée, tomato, feta, pepitas & pesto

BACON & EGG BUN (90/120)

bacon, emmental, chilli mayo & fried egg

BREAKFAST BRUSCHETTA (155)

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

HUEVOS RANCHEROS (135)

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

SHAKSHOUKA (115)

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

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

SALADS

CAESAR SALAD (110)

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 (120)

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

FATTOUSH BOWL (105)

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

+ marinated grilled chicken (55)
+ grilled halloumi (38)
+ streaky bacon (38)

BURGERS

served with a choice of fries or salad

BREAKFAST BURGER (145)

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

OLD SCHOOL CHEESEBURGER (130)

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

FRIED CHICKEN BURGER (130)

buttermilk fried chicken, iceberg, tomato, onion & mayo

BONDI BURGER (125)

grilled chicken breast, chilli, cheddar, iceberg & mayo

VEGGIE BURGER (120)

halloumi, mushroom, spinach, beetroot & dill aioli

BAGELS & BREAD

BREAKFAST BAGEL (85)

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

CLUB SANDWICH (130)

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

CHICKEN MAYO BAGEL (90)

pickles, red onion & chives

REUBEN SANDWICH (135)

pastrami, sauerkraut, emmental, dill pickle & russian dressing

CHICKEN SCHNITZEL BAGEL (105)

emmental, shredded lettuce & chilli mayo

SMOKED SALMON BAGEL (115)

scallion schmeer, red onion, capers & rocket

CLASSIC CHICKEN WRAP (120)

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

SWEETS

BANANA BREAD (80)

espresso butter, strawberry & mint

BRIOCHE FRENCH TOAST (125)

lemon ricotta, berry compote & pecan nut praline

CLASSIC PANCAKE STACK (125)

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

SEASONAL STACK (SQ)

JARRYDS signature pancake stack

COFFEE

ESPRESSO	30
MACCHIATO	30
PICCOLO LATTE	30
CORTADO	35/42
CAPPUCCINO	35/42
FLAT WHITE	35/42
LATTE	35/42
AMERICANO	35/42
ICED LATTE	35/42
RED CAPPUCCINO	35/42
COCONUT CHAI LATTE	35/42
MOCHA	40/48
HOT CHOCOLATE	38/45

(make it iced for the same price)

+ shot (9)
+ decaf (9)
+ alternative milks (10)
* almond / soy / oat milk

SPECIALTIES

MAGIC	38
SHAKEN ICED LATTE	48
AFFOGATO	44

TEA PLEASE / ALL (25)

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

SHAKES / ALL (75)

snickers / iced coffee / salted caramel / vanilla bean

SMOOTHIES

BERRY (80)
mixed berries, banana, chia seeds, oat milk & protein powder

GREEN (85)
spinach, avo, banana, pineapple & lemon

CASHEW & COCONUT (82)
almond & cashew butter, coconut oil, banana, dates, almond milk, vanilla, cinnamon, nut meg & cloves

OUR JUICES / ALL (60)

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

MAKE YOUR OWN (60)

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

+ ginger for an extra boost (15)

POWER SHOTS / ALL (38)

PROTECTOR
ginger, honey & lemon

BOOSTER
lemon, tumeric, cayenne & apple cider vinegar

COCKTAILS

BLOODY MARY (110)
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	70/215
GIANT PERIWIKLE SAV BLANC	90/300
FAIRVIEW CHENIN BLANC	80/280

IDIOM HERITAGE ROSSO	70/260
ARCANGELI PELLEGRINI MERLOT	80/280

BEERS

HEINEKEN	40
CASTLE LIGHT	35
SAVANNA DRY	40
CBC LAGER	40
CORONA	55
PERONI	50

ON TAP

DEVILS PEAK LAGER	35/55
DEVILS PEAK LIGHT	38/60

ASK YOUR WAITER FOR SPIRITS & MIXERS

SOFT DRINKS

MINERAL WATER	48
SOFT DRINKS	28
HOUSE ICED TEA	35
ROCK SHANDY	60
TISERS	35