OATS WITH GRATED APPLE & CINNAMON

Oats With Apple & Cinnamon

Add Nut Butter +15 (369 Calories)

From: R48.00

BREAKFAST BOOSTER WRAP

Breakfast Booster Wrap Egg, Bacon, Cheddar, Tomato, Avo (559 Calories)

R62.00

BACON, EGG, CHEDDAR TOASTED CIABATTA

Bacon, Egg, Cheddar Toasted Ciabatta (531 calories)

R43.00

AVO, EGG & SUMAC ON SOURDOUGH

Avo, Egg & Sumac on Sourdough (278 calories)

From: R35.00

BACON & EGG OAT FLAPJACKS

Bacon & Egg Oat Flapjacks (488 calories)

R40.00

MR T'S ITALIAN EGGS

Mr T's Italian Eggs 2 Eggs any way on Pesto Sourdough (Calories 344)

From: R49.00

LADIES WHO BRUNCH

Ladies who Brunch 1 Egg, 1 Bacon, Balsamic Tomatoes (Calories 274)

R49.00

CHILLI CON CARNE MINCE & EGG SOUL BOWL

Chilli Con Carne Mince & Egg Soul Bowl ***with Sourdough Soldiers*** (482 Calories)

R69.00

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3 EGG OMELETTE

3 Egg Omelette with your selection of assorted toppings

267 Calories

From: R42.00

HUMMUS, AVO, LEMON, BLACK PEPPER ON SOURDOUGH

Hummus, Avo, Lemon, Black Pepper on sourdough Plant Based (372 Calories) Swap Sourdough Toast for Low Carb Grain Free Coconut Toast +20

From: R40.00

BLUEBERRY OAT FLAPJACK STACK

Blueberry Oat Flapjack Stack, Made from Eggs, Oats, Bananas.

R39.00

CARROT CAKE OATS

with Spices, Carrots, Pineapple, Sultanas. 463 Calories

R48.00

ACAI BLUEBERRY SMOOTHIE BOWL

Acai Blueberry Smoothies Bowl (499 Calories) Plant Based

R48.00

GREEN MATCHA SMOOTHIE BOWL

Green Matcha Smoothie Bowl (339 Calories) Plant Based

R49.00

SEASONAL FRUIT SALAD

Seasonal Fruit Salad (208 Calories) Add Yoghurt +10 / Add Free Granola +25 Plant Based

From: R35.00

BIG BOY BREAKFAST

2 Egg, 2 Bacon, 2 Sourdough Toast, Balsamic Tomatoes (add Halloumi +15) (535 Calories)

From: R56.00