



# BREAKFAST



SERVED UNTIL 12PM

## EGGS AS YOU LIKE

SCRAMBLED / FRIED / POACHED & WHITE / WHOLEWHEAT / RYE

**2 Eggs 2 toast** .... 40      **1 Egg on 1 toast** ..... 20

### Add on:

Bacon .....	19	Grilled mushrooms .....	16	Avo .....	14
Beef sausage .....	16	Grilled spinach .....	8	Extra free-range egg .....	11
Salmon (40g) .....	45	Grated cheddar .....	10	Extra slice toast .....	8
Grilled tomato .....	6	Hillcrest jam .....	10		

**2 Slices of toast with toppings** ..... 32  
(choose 1 - add R10 for extras)

Anchovette/marmite/bovril/crunchy peanut butter /honey/hillcrest jam/cheddar

**2 Slices of toast with smashed avo & lemon** ..... 40

**BMH mustard benedict** ..... 58

A slice of toast topped with rocket, 2 poached eggs, bacon & mustard hollandaise  
For salmon instead add R27

**Brie brekkie nibble** ..... 50

A slice of toast topped with rocket, gypsey ham, grilled tomato, a poached egg, brie & basil pesto

**Decadent french toast** ..... 50

A slice of cheesy farmhouse french toast, topped with grilled bacon, banana & maple syrup

**Bacon toastie** ..... 44

Our farmhouse white bread loaded with bacon, cheddar, mozzarella  
(add avo R14 / egg R11)

**Banting stack** ..... 58

Grilled spinach, mushrooms, rosa tomatoes, 2 poached eggs and wholegrain mustard hollandaise (add avo R14 / add bacon R19)

**Healthy alternative** ..... 50

BMH handmade meusli with bulgarian yoghurt and fresh fruit with raw honey

**Simple oats** ..... 22 /26  
(add banana R7 / honey R10 / almonds R15)

## FRESHLY PRESSED JUICES

**Fresh orange** ..... 28

**Red reviver** ..... 32

Beetroot, apple, carrot, ginger, lemon

**Kale-burst** ..... 42

Kale, spinach, apple, cucumber, lemon

**Classic carrot** ..... 30

Carrot, apple, ginger

**Energized pineapple** ..... 40

Pineapple, cucumber, ginger

## CLASSIC SMOOTHIES

**Wholesome date** ..... 38

Dates, yoghurt, raw honey, peanut butter, cinnamon

**Berry banana** ..... 38

Banana, yoghurt, mixed berries, raw honey

**Dark horse** ..... 45

Almond butter, banana, raw cacao, dates, hemp protein

## HOT DRINKS

Loose leaf teas ..... 25

Kenyan mariny, yunnan green, organic rooibos, forest berries, sweet dreams

Red cappucino ..... 28

Simple tea ..... 20

Hot choc (white/milk/dark) ..... 26

Chai latte ..... 28

Mocha ..... 29

## COFFEES

ALL DOUBLE SHOTS UNLESS REQUESTED OTHERWISE. ADD R2 TO TRY THE UNIQUE SINGLE ORIGIN

Double espresso ..... 20

Latte (350ml) ..... 26

Machiato (90ml) ..... 21

Americano (250ml) ..... 20

Cortado (180ml) ..... 22

Filter coffee (250ml) ..... 20

Flat white (250ml) ..... 24

### Extras:

Soya milk R5 / almond breeze R10 / cream R10 / extra shot R6 / honey R2 / Flavour syrup R8 (hazelnut / vanilla / cinnamon)