

CLASSICS

Make any breakfast low carb + 18

Classic Breakfast

Two eggs, two bacon rashers, mushrooms, grilled tomato, fried onion, sausage, cheese & a slice of toast with butter & jam

12

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Frenchie (French Toast)

Two slices bread with maple syrup R45

3B Frenchie: Brie, banana, caramelized onion, bacon & maple syrup R76

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Low Carb Star

Steamed spinach, sautéed mushrooms, grilled cheddar cheese, topped with poached eggs, served on low carb toast

18

+Avocado R20

+Salmon R29

+Bacon R21

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Eggs Benedict

Toasted English muffin topped with sautéed spinach & poached egg, finished with creamy mayonnaise. Choose bacon rashers or smoked salmon

R83

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SCOTTIE (Scotch egg)

Boiled egg wrapped in sausage mince, crumbed & deep fried, served with tomato relish, fresh herbs & grated cheese

One egg R45

Two egg R73

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Mushroom Gratin

Pan fried mixed mushrooms with basil pesto, spring onion & cream served on an English muffin topped with parmesan

R72

+Two poached eggs R19

+Bacon (2 rashers) R21

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English Breakfast

One egg, two bacon rashers, tomato & toast

R45

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Omelette

Two eggs or egg whites with one slice toast

[V] Basic cheddar R50

Cheddar and bacon/ham R71

Roasted tomato, artichoke, feta, mushrooms & sweet basil R78

Bacon, cranberry, brie & rocket R79

Smoked salmon (30gr), rocket, cream cheese & avocado R95

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Croissant

Plain (see individual items to make your own) R18

Stack (croissant with tomato, scrambled eggs, and bacon) R58

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HEALTHY

3) Seasonal fresh fruit platter

5

ikka low carb muesli R20

ain full cream yoghurt R18

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[VG] Almond, cashew & oats
porridge with banana & dates

R42

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(V) Acacia berry yoghurt with cl
seeds, almond milk, fresh fruit &
low carb muesli

R52

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3) Sorghum (Maltabella) with
nana

5

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BUILD YOUR OWN

1st (one slice)

White bread R5

ika brown/rye bread R8

v carb bread R10

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Eggs

One R9

Two R15

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Ham | Bacon (two rashers)

R21

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1ef sausage

3

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Smoked salmon (30gr)

R29

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Tomato

Oven roasted, grilled or fresh

R12

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ocado | Sautéed mushrooms

3

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Fine biltong | Fish paste | Cheddar
cheese

R14

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Savoury mince | Sautéed chickpea
livers

R25

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umpkin fritter

8

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Butter & jam | Honey | Marmite

R10

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Plain full cream yoghurt

R18

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Side chips | Veg | Salad

28

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Choc nut spread

R18

CAKES AND BAKES

Cake

Half slice R25

Full slice R42

Small whole cake (18cm) R165

Medium whole cake (22cm) R285

Large whole cake (26cm) R395

Chocolate brownies

R25

Cupcake

Small R14

Large R20

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Ice Krispies Cookie

22