



BREAKFAST

Served until 11:30 during the week and 12:00 on Saturdays. Please note our standard toast is Italian bread should you prefer another bread please let us know. Gluten free bread is available. Please specify if you want chives in your creamed eggs.

Toast

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| Toast with choice of spreads | R24 |
| Avo on Toast | R36 |
| Anchovy Toast | R25 |
| Anchovy Toast with sliced Tomato & Cucumber (Gluten free add R10) | R28 |

Croissants

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| Plain with Jam & Butter | R30 |
| Chocolate | R18 |
| Toasted with Mozzarella Cheese | R40 |
| Filled with Creamed Egg | R52 |
| Filled with Creamed Egg & Crispy Bacon | R80 |
| Filled with Hot-Smoked Salmon, Cottage Cheese & Capers | R100 |

Health

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| Creamy Jungle Oats | R46 |
| Creamy Jungle Oats topped with Fruit, Nuts & Honey | R70 |
| Honeyed Yogurt topped with Seasonal Fruit & Nuts | R70 |
| Seasonal Fruit Salad | R45 |
| (Half portions charged at less R15) | |

Eggs

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| Creamed Eggs on toast (2 slices / 1 slice) | R46 R28 |
| Poached Eggs on Toast (double / single) | R40 R22 |
| Poached Egg, Bacon & Tomato (toast / no toast) | R92 R82 |
| Creamed Egg, Bacon & Tomato (toast / no toast) | R98 R88 |
| Poached Egg, Mushroom & Tomato (toast / no toast) | R70 R60 |
| Creamed Egg, Mushroom & Tomato (toast / no toast) | R75 R65 |
| Creamed Egg with Hot Smoked Norwegian Salmon (Half portions at less R25) | R105 R95 |





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Specialities

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| French Toast with Cinnamon, Fruit & Nuts | R75 |
| French Toast with Bacon & Spicy Tomato | R95 |
| Crumpet stack with Cream, Syrup, Berries & Nuts | R85 |
| Crumpet stack (as above) with Bacon | R98 |
| Mince on Toast (with freshly grated Parmesan) | R75 |
| Toast with Cottage Cheese, Tomato & Avo | R60 |
| Toast with Spicy Tomato & Mushrooms | R60 |
| Bacon & Spicy Tomato Express (comes with Avo) | R85 |
| Creamy Seasonal Mushrooms on Toast with grated Parmesan (Gluten free add R10) | R85 |
| (Half portions for Specialities at less R20) | |

Side Orders

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| Poached Eggs (2) | R12 |
| Creamed Eggs | R22 |
| Bacon (full portion / small portion) | R42 R28 |
| Spicy Tomatoes / Mushrooms | R12 |
| Spicy Tomato & Mushroom | R20 |
| Creamy Seasonal Mushrooms with Parmesan | R40 |

Low Carb Specials

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| Poached Egg, Avo & Mushrooms | R45 |
| Creamed Egg, Bacon & Avo | R90 |

We try and be accommodating and take into account your particular tastes and preferences, but please note that at busy times it may not be possible to order items that are not on the menu and that special orders can take a little longer than usual. **Nuts are used in our kitchen.**

Extras will be charged for and please add R15 for shared meals. We are not licensed, but you are welcome to bring your own wine or Champagne.

