



the ROCK

# BreakfastMenu

Served until 11:30am





**Mediterranean Scrambled Eggs**

# BREAKFAST



## Quick Stop

2 rashers bacon, 1 egg, beef or pork sausage, Rosa tomatoes and a slice of toast of choice.

**R65**

**Add on Egg R7**  
**Add on Bacon R15**

## Bedrock

3 rashers bacon, 2 eggs, sautéed mushrooms or caramelised onions, roasted Rosa tomatoes, potato or sweet potato hash and 2 slices of toast.

**R85**

**Add on Rump R45**  
**Add on Fillet R85**

## Eggs Benedict

English muffin with hickory ham, 2 poached eggs topped with grapefruit hollandaise and Rosa tomatoes.

**R69**

**Add on Salmon R48**

## Eggs Florentine

English muffin with sautéed baby spinach, 2 poached eggs with grapefruit hollandaise and Rosa tomatoes.

**R75**

## Avocado Artisan

2 slices of rye, topped with smashed avocado, wild rocket, balsamic beads and Rosa tomatoes.

**R69**

**Add on Bacon R26**  
**Add on Feta R15**  
**Add on Egg R7**

## Bacon, Egg & Cheese Open Sandwich

2 slices of rye toast, topped with grilled cheese, bacon and eggs, Rosa tomatoes and wild rocket.

**R80**

## Smoked Salmon Open Sandwich

2 slices of rye toast, topped with smoked salmon, cream cheese, Rosa tomatoes, wild rocket and eggs.

**R90**

## Omelette or Scrambled Eggs

3 egg omelette or scrambled, combined with cheddar cheese and Rosa tomatoes on the side. Toast on the side.

**R69**

**Mushroom, cheddar cheese and ham**

**R90**

**Mexican (salsa, mince and chilli)**

**R90**

**Mediterranean (zucchini, olives and tomatoes)**

**R90**

### EXTRAS

**Tomato, onion, green pepper or jalapeño**

**R9**

**Cheddar, mozzarella, avocado or mushrooms**

**R18**

**Mince, chicken strips or bacon**

**R25**



**French Toast**

# BREAKFAST



## The Hash

Regular or sweet potato, sautéed with onions, mixed peppers, bacon and Rosa tomatoes all topped with a fried egg.

**R69**

**Add Mince R20**

## French Toast

Kitka bread, dunked and till golden brown with choice of toppings.

**Savoury** (Caramelised bacon and Rosa tomatoes)

**Bacon and Banana** (Streaky bacon and fried banana)

**R70**

**R60**

## Grrranola

Homemade granola, seasonal fruit and double thick yoghurt.

**R70**

## Papaya

Fresh papaya with yoghurt, toasted flaked almonds and honey.

**R79**

## Super Porridge

Oats, linseeds and sunflower seeds cooked in coconut cream and topped with fresh seasonal fruit.

**R80**

## Plain Croissants

**R39**

**Add on Nutella R25**

**Add on Cheddar R18**

**Add on Caprese R55**

## Flap Jacks

Buttermilk flapjacks dressed with mixed berries and nutella, served with butter on the side.

**R69**

## Coffees

*live happily*

**Americano R21**

**Flat White R23**

**Espresso Single R21**

**Espresso Double R29**

**Espresso Macchiato R24**

**Cortado R23**

**Cappuccino R27**

**Grande Cappuccino R39**

**Red Cappuccino R28**

**Café Latte R29**

**Hot Chocolate R37**

**White Hot Chocolate R37**

## Flavoured Lattes

**Chai Latte R34**

**Chocchai Latte R34**

**Hazelnut Latte R34**

## Specialty Coffee

**Freezochino Cappuccino with Foam R29**

**Freezochino Cappuccino with Cream R32**

**Freezochino Espresso R26**

## DECAFFIENATED COFFEE AVAILABLE

## Teas

**Five Roses Tea R20**

**Rooibos Tea R20**

**Earl Grey Tea R24**

**Green Tea R22**

**\*\*Selection of herbal teas available.**

**Flavoured Teas R24**

Jasmine Deluxe, Fancy Chamomile,

Earl Grey Classic, Toffee Rooibush

Senncha Supreme - Green Tea

**Bos Ice Tea R32**

Peach & Lemon

**Toni Glass Ice Tea Original R38**

Lemon Grass, Coconut & Ginger

Kiwi, Cucumber & Mint

**Toni Glass Sugar Free Ice Tea R38**

Litchi & Lime

**Almond milk R9**

Milk substitute available on all coffees

**Add Cream R9**

All meals are served from a kitchen that uses nuts, tree nuts and alcohol.



   [therockdiner.co.za](https://therockdiner.co.za)

