



65 HEALTH

Muesli, Full Cream Yogurt, Fresh Seasonal Fruit & Honey

HOT BEVERAGES

- 25 SINGLE ESPRESSO
- 29 DOUBLE ESPRESSO

- 32 AMERICANO
- 38 CAPPUCCINO
- 30 CORTADO
- 38 FLAT WHITE
- 29 MACCHIATO
- 39 LATTE

- 28 2-CUP CEYLON / ROOIBOS TEA
- 42 ROOIBOS CAPPUCCINO
- 43 CHAI TEA / LATTE

- 45 HOT DRINKS
- Milo / Hot Chocolate / Chococcino

REPLACE WITH ALMOND MILK @ R8 EXTRA
SWITCH TO DECAF @ R4 EXTRA

JUICE

- 29 FRESH JUICE
- Orange / Cranberry / Pineapple / Mango



MIMOSA

250ml Meerendal Sparkling MCC
With Orange Juice

59

GOOD MORNING SUNSHINE

BREAKFAST SERVED UNTIL 11AM



75 DAYBREAKER

2 Pork Sausages, 2 Poached Eggs, Roasted Baby Tomatoes & Wild Rocket Served On 2 Slices Toasted Sourdough





You're off to a great start!



49 OMELETTE

3 Egg Plain Omelette Served With 2 Slices Of Toast, Butter & Jam

ADD-ONS (EXTRA):

9	Caramelised Onion	10	Wilted Spinach
9	Diced Tomato	15	Avo
10	Mixed Peppers	18	Grated Cheddar Cheese
10	Mushrooms	18	Sliced Ham
10	Feta Cheese	18	Sliced Bacon



BENEDICT
SERVED WITH CHIPS

99 EGGS BENEDICT
Toasted English Muffin Topped With 2 Rashers Crispy Bacon **OR** Ham, 2 Poached Eggs & Finished With Hollandaise Sauce

99 EGGS FLORENTINE
Toasted English Muffin Topped With Wilted Spinach, 2 Poached Eggs & Finished With Hollandaise Sauce

129 EGGS ROYALE
Toasted English Muffin Topped With Smoked Salmon, 2 Poached Eggs & Finished With Hollandaise Sauce



79 WAFFLE STACK

Belgian Waffle With Egg, Bacon, Toasted Onion Flakes, Wild Rocket & Maple Syrup



89 NO BREAD KETO

Avo, 3 Eggs & 4 Rashers Crispy Bacon



165 FULL ENGLISH

2 Fried Eggs, 3 Rashers Crispy Bacon, 100g Steak, Sausage of Choice*, Grilled Mushrooms, Grilled Tomato, Baked Beans, Hashbrowns, Hand-Cut Chips & Served With Toast

*Pork Sausage **OR** Boerewors Pinwheel **OR** Cheese Griller



115 FARMHOUSE

2 Fried Eggs, 2 Rashers Crispy Bacon, Sausage of Choice*, Grilled Mushrooms, Baked Beans, Hand-Cut Chips & Served With Toast

*Pork Sausage **OR** Boerewors Pinwheel **OR** Cheese Griller

95 BREAKFAST WRAP

Wholewheat Wrap Filled With Crispy Bacon, Roasted Baby Tomato, Grilled Mushrooms, Scrambled Egg, & Avo, Served With Hand-Cut Chips



95 DAGWOOD

100g Beef Patty, Cheddar Cheese, Bacon, Fried Egg & Bossa Mayo. Served With Hand-Cut Chips & Onion Rings



65 GYM BUDDY

Toasted Sourdough Topped With Smashed Avo & 2 Poached Eggs

18 ADD 2 RASHERS CRISPY BACON



59 GOODTIMES

2 Fried Eggs, 2 Rashers Crispy Bacon, Grilled Tomato, Hand-Cut Chips. Served With 1 Slice Of Toast

SEE OUR TOP UP SECTION

TOP UPS

ONLY WITH AN EXISTING BREAKFAST

9	1 FRIED EGG	24	HALF AVO	35	100G BOEREWORS PINWHEEL
12	BAKED BEANS	15	GRATED CHEDDAR CHEESE	32	100G BEEF PATTY
15	1 SLICE TOAST, BUTTER & JAM	18	1 PORK SAUSAGE	45	100G SIRLOIN STEAK
30	2 SLICES TOAST, BUTTER & JAM	20	2 RASHERS CRISPY BACON	25	GRILLED MUSHROOMS
		25	2 HASHBROWNS	20	ONION RINGS
		29	1 CHEESE GRILLER	48	40G SMOKED SALMON TROUT