

## EGGS

*Choice of toast: health, white, rye*

### The Classic R130

2 eggs, bacon / macon, cherry tomatoes, toast

### The Englishman R170

2 fried or scrambled eggs, bacon / macon, beef sausage, mushroom, tomato, baked beans, toast

### Mr Bennie R155

2 poached eggs, bacon, spinach, hollandaise sauce, English muffin +R85 salmon instead of bacon

### Cheese & Mushroom Omelette (v) R135

3-egg omelette, cheddar cheese, grilled mushrooms, chives, toast

### The Newbie (v) R165

2 poached eggs, grilled halloumi, grilled mushrooms, sautéed spinach, cherry tomatoes, toast

### Saucy Salsa (v) R140

2 poached eggs, guacamole, coriander, red onion, pickled jalapeno & tomato salsa on toast

### Breakfast Bagel R155

Fried egg, bacon/macon, fresh tomato, rocket, basil pesto

### Vegan "Fry Up" (ve) R165

Sautéed spinach & onion, mushroom, tomato, vegan sausage, baked beans, avocado\*, toast

## LIGHT START

### Avocado on Toast (ve) R130

avo\*, chimichurri tomatoes, chilli flakes, mixed herbs, served on your choice of toast

### Smoked Salmon Bagel R180

smoked salmon, smashed avo\*, crème fraîche, cucumber, red onion, bagel

### Classic Oats (v) R95

prepared with milk, cinnamon & vanilla

### Tropical Breakfast (v) R155

papaya, yoghurt, passionfruit compote, toasted almonds, sunflower & pumpkin seeds



## BREAKFAST MENU

## PASTRIES & THINGS

### Halva Flapjack Stack (v) R135

Maple-tahini sauce, berry compote, banana, berries, creme fraiche topped with toasted sesame seeds and served with maple syrup

### Mini Croissants (v) R130

with cheese, butter & jam

### Mini Scones (v) R95

with jam, butter & whipped cream

### Vegan Banana Bread (ve) R95

with peanut butter & jam

## SMOOTHIES

### Vegan Berry (ve) R90

banana, frozen berries, peanut butter, cinnamon, almond milk, maple syrup

### Babalas Buster (v) R78

banana, peanut butter, honey

### Green Monster (v) R78

avo\*, spinach, pineapple, coconut milk, honey, lemon

### Tropical Turmeric (v) R78

banana, mango, pineapple, coconut, turmeric, honey, ice

## SLUSHIES

Cucumber, apple, mint R70 | Pineapple, jalapeno, cucumber R65 |  
Rose, cucumber, lemon R60 | Berry, lemon, mint R75

## COLD DRINKS

### Freshly Squeezed Juice R75

fresh apple | orange & carrot | orange & pineapple  
apple, mint & spinach | extra ginger + R25

### Tizers R55

### BOS Iced Tea R55

### Soft Drinks R36

### Local still and sparkling water

350ml R36 | 750ml R62

### Imported Water R115

Acqua Panna 750ml | San Pellegrino 750ml

## HOT DRINKS

*Almond milk / Soy milk + R10*

### Espresso R36

### Americano R40

### NOVA Cappuccino R44

### Rooibos Cappuccino R46

### Nutella Cappuccino R56

espresso, frothed milk & a dollop of nutella

### Condensed Milk Coffee R65

condensed milk topped with strong black coffee

### Mochaccino R50

### Caffé Latte R46

### Rooibos Latte R46

### Chai Latte R50

### Matcha Latte R56

### Hazelnut Latte R54

### Vanilla Latte R50

## ICED DRINKS

*Almond milk / Soy milk + R10*

### Iced Caffé Latte R45

### Iced Rooibos Latte R45

### Coffee Freezo R75

### Chocolate Freezo R95

### Frozen Nutella Cappuccino R65

*\*Items subject to availability. | Our kitchen makes use of alcohol, pork products, nut and seed ingredients. Substitutions may be charged for. | (v) - vegetarian | (ve) - vegan*