

BREAKFAST

TIMES MAY VARY 8am - 11am

POTS OF CHIA (GF) chia soaked in coconut milk with blueberries & vanilla OR peanut butter and banana	R60	SMASHED AVO with poached eggs, broccolini with a sprinkling of dukkah spice on toasted ciabatta	R80
FRENCH TOAST with banana, bacon, seasonal fruit and maple syrup	R65	JAKES FULL BREAKFAST fried eggs, bacon, grilled tomato, mushrooms and a porkie	R85
QUINOA BOWL grated apple, banana, almonds, cranberries, berries, greek yoghurt & honey	R75	EGGS BENEDICT english muffin, spinach, poached eggs with hollandaise & bacon or smoked salmon	R85 / R95
SHAKSHUKA EGGS smoked paprika, tomato & red pepper relish, bacon, poached eggs, labneh & toasted baguette	R75	SPRING ONION OMELETTE (GF) 3 eggs, bacon, cheese, mushrooms, caramelized onions & ciabatta	R85
COMMON VEG BREAKFAST toasted ciabatta with poached eggs, spinach, cream cheese, grilled mushrooms and tomatoes	R75	BREAKFAST BEEF BURGER 200gm - egg, bacon, shakshuka sauce & cheese	R115
CROISSANT SCRAMBLED EGGS with bacon or smoked salmon	R75 / R85	(GF) = GLUTEN FREE	

BC

BE CREATIVE

Avo	R20	Cheese	R10	Ciabatta	R10
Bacon	R20	Salmon	R55	Croissant	R25
Porkie	R15	Egg	R10	Nutella	R15
Mushrooms	R20				



SQUEEZE & SMOOTH

FRESHLY SQUEEZED JUICE R48
healthy, fun and always different

PROTEIN SMOOTHIE R58
with whey, banana, berries, honey and yoghurt

GREEN SMOOTHIE R58
with avo, baby spinach, cucumber, apple, coconut water, ginger & lemon juice

EASY CHEAT

BANANA BREAD R35
with folded vanilla cream and maple syrup

CROISSANT R30
with cheese and preserves

MUFFIN OF THE DAY (GF) R28
when available

HOT DRINKS

Espresso - Dbl Espresso	R18/ R20	Mochaccino	R30
Café Latte - Dbl Latte	R24/R28	Bar-One Hot Chocolate	R42
Cappuccino - Dbl Cappuccino	R24/R28	Spiced Chai	R36
Flat White	R24	Red Espresso	R20
Americano	R24	Red Cappuccino	R26
Macchiato	R19	Red Latte	R28
Vietnamese Coffee	R48		

TEA TIME

Ceylon
Rooibos
Mint
Green
Camomile
Earl Grey

R18

JUICES

Apple
Orange
Mango
Cranberry

R26

