

# BREAKFAST MENU



Served until 11h00 everyday

## EGGS

### ENGLISH BREAKFAST 135

Two eggs to order, three slices of bacon, mushrooms and grilled tomato with your choice of pork sausage or boerewors. Served with your choice of toast with butter and preserves.

### SALMON BREAKFAST 145

Smoked Norwegian Salmon with scrambled eggs served on a toasted English muffin with cream cheese, grilled tomato, fresh rocket and topped with fried Capers.

### EGGS BENEDICT 129

Two poached eggs, served with bacon on a toasted English muffin or croissant, with grilled tomato, fresh rocket and hollandaise sauce.

### EGGS ROYALE 145

Two poached eggs, served with smoked Norwegian salmon on a toasted English muffin or croissant, grilled tomato, fresh rocket, hollandaise sauce and fried capers.

### SCOTTISH BREAKFAST 145

Kippers fried in butter, with 2 poached eggs, grilled tomato, fresh rocket, topped with fried capers. Served with your choice of toast with butter and preserves.

### ON THE RUN 59

Two eggs to order, two slices of bacon, grilled tomato and a slice of your choice of toast.

### BREAKFAST BOWL 145

Two poached eggs, spinach, mushrooms, rosa tomatoes, potato rosti and haloumi cheese, topped with tomato chutney and bacon bits.

### EGGS & MINCE ON TOAST 125

Savoury mince, topped with two eggs to order, served on ciabatta toast, with grilled tomato and potato rosti.

## OMELETTES

### FOUR COUSINS OMELETTE 135

Three egg omelette served with grilled tomato, your choice of toast with butter and preserves. With a choice of three fillings:

Cheddar cheese, bacon, green pepper, mushroom, tomato, onion.

### BIG CHEESE OMELETTE 165

Three egg omelette filled with mozzarella cheese, topped with Prego tomato salsa, avo\*, rosa tomatoes, potato rosti, haloumi cheese, charred corn and bacon bits. Served with your choice of toast with butter and preserves.

## HEALTH

### FRESH HEALTH BOWL 95

Fresh seasonal fruit salad, served with full cream plain yoghurt, granola and honey,

### SAVOURY HEALTH BOWL 125

Beetroot hummus served with spinach and mushrooms, rosa tomatoes, charred corn, rocket and topped with crispy chickpeas.

## LIGHT

### AVO\* ON TOAST 95

Avo\* on toasted ciabatta, served on a bed of beetroot hummus, with rosa tomatoes and fresh salsa.

Add one poached egg. +10

### ALL BUTTER CROISSANT 60

Served with butter, cheese and preserves.

## BREAKFAST TOP UPS

### PORK SAUSAGE, CHICKEN LIVERS, WORS, BACON, CHEESE GRILLER. 40

### BAKED BEANS OR FRIES 35

## SWEET

### FRENCH TOAST 135

Fresh brioche bread served with crème fraîche, bacon, caramelized banana, seasonal fruits and honey.

### FLAP JACKS 105

Stacked with cream cheese, seasonal fruits and berry coulis, topped with maple syrup.

### SWEET STACK WAFFLE 125

Belgian waffle served with seasonal fruits, syrup and your choice of cream or ice cream.

### BAR ONE WAFFLE 135

Belgian waffle served with Bar One spread and your choice of cream or ice cream.

## TOASTED PANINI SANDWICHES

Made on a panini roll and served with fries.

### CHICKEN MAYONNAISE 98

### BACON, EGG, CHEESE AND TOMATO 98

### GYPSY HAM, CHEDDAR, TOMATO AND MOZZARELLA 98



Your choice of toast: White | Brown | 100% Rye | Ciabatta

\* Avo when available

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# BEVERAGE MENU

## HOT DRINKS

Decaf +5 | Almond milk + 10 | Whipped Cream +10

### AMERICANO 35

Two shots of espresso with hot water.

### ESPRESSO

Shot of Espresso

Single | 28 Double | 33

### CAPPUCCINO

Espresso made with steamed milk and foam.

Single | 35 Double | 40

### LATTE 44

Two shots of espresso made with more steamed milk and a little foam.

### CORTADO 35

Two shots of espresso made with equal parts steamed milk.

### MACCHIATO 35

Two shots espresso with a small amount of steamed foamed milk.

### MOCHACCINO 49

A latte with a shot of hot chocolate.

### HOT CHOCOLATE 48

Hot chocolate with steamed milk and foam.

### WHITE CHOCOLATE 48

White chocolate with steamed milk and foam.

### RED CAPPUCCINO 45

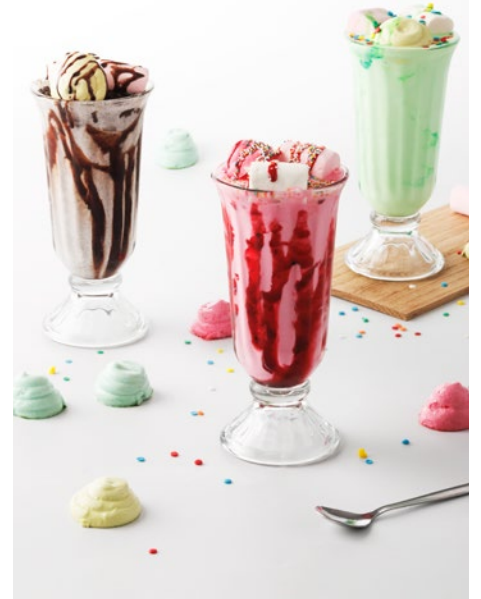
Rooibos Espresso with steamed milk and foam.

### CHAI LATTE 49

Aromatic spicy tea with steamed milk and foam.

### TEA 30

Rooibos, Five Roses, Earl Grey, Green Tea



## DECADENT MILKSHAKES

Deliciously decorated large milkshakes.

### VANILLA, CHOCOLATE, STRAWBERRY, BUBBLEGUM, LIME

Large | 45 Kid's size | 35

### OREO, BAR ONE

Large | 50 Kid's size | 40

## SOFT DRINKS

COKE, COKE ZERO, FANTA, CREAM SODA, SPRITE, SPRITE ZERO 32

APPLETISER, RED GRAPETISER 42

LEMON ICED TEA, PEACH ICED TEA 42



## JUICES

ORANGE JUICE, TROPICAL FRUIT 35

CAPPY ORANGE JUICE, CAPPY BREAKFAST BLEND 330 ML 38

Still or sparkling

MIMOSA (SPARKLING WINE WITH ORANGE JUICE) 35



## WATER

Still or Sparkling Water

500 ml | 25 1 litre | 35



Valpré Premium Glass Bottle

350 ml | 25 750 ml | 35

Still or sparkling

