



BREAKFAST

EGGS

CHOICE OF TOAST: WHITE, HEALTH, RYE

The Classic 2 eggs, bacon / macon, cherry tomatoes, toast	95
The Englishman 2 fried or scrambled eggs, bacon / macon, beef sausage, grilled mushroom, grilled tomato, baked beans, toast	140
The Italian 2 eggs, Parmesan, napoletana, Italian sausage (contains beef & pork), mushrooms, cherry tomatoes, basil, toast	140
Mr Bennie 2 poached eggs, bacon, spinach, hollandaise sauce, english muffin +60 salmon instead of bacon	130
Cheese & Mushroom Omelette (v) 3-egg omelette, cheddar cheese, grilled mushroom, chives, toast	110
The Newbie (v) 2 poached eggs, grilled halloumi, grilled mushrooms, sautéed spinach, cherry tomatoes, toast	130
Saucy Salsa (v) 2 poached eggs, guacamole, coriander, red onion, pickled jalapeno & tomato salsa served on toast	110
Breakfast Bagel Fried egg, bacon / macon, fresh tomato, rocket, basil pesto	120
Vegan "Fry Up" (ve) Sautéed spinach & onion, mushroom, grilled tomato, vegan sausage, baked beans, avocado*, toast	115
..... LIGHT START	
Avocado on Toast (ve) Avo*, chimmichuri tomatoes, chilli flakes, mixed herbs, served on your choice of toast	98
Smoked Salmon Bagel smoked salmon, smashed avo*, creme fraiche, cucumber, red onion, bagel	155
Classic Oats (v) prepared with milk, cinnamon & vanilla	65
Tropical Breakfast (v) papaya, yoghurt, passionfruit compote, toasted almonds, sunflower seeds, pumpkin seeds	130

..... PASTRIES & THINGS

Halva Flapjack Stack (v) Maple-tahini sauce, berry compote, banana, berries, creme fraiche topped with toasted sesame seeds and served with maple syrup	110
Mini Croissants (v) with cheese, butter, & jam	85
Mini Scones (v) with jam, butter, & whipped cream	70
Vegan Banana Bread (ve) with peanut butter & jam	80

..... SMOOTHIES 68

Vegan Berry (ve) banana, frozen berries, peanut butter, cinnamon, almond milk, maple syrup	
Babalas Buster (v) Banana, peanut butter, honey	
Green Monster (v) Avo*, spinach, pineapple, coconut milk, honey, lemon	
Tropical Turmeric (v) Banana, mango, pineapple, coconut, turmeric, honey, ice	

SLUSHIES 40

Cucumber, apple, mint Pink lemonade Pineapple, jalapeno, cucumber	
Rose, cucumber, lemon Berry, lemon, mint Watermelon & mint	

..... COLD DRINKS

Freshly Squeezed Juice Fresh Apple Orange & Carrot Orange & Pineapple Apple, Mint & Spinach Extra Ginger +18	46
Tizers	38
BOS Iced Tea	40
Soft Drinks	32
Local Still & Sparkling Water 350ml 750ml	30 50
Acqua Panna 750ml San Pellegrino 750ml	90

..... HOT DRINKS

ALMOND MILK / SOY MILK +8

Espresso	24
Americano	30
NOVA Cappuccino	36
Rooibos Cappuccino	38
Nutella Cappuccino Espresso, frothed milk & a dollop of Nutella	44
Condensed Milk Coffee Condensed milk topped with strong black coffee	38
Mochaccino	44
Caffé Latte	38
Rooibos Latte	38
Chai Latte	40
Matcha Latte Green tea powder & frothed milk	40
Hazelnut Latte	44
Vanilla Latte	44

..... ICED DRINKS

ALMOND MILK / SOY MILK +8

Iced Caffé Latte	38
Iced Rooibos Latte	38
Frozen Spiced Chai	48
Coffee Freezo	60
Chocolate Freezo	60
Frozen Nutella Cappuccino	48
Sunrise Suzie Black coffee, fresh orange juice, ice	55

*Items subject to availability. Our kitchen uses nut & seed ingredients. Substitutions may be charged for.