



something light

SUPERFOOD SMOOTHIE BOWL	155
mixed berries, banana, goji berries, chia seeds, almond milk, seed mix, granola	
SPICED POACHED PEAR BIRCHER	135
steel cut oats, cinnamon, yoghurt, strawberries, coconut	
YOGHURT & GRANOLA CUP	145
grilled peaches, cinnamon yoghurt, blueberry compote, cocoa nibs	
HOUSE BANANA BREAD	105
espresso butter, fresh strawberry	

eggs

FRIED | POACHED | SCRAMBLED | OMELETTE
with a choice of sourdough or brioche | 72

SIDES

avocado	48	streaky bacon	58
tomatoes	28	grilled halloumi	55
sautéed spinach	42	breakfast boerewors	55
butter thyme mushrooms	55	smoked salmon trout	72
house made hash browns	45	spicy baked beans	50

CARNI BIG BREAKFAST 175
eggs as you like, bacon, sausage, mushrooms
baked beans, sourdough

VEGGIE BIG BREAKFAST 165
eggs as you like, spinach, roast tomato,
mushrooms, baked beans, halloumi,
sourdough

benedicts

ROYALE	215
salmon cream cheese roulade, avo, asparagus, lemon hollandaise, brioche	
THICK CUT BACON	175
poached eggs, hollandaise, english muffin	
FLORENTINE	145
sautéed spinach, poached eggs, hollandaise, english muffin	
FRIED CHICKEN	195
buttermilk fried chicken, poached eggs, pickles, hot sauce hollandaise, brioche	

favourites

TURKISH EGGS 195
labneh, dukkah, red & green pesto,
hummus, chopped salad, chilli butter
fried eggs, pita

SALMON ROSTI 215
potato rosti, zucchini, avo, smoked salmon,
capers, basil creme, poached eggs

SHAKSHUKA 165
spicy tomato sauce, feta, poached eggs,
za'atar crouts, coriander yoghurt, sourdough
**please allow extra time to prepare this dish*

BREAKFAST BRUSCHETTA 185
bacon, tomato, avo & red onion salsa,
pesto, balsamic reduction, poached eggs,
sourdough

BACON & EGG BUN 120/165
bacon, emmental, chilli mayo, fried egg,
brioche bun

SMASHED AVO TOAST 155
beetroot puree, tomato, feta, pepitas,
pesto, sourdough

AUSSIE SCRAMBLED EGGS 120
chilli, chives, feta, spring onion, sourdough

EGG WHITE OMELETTE 185
tomato coriander salsa, beans, roasted corn,
jalapeños, avo, sourdough

QUINOA BOWL 175
chilli broccoli, herbed quinoa, halloumi,
shredded kale, avo, za'atar, poached eggs

BREAKFAST BURGER 205
beef patty, bacon, emmental, jalapeño relish,
chilli mayo, onion rings, fried egg, chives, fries

OPEN SALMON BAGEL 155
scallion cream cheese, capers, pickled red
onion, avocado, chive scrambled egg

HUEVOS RANCHEROS 185
spicy bean & tomato sauce, queso fresco,
crispy tortilla, tomato coriander salsa,
avo, fried eggs



all day lunch

GYROS BOWL	210	HALLOUMI WRAP	175
marinated chicken skewers, hummus, tzatziki, chopped salad, pita		roasted quinoa, cherry tomatoes, chilli honey halloumi, mushrooms, sundried tomato, pesto hummus	
PESTO PAPPARDELLE	185	OPEN BURRATA SANDWICH	225
roasted cherry tomatoes, pine nuts, parmesan		garlic sourdough, heirloom tomatoes, pickled red onion, basil, lemon, evoo	
WAGYU CHEESEBURGER	225	CHICKEN CAESAR SALAD	185
american cheese, diced onion, pickles, ketchup, mayo with fries or salad		cos lettuce, croutons, parmesan, anchovies, boiled egg	
BMF CHICKEN BURGER	185	TUNA NICOISE SALAD	205
shredded iceberg, red onion, tomato, mayo with fries or salad		green beans, new potatoes, olives, boiled egg, tomato, pesto dressing	
SCHNITZEL BAGEL	165	SUPER FOOD SALAD	175
shredded lettuce, pickled red onion, emmental, chilli mayo with crisps		avo, carrot, spinach, rocket, chimichurri quinoa, almonds, black sesame, parmesan, spring onion, house dressing	
NY REUBEN SANDWICH	235	GREENS SALAD	155
sourdough, double portion pastrami, sauerkraut, emmental, mustard, dill pickle with crisps		butter lettuce, cucumber, marinated feta, avo, seed and nut sprinkles, honey mustard vinaigrette	
BMF CHICKEN WRAP	185		
avo, lettuce, tomato, red onion, dill mayo with fries or salad			

sweets

JARRYDS LOTUS PANCAKE STACK	210	CHEESECAKE FRENCH TOAST	215
lotus biscoff spread, crushed biscuits, maple syrup, vanilla bean ice cream		cinnamon sugar brioche, tennis biscuit crumb, cheesecake mousse	
AMERICAN FLAPJACK STACK	185	BELGIAN WAFFLES	185
maple syrup, farm butter, seasonal fruit		hazelnut chocolate cream, sweet ricotta, fresh strawberries	
CLASSIC PANCAKE STACK	185		
vanilla creme, brûlée banana, caramel popcorn, maple syrup, strawberries, ice cream			

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coffee

ESPRESSO	36
MACCHIATO	36
PICCOLO LATTE	36
CORTADO	40/48
CAPPUCCINO	40/48
FLAT WHITE	40/48
LATTE	40/48
AMERICANO	40/48
RED CAPPUCCINO	42/50
COCONUT CHAI LATTE	42/50
HOT CHOCOLATE	48/58
MOCHA	52/60
+ shot	9
+ decaf	9
+ alternative milks	10
<i>almond soy oat milk</i>	

specialties

MAGIC	48
AFFOGATO	62
ICED LATTE	58
ICED MOCHA	72

teas (all 32)

5 ROSES | EARL GREY | ROOIBOS
GREEN MINT | CHAMOMILE

milkshakes

SNICKERS	85
ICED COFFEE	85
SALTED CARAMEL	85
VANILLA BEAN	85

juices (all 70)

/ MIXED CITRUS

/ CARROT, APPLE, GRAPEFRUIT & GINGER

/ APPLE, PINEAPPLE, COCONUT & LIME

/ PEAR, SPINACH, CELERY, LEMON & MINT

MAKE YOUR OWN

choose any 3 : orange | apple | pear | carrot

watermelon | pineapple | lemon | celery |

beetroot

+ ginger for an extra boost (20)

smoothies

BERRY 85

mixed berries, banana, chia seeds,
oat milk, protein powder

GREEN 94

spinach, avo, banana, pineapple, lemon

CASHEW & COCONUT 95

almond & cashew butter, coconut oil,
banana, dates, almond milk, vanilla,
cinnamon, nutmeg, cloves

power shots

PROTECTOR 40

ginger, honey, lemon

BOOSTER 40

lemon, turmeric, cayenne,
apple cider vinegar

soft drinks

mineral water

s.pellegrino 62

acqua panna 62

soft drinks 38

iced tea 42

rock shandy 45



cocktails

SPICY MARGARITA | 125

patron silver, cointreau, lime juice, jalapeño

ESPRESSO MARTINI | 135

grey goose, rosetta espresso, vanilla

ELDERFLOWER FIZZ | 125

martini fiero, elderflower, martini prosecco

PORN STAR MARTINI | 155

grey goose, passion fruit, vanilla,
martini prosecco

MIMOSA | 105

martini prosecco, orange juice
**make them bottomless (450)*

JARRYD'S MOJITO | 130

bacardi carta blanca, lime juice,
simple syrup, mint

COSMOPOLITAN | 135

bombay sapphire, lemon juice,
simple syrup, basil

GIN BLOSSOM | 130

woodstock gin, elder flower, lime,
cucumber, mint

IRISH COFFEE | 125

bushmills, fresh cream, coffee

wines

WHITE

durbanville hills collectors reserve chardonnay 75/280

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iona sauvignon blanc 105/390

ROSÉ

nederburg wine master reserve rosé 70/270

RED

durbanville hills collectors reserve merlot 85/320

kaapzicht bottelary hills red blend 95/360

rake biography shiraz 105/390

beers

heineken 55

heineken 0.0 50

heineken silver 50

windhoek lager 55

windhoek draught 55

svanna dry 50

savanna light 50

ON TAP

windhoek draught 45/65

heineken 45/65