

BREAKFAST THE 3/4 WAY

SOUTH
The Market



08:30 - 11:30

CROISSANT

CHEESE & JAM (V) - 75

BREAKFAST - 120

Bacon, Egg, Tomato, Mushrooms, Balsamic Onions

TOAST

EGGS ONLY - 49

Two Eggs, Artisan toast

MEXICAN MINCE - 110

Spicy Mince, Fried Egg, Peppadews, Spring Onion

34 CAPRESE - 79

Tomato, Dutch Gouda, Basil Pesto, Red Onion,
Avo & Health Bread

TOAST PLATTER - 75

Selection of toast, topped with Bovril, Anchovette
Spread and Freshly Grated Gouda

WHOLESOME BOWLS

MORNING CRUNCH - 99

Double Cream Yoghurt, Granola, Fresh Fruit, Berry
Sauce

NEW GOLDEN GLOW OATS - 75

Creamy Rolled Oats, Banana, Mixed Nuts, Honey
and Cinnamon Milk

BENEDICT

Toasted health bread, two soft poached Eggs, Hollandaise
sauce, Rocket & Spring Onion

BACON - 110

SMOKED SALMON - 150

MORNING DRINKS

KOMBUCHA - 78

Buchu Babe OR Africa Rose

FRESHLY SQUEEZED JUICE- 34

Ask your server what today's squeeze is

ICED COFFEE - 44

Coffee, Ice Cream and Milk

FREDDO CAPPUCCINO - 44

Coffee, Milk and Blended Ice



CLASSICS

All served with freshly Baked Artisan Toast, Butter & Jam

34 SUNRISE - 99

Two Eggs, Streaky Bacon, Tomato, Small Juice & Coffee

NEW COUNTRY - 129

Boerewors, Tomato Relish, One Egg, Two Streaky
Bacon, Tomato, Mushrooms

FARMHOUSE - 159

Two Eggs, Streaky Bacon, Tomato, Potato Rosti,
34 Baked Beans, Mushrooms

34 SIGNATURES

AVOCADO HASH - 75

Hashbrown, Zesty Avo, Labneh Dip, Roasted Tomatoes

BACON & MUSHROOM FRITTATA - 115

Fluffy Eggs with Gouda and Rocket, Roasted Tomatoes,
and Bruschetta

BACON & BANANA WAFFLE - 95

Bacon, Banana, Maple Flavoured Syrup & Cinnamon

NEW SALMON BAGEL - 215

Freshly baked Bagel, Cream Cheese, Cold Smoked
Salmon, Avo, Capers and Red Onion

NEW SMOKEY KIPPERS - 99

Smoked Kipper, Poached Egg, Rocket, Red Onion,
Tomato, freshly baked Artisan Toast and Butter

ADD:

EXTRA EGG - 15

AVOCADO HALF - 25

SMOOTHIES

Blended Full Cream Milk, Yoghurt, Honey & Ice

BANANA - 45

BLUEBERRY-BANANA - 85

SWEET TOOTH

CINNAMON SWIRL - 25

TURKISH NUTELLA SWIRL - 40



CAPPUCCINO & DANISH

THREE ASSORTED DANISHES+ AN ITALIAN STYLE CAPPUCCINO

49