



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	82
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 <i>*please allow extra time to prepare this dish</i>	
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	
MUSHROOMS ON TOAST	175
roasted mushroom, mushroom ragu, brioche, chimichurri, rocket parmesan salad, poached eggs	



all day lunch

GYROS BOWL marinated chicken skewers, hummus, tzatziki, chopped salad, pita	210	HALLOUMI WRAP roasted quinoa, cherry tomatoes, chilli honey halloumi, mushrooms, sundried tomato, pesto hummus	175
PESTO PAPPARDELLE roasted cherry tomatoes, pine nuts, parmesan	185	OPEN BURRATA SANDWICH garlic sourdough, heirloom tomatoes, pickled red onion, basil, lemon, evoo	225
WAGYU CHEESEBURGER american cheese, diced onion, pickles, ketchup, mayo with fries or salad	225	CHICKEN CAESAR SALAD cos lettuce, croutons, parmesan, anchovies, boiled egg	195
BMF CHICKEN BURGER shredded iceberg, red onion, tomato, mayo with fries or salad	185	TUNA NICOISE SALAD green beans, new potatoes, olives, boiled egg, tomato, pesto dressing	205
SCHNITZEL BAGEL shredded lettuce, pickled red onion, emmental, chilli mayo with crisps	165	SUPER FOOD SALAD avo, carrot, spinach, rocket, chimichurri quinoa, almonds, black sesame, parmesan, spring onion, house dressing	175
NY REUBEN SANDWICH sourdough, double portion pastrami, sauerkraut, emmental, mustard, dill pickle with crisps	235	GREENS SALAD butter lettuce, cucumber, marinated feta, avo, seed and nut sprinkles, honey mustard vinaigrette	155
BMF CHICKEN WRAP avo, lettuce, tomato, red onion, dill mayo with fries or salad	185		

sweets

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

d r i n k s

BARND S

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 | PEPPERMINT | 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 60



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

grey goose, cointreau,
cranberry juice, lime juice

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
durbanville hills collectors reserve chenin blanc	75/280
iona sauvignon blanc	105/390

ROSÉ

nederburg wine master reserve rosé	70/270
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RED

durbanville hills collectors reserve merlot	85/320
kaapzicht bottelary hills red blend	95/360
raka biography shiraz	105/390

beers

heineken	55
heineken 0.0	50
heineken silver	50
windhoek lager	55
windhoek draught	55
savanna dry	50
savanna light	50
corona	60

ON TAP

windhoek draught	45/65
heineken	45/65