



BREAKFAST



SERVED UNTIL 12PM

—>>> EGGS AS YOU LIKE <<<—

SCRAMBLED / FRIED / POACHED & WHITE / WHOLEWHEAT / RYE

2 Eggs 2 toast 42 **1 Egg on 1 toast 21**

Add on:

Bacon 20	Grilled mushrooms 18	Avo 16
Beef sausage 18	Grilled spinach 12	Extra free-range egg 12
Salmon (40g) 47	Grated cheddar 11	Extra slice toast 8
Grilled tomato 7	Hillcrest jam 11	

2 Slices of toast with toppings 33
(choose 1 - add R11 for extras)

Anchovette/marmite/bovril/crunchy peanut butter /honey/hillcrest jam/cheddar

BMH mustard benedict 59

A slice of toast topped with rocket, 2 poached eggs, bacon & mustard hollandaise
For salmon instead add R27

Brie brekkie nibble 52

A slice of toast topped with rocket, gypsey ham, grilled tomato, a poached egg, brie & basil pesto

Decadent french toast 52

A slice of cheesy farmhouse french toast, topped with grilled bacon, banana & maple syrup

Bacon toastie 45

Our farmhouse white bread loaded with bacon, cheddar, mozzarella
(add avo R14 / egg R11)

Banting stack 59

Grilled spinach, mushrooms, rosa tomatoes, 2 poached eggs and wholegrain mustard hollandaise (add avo R14 / add bacon R19)

Healthy alternative 55

BMH handmade meusli with bulgarian yoghurt and fresh fruit with raw honey

Simple oats 24 /28

(add banana R8 / honey R10 / almonds R16)

FRESHLY PRESSED JUICES

Fresh orange 32

Red reviver 36

Beetroot, apple, carrot, ginger, lemon

Kale-burst 44

Kale, spinach, apple, cucumber, lemon

Classic carrot 34

Carrot, apple, ginger

YOGHURT SMOOTHIES <<<—

Wholesome date 40

Dates, yoghurt, raw honey, peanut butter, cinnamon

Berry banana 40

Banana, yoghurt, mixed berries, raw honey

DAIRY-FREE SMOOTHIES

Fresh apple berry 38

Pressed apple juice, banana, mixed berries

Dark horse 46

Almond butter, banana, raw cacao, dates, hemp protein

HOT DRINKS <<<—

Loose leaf teas 27

Kenyan mariny, yunnan green, organic rooibos, forest berries, sweet dreams

Red cappucino 28

Simple tea 22

Hot choc (white/milk/dark) 28

Chai latte 31

Mocha 31

—>>> COFFEES <<<—

ALL DOUBLE SHOTS UNLESS REQUESTED OTHERWISE.

Double espresso 22

Latte (350ml) 28

Machiatto (90ml) 23

Americano (250ml) 20

Cortado (180ml) 24

Filter coffee (250ml) 20

Flat white (250ml) 25

Extras:

Soya milk R6 / Almond Breeze R11 / cream R11 / extra shot R8 / honey R3 / Flavour syrup R8 (hazelnut / vanilla / cinnamon)