

BREAKFAST MENU

Build a smoothie 50g of each item

- Banana – 1 - 6
- Sunflower seeds – 9
- Almond flakes – 18
- Cashew – 25
- Yoghurt 200ml – 15
- Strawberry -12
- Blueberry – 16
- Apple – 1 - 6
- Pear – 1 – 6
- Raw Oats – 7
- Granola – 11
- Honey – 8
- Melon – 100g – 6
- Spanspek – 100g – 6
- Pineapple – 100g – 6

- Fillet | jalapeno & garlic fry up | mushrooms | stout | soft fried egg | cheddar | chives R110
- Smoked salmon | poached | marrow rosti | toasted pumpkin seeds | avo | spring onion cream fraiche R120
- Bompas Breakfast | choice of egg | bacon | beef | hash | beans | mushrooms | truffled vine tomatoes R95
- Vegan | truffled tomatoes | grilled mushroom | roasted chickpeas in napolitano | avo on rye R85
- Gluten free breakfast wrap | bacon | avo | tomato chutney | egg | cheese R85
- Continental breakfast | R190
- Toasted barley & chia seed porridge | fresh berries | full fat greek yoghurt | toasted nuts R75

Omelets

Egg omelet R35

Add On's:

Bacon R15

Mushrooms R12

Cheese R10

Tomato R9