



BAR Q GRILL

WOOD FIRED | COCKTAILS | SUSHI

BREAKFAST

MINI BREAKFAST	59
2 Egg Bacon Roasted cherry tomatoes Wild rocket Mini croissant	
CLASSIC BREAKFAST	84
3 Eggs Bacon Roasted cherry tomatoes Boerewors Ciabatta toast	
SHAKSHUKA TURKISH EGGS	77
Simmered tomato, onion, peppers, coriander and spices with 3 poached eggs and feta served with ciabatta toast	

OMELETTE

(Served with your choice of toast)

Bacon Cheese Mushroom Spring onion Tomato	79
Avocado Feta Peppers Red onion Cheese Tomato	87

OPEN SANDWICH

THE SMASH EGG	64
Smashed boiled eggs in a spicy mayonnaise with chopped dill served on a bed of wild rocket on ciabatta toast.	
EGGS BENEDICT	69
Poached eggs Bacon Hollandaise sauce Sourdough	
SCRAMBLED EGGS ON TOAST	62
Creamy scrambled eggs served on ciabatta toast topped with parmesan cheese and chilli flakes	
LIVERS ON TOAST	107
Pan seared chicken livers in a creamy peri-peri sauce served on sourdough toast topped with one poached egg, rocket and parmesan shavings	
SMOKED SALMON AVOCADO	174
Smoked salmon Chunky cottage cheese Avocado Boiled eggs Sesame seeds Sourdough	
SALMON COTTAGE CHEESE ON TOAST	174
Smoked salmon Chunky cottage cheese Red onion Wild rocket Seeded health toast	
AVO TOAST	67
Smashed avocado salsa topped with a poached egg and chilli flakes	
MINCE ON TOAST	76
Wagyu curried mince on sourdough toast topped with a fried egg	



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BOWLS

BERRY BOWL 89

Mixed berry double thick yoghurt topped with mixed berries, sliced banana, muesli and coconut flakes

MUESLI BOWL 82

Double thick yoghurt topped with muesli, fresh seasonal fruit, peanut butter and coconut flakes

SWEET

NUTELLA FRENCH TOAST 61

RICOTTA HOT CAKES 79

Ricotta hotcakes served with a caramelized banana finished off with maple syrup and a dusting of icing sugar

SMOOTHIES

TROPIC GLO 59

Pineapple | Mango | Passion fruit | Orange juice

HALIE BERRY 59

Mixed berries | Yoghurt | Nuts | Honey

GREEN BLOSSOM 59

Kiwi | Cucumber | Pineapple | Apple juice | Mint | Elderflower

BLUEBERRY POWER 59

Blueberries | Peanut butter | Dates | Banana

PEANUT BUTTER & BANANA 59

Peanut butter | Banana | Yoghurt | Honey

MIMOSAS

CLASSIC MIMOSA 65

GRAPEFRUIT MIMOSA 74

STRAWBERRY MIMOSA 77

PINK LEMONADE MIMOSA 77

