

PROUD MARY

BREAKFAST



CAFFE

Espresso	28
Caffe Americano	34
Cortado	34
Macchiato	34
Flat White	38
Con Panna	34
Cappuccino	38
Mocha	48
Hot Chocolate (white dark)	48
Caffe Latte	44
Hazelnut Vanilla Latte	48
Spiced Chai Latte	48
Red Cappuccino	46
Add A Shot of Espresso	12

Tea Pot	32
Breakfast Earl Grey Rooibos Chamomile Green Mint Raspberry Peach	

Organic Loose Leaf Tea	38
Rooibos Ceylon Black Tea	

Milk Substitute	12
Soy Oat Almond Macadamia Coconut	

Add	
Cream	14
Flavoured Syrup	14

JUICES

Pure	55
Orange Pineapple Carrot Apple	

Green	60
Apple, cucumber, celery, lemon, ginger	

Hard Green	60
Spinach, kale, celery, parsley, mint, pineapple	

Red	60
Beetroot, pineapple, apple, lemon, cinnamon	

Golden	60
Grapefruit, pineapple, orange, lemon, turmeric	

COLD PRESSED SHOTS

50ml 40

Ginger, lemon, carrot, orange
Turmeric, orange, cayenne
Celery, apple, cucumber, mint
Apple Cider, pineapple,
lemon, cayenne,
apple juice

SMOOTHIES

Spinach & Kale	75
Spinach, kale, honey, apple, almond butter	

Raspberry & Chai	75
Raspberry, açai, kiwi, chai, cinnamon, coconut milk	

Peanut Butter & Banana	75
Espresso, peanut butter, banana, macadamia milk, yoghurt, maple syrup	

COLD

Iced Rooibos Tea Coolers	60
Peach Lemon Mango Pomegranate Mixed Berry	

Freezos	65
Coffee Chocolate Salted Caramel Mocha	

Vegan Freezos	70
Chai Coffee Dark Chocolate	

Iced Latte	46
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Shakes	70
Vanilla Double Choc Oreo Strawberry Dulce De Leche	

FRUITS & GRAINS

Fresh Fruit Bowl v 80

Seasonal fresh fruit with a honey & lime dressing

Granola Bowl v 90

Lemon yoghurt, roasted maple granola, orange blossom water, fresh citrus, rhubarb jam *N *S

Tiramisu Oats v 80

Tiramisu & peanut butter mousse, vanilla soaked oats, toasted cocoa nibs, espresso syrup *N

ON TOAST

Choice of toasted sourdough | health | 60% rye | gluten free (+18)

Smashed Avo vG 95

Chilli flakes, red onion, lemon, rocket
+Add bacon 35 | haloumi 30 | egg 12

Pumpkin & Hummus v 90

Honey roasted pumpkin, hummus, poached egg, sundried tomato, turmeric onions, goats cheese, pepitas, olive oil
*Vegan option available

Creamy Mushrooms v 105

Creamed field mushrooms, poached egg, sundried tomatoes, edamame beans, miso dust, fresh radish, chives

Salmon Deluxe 155

Smoked salmon trout, crème fraiche & chive scrambled eggs, fresh dill
+Add avo 35

Bacon & Avo 100

Crispy bacon, avocado, jalapeño cream cheese, tomato gremolata
+Add poached egg 12

SWEET BREAKFAST

French Toast v 85

French toast with mango curd, crunchy meringue, chocolate powder, vanilla ice cream, orange sherbert

Belgian Waffle v 95

Chocolate torte, macerated strawberries, vanilla gelato, chocolate sauce

Buttermilk Hotcakes 110

Caramelized banana, crispy bacon, whipped ricotta, maple syrup, berry compote, butterscotch toasted walnuts

EGGS YOUR WAY

Choice of toasted sourdough | health | 60% rye | gluten free (+18)

Cafe Omelette 65

Classic omelette with toast
Add your favourite additions below

Scrambled | Poached | Fried 55

Two eggs with toast
Add your favourite additions below

+ ADDITIONS

Egg	12
Oven-roasted Tomatoes	10
Fried Onion Spring onion	10
Sautéed Spinach Beans	20
Cheddar Feta Haloumi	30
Goats Cheese Avo	35
Grilled Mushrooms	25
Crispy Bacon	35
Smoked Hickory Ham	35
Pork Sausage	35
Smoked Salmon	55

BAGELS & CROISSANTS

Salmon York Bagel 155

Toasted salmon lox bagel, dill, capers, black pepper, preserved lemon, watercress

Bacon & Onion Bagel 80

Toasted bagel with caramelized onion & bacon cream cheese
+Add egg 12

Bacon & Cheese Croissant 95

Bacon, cream cheese, scrambled eggs, fresh rocket, pickled red onion, pickled beetroot

Salmon Lox Croissant 155

Salmon lox croissant, poached eggs, sliced tomato, chive creme fraiche, sesame-poppy seed spice, dill *S

PROUDLY BAKED

Daily selection of
fresh pastries at the
cafe bar

BREAKFAST COCKTAILS

Proud Bloody Mary	125
Mimosa	105
Valentina Non-alc bubbly, cranberry & orange juice	95

BRUNCH

Mary's Bennys

English muffin, hollandaise, poached eggs

Hickory Ham, togarashi, chorizo crumble 110

Smoked Salmon, sautéed spinach, dill, trout roe 155

Bombay Frittata VG 105

Lightly curried potato & tofu frittata, baby spinach, Cape Malay coconut sauce, crispy onions, gremolata, fresh coriander

Labneh, Greens & Eggs V 120

Poached eggs, grilled sweet potatoes, crunchy spinach & cauliflower, avo, labneh, lemon & pea shoots, lavash bread

Red Shakshuka V 115

Za'atar baked eggs, harissa roasted tomatoes, red peppers, sweet potato, onions, chilli feta crumble

Turkish Eggs V 135

Poached eggs on lachha paratha, chilli chimichurri, lemon yoghurt, fresh dill, za'atar

Asian Omelette 135

Sugar-cured prawn & kimchi open omelette, feta, sprouts, coriander, spring onion, chilli oil

Salmon & Crème Fraiche Waffles 135

Sourdough waffles, avo whip, cherry tomatoes, chive crème fraiche, grilled halloumi, poached egg, smoked salmon, spring onion

Prawn Fish Cakes 145

Crispy prawn fish cakes, herb & trout roe cream, dill, spring onion & mint salad, poached egg, shaved radish, cracked black pepper

Croque Madame 135

Grilled ham & cheese brioche french toast, topped with a fried egg, béchamel sauce, Gruyère & Parmesan cheese

Proud English 145

Crispy bacon, pork sausage, grilled mushrooms, smokey beans, oven-roasted tomatoes, two eggs your way, toast

Breakfast Burger 145

Beef patty 150g, tomato relish, cheddar, rocket, fried onions, bacon, aioli, fried egg, soft bun, triple fried chips

Steak Egg & Bravas 165

Coal-grilled sirloin 200g, poached | fried egg, wagyu fat patatas bravas, confit tomato, aioli