

Welcome to JARRYDS Espresso Bar + Eatery

At JARRYDS we believe in balance, we are a place where quality meets passions and we like to think that it shows.

Wholly committed to sourcing and supporting locally produced and seasonal produce, JARRYDS focuses on highlighting the beautiful nature of each and every single ingredient we serve. Our providers deliver fresh from the market to us every single day, and our free range eggs are the freshest in town.

We believe in Fair Trade coffee supplied to us exclusively from our family at Espresso Lab at The Old Biscuit Mill. Our carefully and lovingly crafted blend contains some of the worlds best and most exclusive coffees roasted to perfection.

The milk we've sourced is from a local farm called FairCape, which helps to create a rich, balanced and flavourful cup.

Our artisan bread is baked in collaboration with our partner Bentley's Bread Co. using only natural, unbleached local stone ground flour.

We like to do our little bit for the environment. We only use biodegradable, environmentally friendly packaging and really don't like using straws but if you have to, we've got paper. Our still and sparkling water bottles are recyclable and returnable so please leave them behind if you don't mind.

We want every customer to feel special and believe in personalised service that makes you feel right at home. The customer is the most important person in our business, and we love that you love us.

We hope that you can taste and enjoy all the love, energy and effort we put into your experience.

Thanks for choosing us.

Lots of Love

The JARRYDS Team

SPECIALS

Please see our chalkboard for daily specials!

BREAKFAST - Served All Day

BASICS

Milk & Honey Yoghurt Panacotta -95-

w/ butter & honey granola, toasted coconut & almonds, sour mango, cashew nut praline + fresh summer berries

Table Seasonal Fruit Plate -105-

w/ toasted coconut flakes, sour mango, yoghurt + honey

JARRYDS Overnight Oats -78-

w/ apple & cinnamon soaked raw oats, LSA seed mix, raw cacao + vanilla-flambeed apple wedges

Summer Fruit Carpaccio -88-

w/ papaya, pineapple, toasted coconut flakes, hemp & chia seeds, crushed cashews, blueberries, yoghurt + pomegranate rubies

SMOOTHIE BOWLS

Sunshine -95-

w/ turmeric & ginger smoothie, papaya, mango, pineapple, maca powder, super-seed mix, gooseberries, nectarine + spicy carrot & sunflower seed date ball

Strawberry Superfood -92-

w/ vanilla bean yoghurt, raw almonds, mixed berries + raw super-seed granola

Raspberry and Charcoal -105-

w/ oats, yoghurt, lychees, coconut flakes, red apple, dark chocolate shards + red velvet date ball

EGGS

w/ bread of your choice + semi-dried tomato & baby spinach garnish

Fried -42- | Poached -42- | Scrambled -48-

ON THE SIDE

spanish onion | rocket | fresh tomatoes -20-
roast cherry tomatoes | spinach | jalapeños -25-
mushrooms | house made baked beans | feta | hash browns -30-
grilled haloumi | basil pesto | avo* | rostis -30-
beef boerewors | bacon | chorizo | grilled chicken breast -35-
breakfast greens | black bean + corn fritter -35-
beef brisket | beef mince -45-
smoked salmon -65-
> egg whites only -20-

BENEDICT BAR

w/ bread of your choice + house made hollandaise
| substitute toast for hash browns -25- |

Streaky Bacon -90-

Smoked Salmon -110-

Sautéed Artichoke + Mushroom -85-

Espresso Brisket -96-

4 Way Sliders -200-

Zesty Salmon & Potato Cake* -105-

w/ charred spring onions, poached egg, baby leaf salad + house made hollandaise

Benedict Royale* -125-

w/ smoked salmon, avo, herbed cream cheese pate, poached egg + house made hollandaise

***not served with toast

OMELETTES

w/ bread of your choice + semi-dried tomato & spinach garnish

Make Your Own Omelette -45-

w/ spinach -15- | mushroom -15- | roast tomato -15- | spanish onion -15- | jalapeños -15-
w/ feta -20- | haloumi -20- | avo -20- | cheddar -20-
w/ bacon -25- | chorizo -25- | salmon -35-

Mexican Egg White -98-

w/ tomato con casse, avo, raw corn & coriander salsa, spanish onion, kidney beans, jalapeño
picante relish + coriander queso fresco
| add beef mince -45- |

Open Green -92-

w/ zucchini, spinach, broccolini, spring onion, feta + kale crisps
| make it egg white -20- |

TOAST BAR

w/ bread of your choice; sourdough, rye (70%), country, 5 grain or add -20- for LCHF bread

Toasted Banana Bread -48-

w/ house made espresso butter

LCHF Banana Bread -55-

w/ house made banting espresso butter + cinnamon

Avo Smash -90-

w/ avo *salsa, beetroot & balsamic puree, tomatoes, feta + basil pesto
| add poached egg -10- |

Smoked Salmon Bagel -98-

w/ herbed cream cheese, shaved red onion, rocket + caper popcorn

Marmite & Brie -72-

w/ marmite & butter spread, double cream brie, slow roast cherry tomatoes + wild rocket
| add poached egg -10- |

Chilli Cheese Stuffed Savoury French Toast -75-

w/ tomato & ginger jam + rocket
| add bacon -35- | add beef mince -45- |

SWEETS

Thick Cut Brioche French Toast -98-

w/ white chocolate & cornflake crunch, lemon puree, winter berries + vanilla cream

The Original Pancake Stack -85-

w/ vanilla creme, brûlée banana + maple syrup

Blueberry Unicorn Pancake Stack -105-

w/ mixed berry creme, blue candy floss + white chocolate crunch

Blueberry & Lemon Meringue Waffles -110-

w/ blueberry marshmallow, lemon puree, frozen lemon curd, meringue shards + blueberries

Vegan 'Nice' Cream Slice -85-

w/ ginger, oat & date base, toasted coconut flakes, blueberry nice cream, raw cacao, cacao nibs,
+ fresh summer berries

SPECIALITIES

Smoked Salmon Rosti Stack -120-

w/ charred zucchini ribbons, zesty peas, herbed cream cheese, basil & pea puree, caper popcorn + poached egg

Power Breakfast -98-

w/ scrambled egg whites, chargrilled chicken breast, dry roasted sweet potato, broccoli + cherry tomatoes.

The Breakfast Bun -85-

w/ streaky bacon, avo*, jalapeño & pimento relish, soft fried egg + hollandaise
| add burger patty -35- |

Old School Bacon & Egg Roll -80-

w/ bacon, soft fried egg, swiss cheese + chilli aioli

JARRYDS Breakfast Bruschetta -105-

w/ streaky bacon, avo*, tomato & spanish onion salsa, basil pesto, poached eggs + balsamic reduction w/ bread of your choice

Summer Quinoa Breakfast Bowl -105-

w/ baby spinach, avo*, house made kimchi, beetroot & balsamic puree, charred broccolini, toasted almond flakes, mixed seeds, kale crisps + poached egg
| add grilled haloumi -30- |

Mediterranean Breakfast Focaccia -115-

w/ hickory ham, mature cheddar, cherry tomatoes + rocket topped w/ slow roast mushroom ragout + poached egg

Huevos Rancheros -90-

w/ spicy house made tomato sauce, kidney beans, coriander queso fresco + soft fried eggs served w/ soft flour tortilla
| add chorizo -35- |

Black Bean & Corn Fritter Stack [GF] -102-

w/ pica de gallo, avo salsa, roast jalapeno & pepperdew dressing, coriander queso fresco + poached egg
| add bacon -35- |

Turkish Eggs -95-

w/ hummus, cumin labneh, pesto, sun-dried tomato pesto, turkish dukkah + turmeric fried egg served w/ house baked pita bread
| add beef mince -45- |

LUNCH - Served from 12:00pm

SALADS

Superfood -115-

w/ sumac marinated free range grilled chicken breast, herbed quinoa, toasted nuts, carrot ribbons, charred broccolini, avo*, mixed seeds, shaved parmesan + spring onion served w/ cumin, citrus & thyme dressing

SoCal -95-

w/ avo*, iceberg, cherry tomatoes, spanish onion, raw corn salsa, jalapeño relish + crunchy tortilla dippers w/ pimento & lime dressing
| add free range grilled chicken breast -35- |

Beets -95-

w/ za'atar roasted beetroot, goats cheese, shredded raddiccio, spinach, strawberries, pumpkin seed, cashew nut praline + raspberry & red wine vinaigrette

Asian Style -90-

w/ edamame, cucumber, carrots, asian greens, daikon radish, green mango, spring onions, glass noodles, toasted crushed peanuts + house made yuzu dressing
| add grilled Patagonia calamari -65- |

Greens -95-

w/ avo, sugar snap peas, garden peas, green beans, mixed baby leaves + house made shallot vinaigrette
| add herbed quinoa -25- | add free range grilled chicken breast -35- |

Cauliflower -95-

w/ turmeric cauliflower steak, toasted cauliflower rice, cauliflower popcorn bites, fresh grapes, roasted chickpeas, turkish dukkah, pine nuts, rocket + saltana dressing

SPECIALTIES

Baja Fish Tacos -105-

w/ spiced pineapple avo salsa, shredded lettuce, green mango + lime & coriander dressing served w/ soft flour tortilla

Beer Battered English Style Fish -125-

w/ mushy peas, fries + house made tartar sauce

JARRYDS Aglio Olio Pasta -88-

w/ garlic, butter, chilli, cherry tomatoes, rocket + pinenuts
| add Patagonian calamari -65- |

Caprese Gazpacho -110-

w/ fior de latte, crispy prosciutto, asparagus, picked basil leaves, strawberries + EVO

Mediterranean Falafel Wrap -90-

w/ falafel, barley tabouleh, hummus, baba ganoush, pickled cabbage, israeli salad, za'atar yoghurt, pomegranate rubies + house baked pita
| make it a salad bowl -25- |

BURGERS + ROLLS

w/ your choice of rustic cut fries or house salad + aioli

The DQP -98-

w/ split pure beef patties, mature cheddar, iceberg, dill pickles, ketchup, american mustard + house made burger sauce

Veggie Stack -92-

w/ haloumi, sautéed mushrooms & spinach, baba ganoush, beetroot & balsamic puree, roast cherry tomatoes + aioli
| add falafel patty -20- |

Espresso Brisket Roll -115-

w/ 10 hr pulled espresso brisket, swiss cheese, horseradish cream + butter pickles

Scotty's Gochujang Chicken Burger -105-

w/ house made kimchi, coriander-infused aioli + mixed sesame seeds

Surf & Turf -135-

w/ beef, chorizo & shrimp patty, swiss cheese, tomato, shredded iceberg + chilli & lime aioli

ON THE SIDE

Rustic Cut Fries + Aioli -30-

Fully Loaded Fries -70-

w/ wasabi japanese mayo, sweet chilli + fire cracker prawn bites

Hand Cut Zucchini Fries -45-

w/ parmesan + salsa verde

Mini Greek Salad -60-

w/ cucumber, red onion, feta, tomato, torn cos + olives

DRINKS

SPECIALTY COFFEE

Espresso | Macchiato | Piccolo Latte -25-
Cap | FW | Latte | Cortado | Americano -27- | -34-
Iced Latte -27- | -34-
Magic [Ask our staff!] -32-
Coconut Chai Latte -27- | -32-
Red Cappuccino -27- | -32-
Chocolate Mocha [Milk | Dark] -32- | -38-
Hot Chocolate [Milk | Dark] -30- | -36-

ALTERNATIVE BREW

V60 Pourover -38-
Single Origin Espresso -28-
Elderflower + Espresso Tonic -45-

EXTRAS

Extra Shot -7- | **Soy Milk** -7- | **Decaf** -7- |
Almond Milk -8-

TEA -28-

Earl Grey | Rooibos | Green | Chamomile
Peppermint | Five Roses

SOFTDRINKS

Still or Sparkling Mineral Water 750ml -38-
Coke, Coke Zero, Fanta, Sprite -22-
Appletiser -25-
Rock Shandy | Lemon, Lime + Bitters -25-
Soda Water, Lemonade -15-
Passionfruit, Lime, Kola Tonic -8-
JARRYDS ROOIBOS ICED TEA -38-
w/ lemon, honey, ginger, star anise, cinnamon + mint

OUR JUICES

Ruby -48-
w/ watermelon, lemon + mint
Gold -52-
w/ pineapple, apple, aloe vera + mint
Emerald -50-
w/ pear, apple, spinach, celery, lime + mint
Copper -52-
w/ orange, grapefruit, lemon, carrot, ginger +
himalayan salt
Tigers Eye -55-
w/ pineapple, carrot, ginger, chilli, lime + coriander

MAKE YOUR OWN JUICE -45-

w/ your choice of of the following
orange | apple | pear | carrot | cucumber
celery | beetroot | watermelon | pineapple
lemon

POWER SHOTS

Protector -28-
w/ ginger, honey + lemon

Booster -28-
w/ lemon, grapefruit, turmeric + cayenne

Cleanser -28-
w/ apple, activated charcoal, lime + fennel

SMOOTHIES
[add protein -15-]

Nuts -80-
w/ almond butter, coconut oil, banana, dates,
almond milk, vanilla, cinnamon, nutmeg, cloves +
almond & coconut flakes

Blue -65-
w/ frozen blueberries, coconut milk, milk, protein
powder + coconut flakes

Green -60-
w/ spinach, banana, avo*, kiwi, aloe vera, chia
seeds, celery leaves, mint, lemon, coconut water +
himalayan salt

MILKSHAKES

Marshmallow Chocolate Shake -50-
w/ chocolate ice cream, milk, chocolate sauce +
crushed biscuit, chocolate sprinkles &
marshmallows

Strawberry Milk Shake -50-
w/ fresh strawberry, strawberry ice cream, milk,
strawberry coulee + crushed biscuits

Iced Coffee -60-
w/ double espresso, vanilla ice cream + milk

ALCOHOL

GRAPES

Bubbles

Miss Molly
-55- | -205-

Simonsig Kaapse Vonkel
-310-

WHITES

Blend

Haute Cabriere Pinot Noir Chard
-55- | -200-

Chardonnay

Anura
-50- | -180-

Sauv Blanc

StoneTown
-40- | -140-

Rose

Quando Mourvedre
-40- | -150-

REDS

Blend

Alphabetical
-55- | -200-

Merlot

Vondeling Merlot
-40- | -150-

Pinotage

Spice Route
-60- | -220-

Shiraz

Guardians Peak
-45- | -170-

BEERS

Local

Castle Lite -25-
Corona -40-
Heineken -30-

Cider

Savannah -25-

Craft

Devils Peak Lager -40-
Devils Peak Pale Ale -40-

SPIRITS

Whiskies

Jameson -30-
Johnny Walker Black -35-

Gin

Bombay Blue -25-
Inverroche -35-

Vodka

Absolut -26-

Rum

Bicardi -25-
Sailor Jerry -30-

Tequila

Jose Gold -30-
Don Julio -55-

COCKTAILS

JARRYDS Bloody Mary -65-
w/ tabasco, Worcestershire + celery

Breakfast Mimosa -75-

w/ fresh OJ + mint

House Blended Margarita -65-

w/ tequila, fresh lime, agave + salt

Candyfloss Cosmo -65

w/ vodka, cointreau, fresh lime + cranberry