

# Welcome to JARRYDS CBD

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 prefer not using straws. 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

BREAKFAST - Served All Day

BASICS

**Freshly Baked -25-**

Croissant w/ Butter + Preserves  
Sweet Muffin of the Day  
Savoury Muffin of the Day

**Seasonal Fruit + Berries -45-**

w/ natural yoghurt + honey

**Coconut Granola -45-**

w/ house baked coconut granola, seasonal fruit, yoghurt + lemon-roast almonds

**Overnight Steel Cut Oats -55- [VG]**

w/ almond milk + maple syrup soaked raw oats, LSA seed mix, rooibos-poached apricots + roasted cashew nuts

**JARRYDS Full-Milk Oat Porridge -55-**

w/ LSA seed mix, cacao nibs, chai-poached pear + honey

**Carrot Cake Smoothie Bowl -68- [VG]**

w/ banana, carrot, dates, vanilla, cinnamon, roasted pecan nuts + toasted coconut

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PRESSED SANDWICHES

served on our Bentleys Bread Co. Ciabattini

**B.L.A.T -55-**

**Ham, Cheese + Tomato -55-**

**Free-Range Chicken Mayo -55-**

**BBQ Chicken, Mozzarella + Pickled Onion -55-**

**NYC Tuna Melt -55-**

**Roasted Veggies, Basil Pesto + Feta -55-**

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**Bacon & Egg Roll -38- [Served before 9am]**

w/ bacon, soft fried egg, baby spinach + aioli

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**JARRYDS Breakfast Wrap -65-**

w/ scrambled egg, bacon, classic cheddar, charred tomato salsa, spinach + aioli

## EGGS

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

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

### ON THE SIDE

mushrooms | roast cherry tomatoes | spinach -25-  
house made baked beans | feta | hash browns -30-  
grilled haloumi | basil pesto | avo\* -30-  
beef sausage | bacon -35-  
beef mince -45-  
egg whites only -25-  
smoked salmon -55-

## OLD SCHOOL BREAKFASTS

w/ bread of your choice

### **The American -60-**

w/ eggs as you like, bacon + roasted cherry tomatoes

### **The "ALL American" Breakfast -75-**

w/ eggs as you like, bacon, herbed beef sausage, sautéed mushroom, roasted cherry tomatoes + house made baked beans

## BENEDICT BAR

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

**Streaky Bacon -52- | -88-**

**Smoked Salmon -62- | -102-**

**Sautéed Artichoke + Mushroom -48- | -82-**

## 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 -92-**

w/ roast cherry tomatoes, avo, charred corn & coriander salsa, spanish onion, kidney beans,  
picante relish + coriander crème fraiche  
| add beef mince -45- |

### **Green -92-**

w/ garden peas, spinach, broccoli, spring onion + feta  
| make it egg white -20- |

## SWEET

### **The Original Pancake Stack -85-**

w/ vanilla cream cheese, brûléed banana, cornflake + white chocolate crunch, maple syrup + vanilla ice cream

### **Toasted Banana Bread -52-**

w/ house made espresso butter + salted caramel cream cheese

## TOAST BAR

w/ bread of your choice; sourdough, rye (70%), country, 5 grain or add -15- for sweet potato bread [GF]

### **Avo Smash -54|85-**

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

### **Smoked Salmon -56|88-**

w/ herbed cream cheese, spanish onion, caper popcorn + rocket

### **Chargrilled Mushrooms -45|75-**

w/ thyme, goats cheese + truffle oil  
| add poached egg -10- |

### **Marmite and Brie -30|55-**

w/ marmite & butter spread, brie, roast cherry tomatoes, aged balsamic + rocket

## SPECIALITIES

### **Smoked Salmon Rosti Stack -115-**

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

### **Classic Bacon & Egg Roll -70-**

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

### **Indonesian Wild Rice Bowl -65-**

w/ wild rice nasi goreng, pickled ginger, sesame, soy + fried egg  
| add tsumi glazed free-range grilled chicken breast -35- |

### **Breakfast Bruschetta -95-**

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

### **Winter Quinoa Breakfast Bowl -98-**

w/ spiced sweet potato, avo, beetroot & balsamic puree, charred broccoli, toasted almond flakes, mixed seeds, baby spinach, kale crisps + poached egg  
| add haloumi -30- |

### **Breakfast Shakshuka -65|120-**

w/ slow-cooked tomato ragout, feta, coriander + eggs served w/ garlic-rubbed sourdough  
| add beef mince -45- |

LUNCH - Served from 12:00pm

SALADS

**Superfood -80-**

w/ herbed quinoa, toasted nuts, carrot ribbons, charred broccoli, avo\*, mixed seeds, shaved parmesan + spring onion served w/ cumin, citrus & thyme dressing  
| add free-range grilled chicken breast -35- |

**Chris' Famous Falafel -88-**

w/ chickpea falafels, hummus, bulghar wheat tabbouleh, slow-roasted cherry tomatoes + sumac

**SoCal -70-**

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

**Caprese -88-**

w/ heirloom tomatoes, local buffalo mozzarella, torn perennial basil, garlic-rubbed sourdough bruschetta, breakfast radishes + lemon-infused EVO

SPECIALTIES

**Roast Tomato Soup -65-**

w/ three cheese toastie + herbed EVO

**Steak Frites -110-**

w/ 200g dry-aged sirloin, wilted spinach, frites + café de paris butter

**TDG Grilled Chicken Breast -90-**

w/ charred broccoli, avo salsa, crumbled feta, toasted sesame + basil pesto

**English Style Beer Battered Fish -95-**

w/ mushy peas, fries + house made tartar sauce

**Baked Rigatoni -72-**

w/ napolitana sauce, buffalo mozzarella, parmesan, fresh basil + EVO  
| add beef mince -45- |

BURGERS + BREAD

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

**The Classic -95-**

w/ pure beef patty, mature cheddar, iceberg, dill pickles + house made burger sauce

**Veggie Stack -92-**

w/ haloumi, sautéed mushrooms & spinach, baba ganoush, beetroot & balsamic puree, roast cherry tomatoes + aioli

**The Chicken Shop Schnitzel Roll -95-**

w/ crumbed chicken breast, shredded iceberg, tomato, red onion + house made garlic aioli

**Club Sandwich -95-**

w/ grilled chicken breast, bacon, rocket, tomato, red onion + mustard aioli

## 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 -7-

**Extra Shot | Soy Milk | Decaf |  
Almond Milk**

### 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-  
**Soda Water, Lemonade** -15-  
**Passionfruit, Lime, Kola Tonic** -8-

### **JARRYDS ROOIBOS ICED TEA** -38-

w/ lemon, honey, ginger, star anise, cinnamon +  
mint

### MILKSHAKES

#### **Iced Coffee** -50-

w/ double espresso, vanilla ice cream + milk

#### **JARRYDS Chocolate Shake** -45-

w/ chocolate ice cream, milk, chocolate sauce +  
crushed biscuit, chocolate sprinkles & marshmal-  
lows

### OUR JUICES

#### **Ruby** -48-

w/ watermelon, lemon + mint

#### **Emerald** -50-

w/ pear, apple, spinach, celery, lime +  
mint

#### **Copper** -52-

w/ orange, grapefruit, lemon, carrot,  
ginger + himalayan salt

#### **Gold** -52-

w/ pineapple, apple, aloe vera + mint

#### **Make Your Own Juice** -45-

w/ your choice of **3**  
of the following

**orange | apple | carrot | cucumber |  
celery beetroot | watermelon |  
pineapple | lemon**

[extra fruit/veg -10-]

### POWER SHOTS

#### **Protector** -28-

w/ ginger, honey + lemon

### SMOOTHIES

[add protein -15-]

#### **Nuts** -80-

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

#### **Green** -60-

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