

# 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 and our blend is co-roasted exclusively for us. Our carefully and lovingly crafted blend contains some of the worlds best and most exclusive coffees roasted to perfection.

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 bio-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**

### **JARRYDS Full Milk Winter Porridge -55-**

w/ steal cut oats, black sesame, flax seeds, stewed winter stone fruit + pistachio nuts  
| make it w/ almond milk -15- |

### **Tumeric & Pineapple Smoothie Bowl -88- [VG]**

w/ turmeric & ginger smoothie, papaya, mango, pineapple, gooseberries, passionfruit, nectarine + super-seed mix

## **SWEETS**

### **Raspberry & Ricotta Stuffed French Toast -115-**

w/ enriched brioche, lemon & winter berry ricotta, charcoal cream cheese, raspberry coulis + lavender sorbet

### **The Original Pancake Stack -110-**

w/ vanilla cream cheese, berry coulis, brûlée banana, caramel popcorn, maple syrup + vanilla ice cream

## **TOAST BAR**

### **Toasted Banana Bread -60-**

w/ house made espresso butter

### **Avo Smash -105-**

w/ avo salsa, beetroot & balsamic puree, cherry tomato, edamame beans, feta, pepitas + rainbow radish

| add poached egg -10- |

### **Potted Salmon & "Toast" -68-**

w/ cold-smoked salmon cream cheese, toasted sesame bagel, chives, preserved lemon rind, pickled cucumber + EVO

### **Mushroom Toast -88-**

w/ truffled mushroom & cream cheese pate, sautéed mushrooms, thyme, lemon & parsley + rocket

| add poached egg -10- | add streaky bacon -38- |

## **EGGS**

w/ bread of your choice + charred tomato & baby spinach garnish

### **Fried -45- | Poached -45- | Scrambled -48-**

#### **ON THE SIDE**

cherry tomatoes | spinach | jalapeños | feta | baked beans -25-  
avo | mushrooms | hash browns | grilled haloumi | basil pesto | rostis -35-  
spiced lamb sausage | beef sausage | streaky bacon -38-  
chorizo | beef mince -45-  
smoked salmon -66-

### **The BIG Breakfast -90-**

w/ eggs as you like, bacon, beef sausage, sautéed mushroom, roast tomato, house made baked beans + bread of your choice

## **BENEDICT BAR**

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

**Streaky Bacon -105-**

**Smoked Salmon -125-**

**Sautéed Artichoke + Mushroom -102-**

**Mexican Style Fabada Benedict -135-**

w/ glazed cherry tomatoes, house baked beans, grilled chorizo, crumbled feta, avo & coriander  
creme + chipotle hollandaise

## **OMELETTES**

w/ bread of your choice + charred tomato & spinach garnish

**Make Your Own Omelette -48-**

spinach -15-	roast tomato -15-	spanish onion -15-	jalapeños -15-	
cheddar -20-	feta -20-	haloumi -20-		
mushrooms -25-	bacon -25-	avo -25-	chorizo -30-	salmon -40-

**Mexican Egg White -115-**

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

## **SPECIALITIES**

**JARRYDS Rosti Stack**

| **Streaky Bacon -115-** | **Smoked Salmon -135-** |

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

**Breakfast Tagine -88-**

w/ spiced tomato relish, sautéed spinach, olives, charred zucchini, crumbled feta, baked eggs,  
coriander + house-made pita  
| add chorizo -45- | add beef mince -45- |

**The Dirty Breakfast Burger -110-**

w/ 125g pure beef patty, streaky bacon, swiss cheese, jalapeño & pimento relish, soft fried egg,  
+ onion rings

**JARRYDS Breakfast Bruschetta -130-**

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

**Moroccan Breakfast Bowl -95-**

w/ middle eastern heirloom carrot, quinoa, pistachio & mint tabbouleh, pomegranate labneh,  
marinated kale, cashew nut dukkah + poached egg  
| add grilled haloumi -35- | add spiced lamb sausage -38- | add beef mince -45- |

**Indonesian Wild Rice Bowl -75-**

w/ wild rice nasi goreng, pickled ginger, sesame, soy + fried egg  
| add free-range tsumi glazed grilled chicken breast -38- |

LUNCH - Served from 12:00pm

### **SALADS & BOWLS**

#### **Superfood -125-**

w/ 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

#### **Caeser -85-**

w/ cos lettuce, ciabatta crostini, anchovy, parmesan + poached egg  
| add free-range grilled chicken breast -38- | add streaky bacon -38- |

#### **Chicken Tinga -135-**

w/ warm grains, braised chicken tinga, avo, black beans, tortilla chips, spring onion, crumbled feta, marinated kale + yoghurt, lime & coriander dressing

#### **Winter Harvest Bowl 85-**

w/ roasted quinoa, lemon herb dressing, curly kale, roasted butternut, grilled brussel sprouts, toasted pepitas + white balsamic dressing  
| add free-range grilled chicken breast -38- | add spiced lamb sausage -38- |

### **SPECIALTIES**

#### **JARRYDS Buttermilk Fried Chicken -95-**

w/ whole-grain mustard slaw, fries + house made hot sauce

#### **JARRYDS "Adult" Mac n' Cheese -95-**

w/ vintage cheddar, parmesan, mornay sauce, toasted sourdough + parmesan crisp  
| add streaky bacon -38- | add sautéed spinach -25- | add sautéed mushrooms -35- |

#### **Coconut & Butternut Korma Curry -105-**

w/ chickpeas, curly kale, fresh lime, toasted almonds + shaved coconut served w/ basmati rice

#### **Steak Frites -165-**

w/ 180g dry-aged sirloin, wilted spinach, frites + café de paris butter

### **BURGERS**

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

#### **The Classic Cheese Burger -115-**

w/ 180g pure beef patty, cheddar, iceberg, bread & butter pickles, mayo, ketchup + mustard

#### **Veggie Stack Burger -110-**

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

#### **Buttermilk Fried Chicken Burger -110-**

w/ shredded iceberg, tomato, sliced spanish onion + mayo  
| add cheddar cheese -15- | add JARRYDS hot sauce -10- |

# DRINKS

## SPECIALTY COFFEE

**Espresso | Macchiato | Piccolo Latte** -26-  
**Cap | FW | Latte | Cortado | Americano** -29- | -36-  
**Iced Latte** -29- | -36-  
**Magic** [ Ask our staff! ] -35-  
**Coconut Chai Latte** -29- | -36-  
**Red Cappuccino** -29- | -36-  
**Chocolate Mocha** [ Milk | Dark ] -34- | -42-  
**Hot Chocolate** [ Milk | Dark ] -32- | -38-

## EXTRAS

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

## TEA -25-

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

## SOFTDRINKS

**Still or Sparkling Mineral Water** 750ml -40-  
**Coke, Coke Zero, Fanta, Sprite** -24-  
**Appletiser** -28-  
**Rock Shandy | Lemon, Lime + Bitters** -35-  
**Soda Water, Lemonade, Tonic** -18-  
**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

## MAKE YOUR OWN JUICE -45-

w/ your choice of of the following  
**orange | apple | pear | carrot | watermelon**  
**pineapple | lemon**  
| add ginger shot -15- |

## POWER SHOTS

### **Protector -28-**

w/ ginger, honey + lemon

### **Booster -28-**

w/ lemon, grapefruit, turmeric + cayenne

## 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, pro-  
tein powder + coconut flakes

### **Green -65-**

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

## MILKSHAKES

### **Marshmallow Chocolate Shake -50-**

w/ chocolate ice cream, milk, chocolate sauce +  
crushed biscuit, chocolate sprinkles & marsh-  
mallows

### **Iced Coffee -60-**

w/ double espresso, vanilla ice cream + milk