



# Good Morning!

Since 1988

*"I hope you wake up feeling strong, powerful and capable."  
- Mama Zara*



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## TOLBOS BREAKFAST 70

2 Eggs, bacon, tomato, cheese griller or wors. Served with toast, real farm butter & homemade preserve.

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## CLASSIC 2 EGG OMELETTE 30

Served with your choice of fillings:

Mince	20	Spinach	10
Bacon	15	Tomato	5
Ham	10	Onion	5
Chicken	15	Feta	12
Mushrooms	10	Cheddar	15

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## BANTING BREAKFAST BURGER 80

100% Beef patty stacked with 2 poached eggs. Topped with homemade tomato & mushroom relish.

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## FRENCH TOAST 75

2 Slices of homemade bread, dunked in creamy eggs, pan fried & layered with bacon. Finished with green fig preserve, a sprinkle of nuts and maple syrup.

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## TOSSED EGGS 25

Served on our very own ciabatta with layers of fresh tomato, fried onion, tangy mayo & topped with two tossed eggs.

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## HEALTH BREAKFAST 40

Double cream yogurt, fresh fruit & muesli. Served with honey.

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## TOAST BUTTER & JAM 20

Fresh toasted bread served with real farm butter and homemade preserve.

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