

JARRYDS

ESPRESSO BAR + EATERY

DELIVERY MENU

OPEN TUESDAY - SUNDAY (07:30-16:00)

ORDER VIA MR DELIVERY. CONTACT US ON 062 986 4812.

ALL DAY BREAKFAST

HOT OATS (75)

whole milk oats, apple compote, granola praline

BIRCHER (80)

steel cut oats, cinnamon, yoghurt, shaved apple, strawberry, coconut

ACAI BOWL (135)

acai, coconut water, banana, berries, chia seeds, passion fruit, mango, granola and citrus

SEASONAL FRUIT BOWL (80)

seasonal fruit, vanilla mint yoghurt, house granola

SMASHED AVO (105)

avo salsa, beetroot purée, tomato, feta, pepitas, pesto, baby spinach

BREKKY BUN (70 / 110)

bacon or halloumi w/ emmental, chilli mayo, fried egg

QUINOA BOWL (105)

chilli broccoli, herbed quinoa, halloumi, crispy kale, avo, za'atar, boiled eggs

BUNS & BAGELS

- all served w/ crisps & dill pickles

CHICKEN MAYO BAGEL (75)

chicken mayo, pickles, red onion, chives

EGG MAYO BAGEL (65)

egg dip, chives, lettuce, spring onion, paprika

SALMON BAGEL (95)

smoked salmon, scallion schmeer, red onion, capers and rocket

SALT BEEF BAGEL (85)

hot salt beef, american mustard, dill pickle

SALADS

CAESAR SALAD (85)

cos lettuce, croutons, parmesan, anchovies, boiled egg

SUPERFOOD SALAD (105)

avo, carrot, spinach, rocket, chimichurri quinoa, almonds, black sesame, parmesan, spring onion

+ marinated grilled chicken (40)
+ grilled halloumi (38)
+ streaky bacon (38)