



**MIKE'S HERITAGE HOUSE**  
*Parktown*

# BREAKFAST MENU

## POACHED

**CLASSIC EGGS BENEDICT 98**  
English muffin with bacon, ham or smoked salmon (extra R40), two poached eggs & hollandaise. Substitute topping/muffin with wilted baby spinach & black mushroom for a vegetarian or banting option

**SALMON & EGGS 155**  
Grilled smoked salmon served on wilted baby spinach with two poached eggs, hollandaise, caper berries & toast.

**EGGS FLORENTINE 130**  
English muffin with wilted baby spinach, grilled cherry tomatoes, choice of bacon, ham or smoked salmon (extra R40), two poached eggs & hollandaise.

**POTATO CROQUETTES & EGGS 130**  
Smashed potato croquettes topped with two poached eggs, crispy streaky bacon and hollandaise. Garnished with fresh rocket & grated Grana Padano cheese.

### SIDES

BAKED BEANS	25
MOZAMBICAN POTATO	50
POTATO CROQUETTE	40

## OMELETTES

**TRADITIONAL FULL EGG OR EGG WHITE - EXTRA R14**

- Bacon, avo & danish feta. 97
- Smoked salmon, fresh avo & smooth cream cheese 150
- Hickory ham, cheddar & mushroom. 93
- Bolognese, chilli, cheddar & mushroom. 90
- Spinach, mushroom, haloumi & spicy salsa. 99
- Chicken, spicy tomato salsa, cheddar & side guacamole. 95

**SERVED WITH TOAST**

## VEGETARIAN

- Poached eggs with halloumi, steamed spinach & hollandaise. 110
- Poached eggs, falafel balls, spicy tomato & chutney sauce & coriander. 90
- Brinjal bake, poached eggs, grana padano cheese & rocket. 99

**SERVED WITH TOAST**

## CLASSIC

**MINI FARMHOUSE 99**  
One fried egg (extra R7 for scrambled), bacon, mushrooms, grilled tomato, beef or pork sausage & toast.

**MOZAMBICAN BREAKFAST 80**  
Scrambled eggs on a bed of cubed potato tossed with a spicy tomato salsa & fresh coriander.  
- Add extra chorizo. 30  
- Add extra pork sausage. 29

**CHICKEN LIVERS 90**  
Grilled livers in a creamy peri-peri sauce with onion & peppers, two fried eggs & toast.

**SOUTH AFRICAN BREAKFAST 180**  
Two eggs, bacon, mushrooms, two grilled tomato, 150g burger patty, 150g wors & toast.

**PREGO BREAKFAST 170**  
200g Sirloin, flame grilled then finished off in the pan with our prego sauce, topped with two fried eggs. Served with fresh avo & toast.

**SUBSTITUTE BACON WITH MACON - EXTRA R6**

**PRAWN BREAKFAST 165**  
Scrambled eggs served on a base of thai curry sauce, topped with three deshelled pan grilled prawns & toast.

**BREAKFAST PLATTER 250**  
Two eggs, two queen prawns, streaky bacon, two pork sausage, baby spinach, button mushrooms, baked beans, cherry tomato, pan roast potatoes & toast

### ON TOAST

- Smashed avo, on rye with side crumbed danish feta & coriander. 80
- Add a poached egg. 7
- Scrambled eggs with toast. 60
- Scrambled salmon & eggs with toast. 140
- Scrambled eggs & bolognese on toast. 80
- Scrambled egg & two pork sausages with toast. 99

**VEGAN SCRAMBLED EGGS (TOFU, CHICKPEA FLOUR & ALMOND MILK USED) AVAILABLE @ R40 EXTRA**

**CLASSIC FRENCH TOAST**  
• Served with blueberries and Canadian maple syrup. 70  
• Served with blueberries, banana & streaky bacon. 99

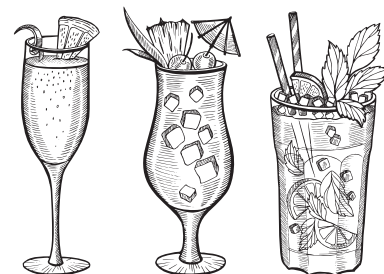
**SAVORY TOAST 65**  
Fish paste, Marmite or Bovril, with fresh tomato, fresh red onion, pickled cucumber & fresh rocket.

**CHOICE OF TOAST- WHITE, BROWN & 80% RYE**

## TOASTIES

**WHITE, BROWN OR 80% RYE (EXTRA R5). SERVED WITH CHIPS OR MINI SALAD.**

- Cheddar & Tomato. 55
- Parma Ham, Camembert Cheese, sundried tomato & fresh rocket. 99
- Mushroom, caramelised onion, baby spinach, tofu & chilli. 80
- Chicken mayo and smashed avo. 75
- Tuna, mayo, red onion & fresh cucumber. 95
- Back bacon & two fried eggs. 70
- Hickory ham, cheddar, gherkin, tomato & wholegrain mustard mayo. 75



### MORNING PICK ME UP

CLASSIC MIMOSA	60
SUNRISE MIMOSA	80
APEROL BUBBLY	95
PIMMS & LEMONADE	60
BELLINI	60

**SERVED FROM 10H00**

## CROISSANT & SCONE

**CLASSIC CROISSANT 55**  
Preserves, butter & grated cheddar.

**VINTAGE BUTTER SCONES 75**  
Served toasted with blueberries, dusted icing sugar, whipped cream, preserves & butter.

**FRENCH YOUR SCONE 99**  
French toasted scones, topped with grilled banana, streaky bacon, blueberries & dusted icing sugar with maple syrup.

**NORWEGIAN CROISSANT 150**  
Open toasted, topped with smoked salmon, scrambled eggs & yogurt feta spread.

## HEALTHY

- Jungle oats - Plain. 50
- Peanut butter & banana-oats. 70
- Plain yogurt with paw-paw, roasted cashew nuts & honey. 60
- Warm mixed berries with gluten free nut/oat granola, yogurt & spiced creamed honey. 99
- Fruit salad with yogurt, muesli & honey. 85

**SUBSTITUTE DIARY MILK WITH EITHER OAT MILK (R40) OR ALMOND MILK (R35)**

**BREAKFAST IS SERVED FROM 08H00 - 12H00**





