



MIKE'S HERITAGE HOUSE
Parktown

BREAKFAST MENU

POACHED

CLASSIC EGGS BENEDICT 113
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 178
Grilled smoked salmon served on wilted baby spinach with two poached eggs, hollandaise, caper berries & toast.

EGGS FLORENTINE 149
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 149
Smashed potato croquettes topped with two poached eggs, crispy streaky bacon and hollandaise. Garnished with fresh rocket & grated Grana Padano cheese.

SIDES

BAKED BEANS	29
MOZAMBICAN POTATO	57
POTATO CROQUETTE	46

OMELETTES

TRADITIONAL FULL EGG OR EGG WHITE - EXTRA R14

- Bacon, avo & danish feta. **111**
- Smoked salmon, fresh avo & smooth cream cheese **165**
- Hickory ham, cheddar & mushroom. **107**
- Bolognese, chilli, cheddar & mushroom. **103**
- Spinach, mushroom, haloumi & spicy salsa. **114**
- Chicken, spicy tomato salsa, cheddar & side guacamole. **109**

SERVED WITH TOAST

VEGETARIAN

- Poached eggs with halloumi, steamed spinach & hollandaise. **126**
- Poached eggs, falafel balls, spicy tomato & chutney sauce & coriander. **103**
- Brinjal bake, poached eggs, grana padano cheese & rocket. **114**

SERVED WITH TOAST

CLASSIC

MINI FARMHOUSE 114
One fried egg (extra R7 for scrambled), bacon, mushrooms, grilled tomato, beef or pork sausage & toast.

MOZAMBICAN BREAKFAST 92
Scrambled eggs on a bed of cubed potato tossed with a spicy tomato salsa & fresh coriander.

- Add extra chorizo. **40**
- Add extra pork sausage. **30**

CHICKEN LIVERS 103
Grilled livers in a creamy peri-peri sauce with onion & peppers, two fried eggs & toast.

SOUTH AFRICAN BREAKFAST 200
Two eggs, bacon, mushrooms, two grilled tomato, 150g burger patty, 150g wors & toast.

PREGO BREAKFAST 195
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 189
Scrambled eggs served on a base of thai curry sauce, topped with three deshelled pan grilled prawns & toast.

BREAKFAST PLATTER 287
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. **92**
- Add a poached egg. **9**

- Scrambled eggs with toast. **69**
- Scrambled salmon & eggs with toast. **161**
- Scrambled eggs & bolognese on toast. **92**
- Scrambled egg & two pork sausages with toast. **113**

VEGAN SCRAMBLED EGGS (TOFU, CHICKPEA FLOUR & ALMOND MILK USED) AVAILABLE @ R50 EXTRA

CLASSIC FRENCH TOAST 80
• Served with blueberries and Canadian maple syrup. **80**
• Served with blueberries, banana & streaky bacon. **114**

SAVORY TOAST 75
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. **63**
- Parma Ham, Camembert Cheese, sundried tomato & fresh rocket. **114**
- Mushroom, caramelised onion, baby spinach, tofu & chilli. **92**
- Chicken mayo and smashed avo. **86**
- Tuna, mayo, red onion & fresh cucumber. **109**
- Back bacon & two fried eggs. **80**
- Hickory ham, cheddar, gherkin, tomato & wholegrain mustard mayo. **86**



MORNING PICK ME UP

CLASSIC MIMOSA	70
SUNRISE MIMOSA	90
APEROL BUBBLY	98
PIMMS & LEMONADE	60
BELLINI	70

SERVED FROM 10H00

CROISSANT & SCONE

CLASSIC CROISSANT 63
Preserves, butter & grated cheddar.

VINTAGE BUTTER SCONES 86
Served toasted with blueberries, dusted icing sugar, whipped cream, preserves & butter.

FRENCH YOUR SCONE 113
French toasted scones, topped with grilled banana, streaky bacon, blueberries & dusted icing sugar with maple syrup.

NORWEGIAN CROISSANT 172
Open toasted, topped with smoked salmon, scrambled eggs & yogurt feta spread.

HEALTHY

- Jungle oats - Plain. **60**
- Peanut butter & banana-oats. **80**
- Plain yogurt with paw-paw, roasted cashew nuts & honey. **70**
- Warm mixed berries with gluten free nut/oat granola, yogurt & spiced creamed honey. **115**
- Fruit salad with yogurt, muesli & honey. **95**

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

BREAKFAST IS SERVED FROM 08H00 - 12H00



