



all day breakfasts

with free range eggs

early bird breakfast	23
2 eggs, 2 strips bacon, 2 ostrich chipolatas, fried tomato, toast & jam (Mon - Fri before 7:00)	
breakfast lite	25
scrambled egg on english muffin slice, drizzled with basil pesto	
mike's breakfast	42
2 eggs, 2 strips of bacon, 2 ostrich chipolatas, grilled tomato, toast & jam	
double up for	79
arnold's omelette	32
plain 3 egg omelette, served with toast add from our extras below	
eggs benedict	
2 soft or hard poached eggs served on sliced home made english muffin loaf with hollandaise sauce	
spinach	52
bacon	56
smoked salmon	75
carol's french toast	53
with ginger preserve, peaches & mascarpone	
plain french toast (3)	25
add from our extras below	
flapjack stack	54
bacon & banana stack served with maple syrup	
plain flapjacks (3)	25
add from our extras below	
extras (price per item)	
2 slices of toast with jam and butter	10
rocket, tomato, onion, peppadews, chilli	14
avocado, mushrooms, 2 rashers bacon, 2 chipolatas	17
grilled chicken strips, biltong, burger patty	30
150g steak, 250g warthog riblets	45
smoked salmon	50

Please note that any **changes** may involve an **extra charge**.

09/16



all day breakfasts

with free range eggs

chef's breakfast	62
scrambled eggs, 2 rashers bacon, 2 ostrich chipolatas, sautéed mushrooms, baked beans, grilled tomato, toast & jam with a choice of filter coffee, cappuccino or juice	
banting scrambled eggs	75
scrambled eggs, smoked salmon or ostrich steak, with avocado & spring onion	
fruity crunch breakfast	44
seasonal fruit, muesli and bulgarian yoghurt drizzled with maple syrup	
fresh fruit salad	25
seasonal fruit topped with bulgarian yoghurt	
gilly's quinoa	35
gluten free grain porridge, coconut milk & maple syrup	
toasted cheese & tomato	35
open sandwich on rye or brown bread drizzled with home made basil pesto & topped with onion rings	
croissants & pretzels	
cheese and jam	32
bacon and free range eggs	47
smoked salmon and cream cheese	73
croissants / pretzel roll	45
filled with rocket, fresh tomato, sliced avocado, mozzarella and peppadews add from our extras below	
extras (price per item)	
2 slices of toast with jam and butter	10
rocket, tomato, onion, peppadews, chilli	14
avocado, mushrooms, 2 rashers bacon, 2 chipolatas	17
grilled chicken strips, biltong, burger patty	30
150g steak, 250g warthog riblets	45
smoked salmon	50

Please note that any **changes** may involve an **extra charge**.

09/16



hot & cold beverages

hot beverages

	sgl	dbl
filter coffee	17	24
filter coffee refill	12	17
americano	20	25
espresso	16	22
cappuccino	22	30
café latte	25	32
café chococino	32	
dark hot chocolate	32	
pot of tea	18	

unique blended drinks

robertson buck's fizz / mimosa	30	
smoothies	40	
ask your waiter for our daily combinations		
red juice / green juice	30	43
juices	21	31
ask your waiter for our daily flavours		
milkshakes	32	42
vanilla, coffee, chocolate, strawberry, banana,		

*be sure to ask
for your arnolds loyalty card!*

opening hours

Monday to Friday - 6:45 till late


Saturday, Sunday & Public Holidays - 08:00 till late


60 Kloof Street, Gardens, Cape Town

tel: 021 424 4344

manager@arnolds.co.za

www.arnolds.co.za

 @arnoldsonkloof

 arnoldsonkloof

09/16

