

BREAKFAST MENU

Eggs

All our eggs are sourced from Farmer Angus or Usana pastures, pasture-raised and free from growth hormones and antibiotics.

Seasonal salad from our garden.

Seed loaf, rye bread, English muffin or sourdough.

THREE EGG FRENCH OMELETTE AND GARDEN SALAD 110

Choose from ham, cheese, mushrooms, peppers,
spring onion, tarragon, chillies

• HEALTHY METHYLATION •

EGGS BENEDICT 120

Smoked ham hock, hollandaise sauce

EGGS FLORENTINE (V) 110

Wilted spinach and kale, hollandaise sauce

EGGS ROYALE 145

Home-smoked trout, hollandaise sauce

• ANTI-INFLAMMATORY •

SCRAMBLED EGGS (V) 95

Sliced avocado, garden greens, peppers and roasted mushrooms

• HEALTHY METHYLATION & ANTIOXIDANT DEFENSE •

Hazendal Specials

THE HAZENDAL BREAKFAST (GF) 180

House-made sausage and thick-cut smoked bacon, roasted mushrooms,
stewed tomato and coco beans, roast sweet potato rosti,
choice of eggs, choice of toast

WHOLEWHEAT BUTTERMILK PANCAKES (V) 130

Seasonal fruit, crème fraîche

SORGHUM PORRIDGE (DF,GF,V) 80

Cinnamon, apple and almond milk, toasted nuts and seeds,
organic honey

WEST AFRICAN BREAKFAST (GF,DF) 119

Tomato, chili and chicken stew, rice and cowpeas, steamed sweet potato,
boiled egg, garden salad

NIGERIAN EGG SAUCE (GF,V,DF) 110

Tomato, peppers and chili cooked with eggs

MISO AND TAHINI OATS (DF,GF) 95

Sesame seed and roasted sweet potato

• HEALTHY METHYLATION •

GREEN SHAKSHUKA (GF,V) 110

Poached eggs, green sauce of kale, spinach, peas and herbs,
crumbled feta

• HEALTHY METHYLATION •