

ALL DAY BREAKFAST

SERVED FROM 07:00



ROAD RUNNER 60

Egg & bacon roll 'on the go'

SMASHED AVO ON TOAST V 85

Sprinkled with Maldon salt, cracked pepper, drizzle of lemon & chilli oil

Add a sprinkle of bacon bits & parmesan cheese + 15

Add an egg +14

THE HANGOVER 90

Fried egg, bacon, spicy roasted mini rosa tomatoes, chilli, with cheddar, mozzarella & grated parmesan on your choice of toast

SALMON SCRAMBLED EGGS 140

Scrambled eggs, smoked salmon trout & crème fraiche served on choice of toast

MINCE ON TOAST 95

Topped with grated parmesan & micro leaves

Add an egg +14

SPICY TOMATO RELISH & PARMESAN ON TOAST V 75

Add bacon (2 rashers) +24

Add an egg +14

CREAMY MUSHROOMS & PARMESAN ON TOAST V 90

Seasonal mushrooms sautéed in a creamy, parmesan, garlic & herb sauce

BREAKFAST IN A BOWL 105

Spicy tomato & onion, butter beans, two poached eggs, crispy bacon, parmesan & ciabatta toast

CREAMY AVO EGG SMASH 100

Boiled eggs with mayo, avo, spring onion served on your choice of toast



4TH AVENUE CAFÉ

PARKHURST | ILLOVO

HEALTHY OPTIONS

Plain Oats 50

Add topping fresh fruit, almonds & honey +35

Plain Yogurt 50

Add topping fresh fruit, almonds & honey +35

Side of Homemade Granola 30

Freshly prepared plate of Seasonal Fruit Salad 70

Extra almonds +20

CREATE YOUR OWN BREKKIE

2x Eggs: Poached / Fried 25

Creamy scrambled eggs / Omelette 35

Extra egg (with a meal) 14

Crispy bacon (3 rashers) 36

Smoked salmon trout 85

Halloumi 35

Cheddar 20

Avo 30 (out of season + 10)

PER SERVING

Spicy Roasted Mini Rosa Tomatoes 24

Sautéed Herbed Mushrooms 22

Curried Baked Beans 22

Creamy Mushrooms & Parmesan 33

TOAST

Brown, White, Low GI, Ciabatta 10 (per slice)

Sourdough surcharge 10 (per slice)

Rye - surcharge 16 (per slice)

Butter & Homemade Berry Jam 12



MUFFINS & SWEET TREATS

ASK YOUR WAITER WHAT IS AVAILABLE
& PRICING

EGGS BENEDICT 102

Poached eggs on wilted spinach with ham served on an English muffin & drizzled in hollandaise

Single portion 70

SALMON EGGS BENEDICT 150

Poached eggs on wilted spinach with salmon served on an English muffin & drizzled in hollandaise

Single portion 120

BEANS ON TOAST V 65

Butter beans in a curried tomato & onion relish. Served on toasted ciabatta & sprinkled with grated parmesan

Add an egg +14

Add bacon bits +15

CINNAMON FRENCH TOAST 92

Ciabatta soaked in egg & citrus, drizzled in syrup and coated with cinnamon sugar and topped with berries & cream

ELVIS STYLE' FRENCH TOAST 105

Ciabatta soaked in egg & citrus, topped with fried banana, bacon & drizzled in syrup

FRENCH STACK 92

French toast with bacon, spicy tomato & parmesan

CLASSIC FLAPJACK 45

Early Rise: cheese, spicy tomato, poached egg & ham 75

Nutella 65

Whipped cream, toasted almonds & syrup 68

Berries, almonds, cream & syrup 70

FRENCH CROISSANT 35

Add grated cheddar +20 / Add jam +10

Add scrambled egg +25

Add bacon (3 rashers) +36

V = Vegetarian

NB = We use NUTS in our kitchen

*Some of our ingredients may not always be available

LUNCH

SERVED FROM 12:00

CHICKEN PREGO ROLL 120

Grilled chicken breast served in a Portuguese roll with our famous homemade creamy prego sauce and a side of hot chips or salad

BEEF BURGER 105

100% pure beef patty served in a bun with lettuce, cheese, tomato, gherkin & fried onion with homemade hot chips

Add bacon (2 rashers) +24

Add an egg +14

MINCE ON TOAST 95

Savoury mince served on toasted ciabatta topped with grated parmesan cheese & micro herbs

CHICKEN STRIP SALAD 110

Spicy lemon & herb chicken strips served with a deconstructed salad of mini rosa tomatoes, onion, avo, feta & micro leaves

PLATE OF HOT CHIPS V 50

Hand-cut & triple-cooked

CHICKEN MAYO & PARMESAN SALAD 120

Grilled and shredded chicken mayo breast served on a bed of mixed salad greens, avo, mini rosa tomatoes, grated parmesan & drizzled with olive oil & balsamic vinegar

CLASSIC HOT DOG 60

American style vienna served with our secret sauce

Add fried onions & melted cheese +15

VEGAN BURGER 125

A beyond patty loaded with a medley of grains, mixed beans & veggies served on a burger roll with our tangy tomato & mustard sauce

PENNE POMODORO 90

Classic pomodoro tomato with garlic, onion & chilli, topped with fresh basil & grated parmesan

* Available with spaghetti

Add cream +10

SPAGHETTI BOLOGNSE 120

Spaghetti served with homemade bolognese sauce & sprinkled with grated parmesan



4TH AVENUE CAFÉ
PARKHURST | ILLOVO

SARMIES

OPEN SANDWICHES

CHICKEN MAYO 110

Avo & parmesan on toasted ciabatta

TUNA MAYO 85

Avo & tomato served on toasted rye

SMOKED SALMON TROUT 140

Smashed avo & crème fraîche on toasted ciabatta

TOASTED SANDWICHES

(BROWN, WHITE, LOW GI, SOURDOUGH, RYE OR CIABATTA)

Cheese (Cheddar or Mozzarella or both) V 55

Cheese & Tomato V 60

Ham, Cheese & Tomato 65

Egg, Bacon & Cheese 60

Chicken Mayo 75

Chicken Mayo, Chilli & Cheese 85

Tuna Mayo 60

Savoury Mince 80

Add avo +15

Rye surcharge +16

Sourdough surcharge +10



@4THAVENUE_COFFEE

BAGELS & WRAPS

ADD HOT CHIPS 25

DELUXE SALMON BAGEL 140

Smoked Salmon Trout Ribbons, cream cheese, red onion, dill, cucumber, capers & avo on a lightly toasted bagel

CLASSIC CHICKEN MAYO BAGEL 110

Shredded chicken mayo with salad greens, avo, mini rosa tomatoes, olive oil & balsamic vinegar on a toasted bagel

CHICKEN STRIP WRAP 95

Lemon & herb chicken strips with mini rosa tomatoes, onion, avo, feta & micro leaves in a toasted wrap

CLASSIC CHICKEN MAYO & AVO WRAP 95

Shredded chicken mayo with salad greens, avo, parmesan, olive oil & balsamic vinegar in a toasted wrap

SAVOURY MINCE WRAP 95

Savoury mince & parmesan cheese in a toasted wrap

OUR FRESHLY ROASTED COFFEE BEANS



1kg 495

250g 140

12 Pods 140

HOMEMADE GELATO

On Order (Per 1L) 300



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