

BREAKFAST

*Spur Steak Ranches are not a gluten or allergen-free environment, and while the utmost care is taken to minimise contact with allergens when requested, traces of gluten or other allergens may appear in the final dish served. Our meals are produced in kitchens containing allergens including nuts, gluten, wheat, shellfish, lactose and egg. Every effort is made to ensure vegan meals are cooked on separate surfaces, keep in mind that our plant-based meals are prepared in a kitchen that does handle animal products. Please note our fish may contain small bones.

The allergen and nutritional information provided is accurate and up-to-date to the best of our knowledge. It is based on information provided by our manufacturers and suppliers and Spur Corporation (Pty) Limited will not be held liable for any omission or failure to provide updated or correct information nor negligence on the part of the supplier nor manufacturer.

BREAKFAST

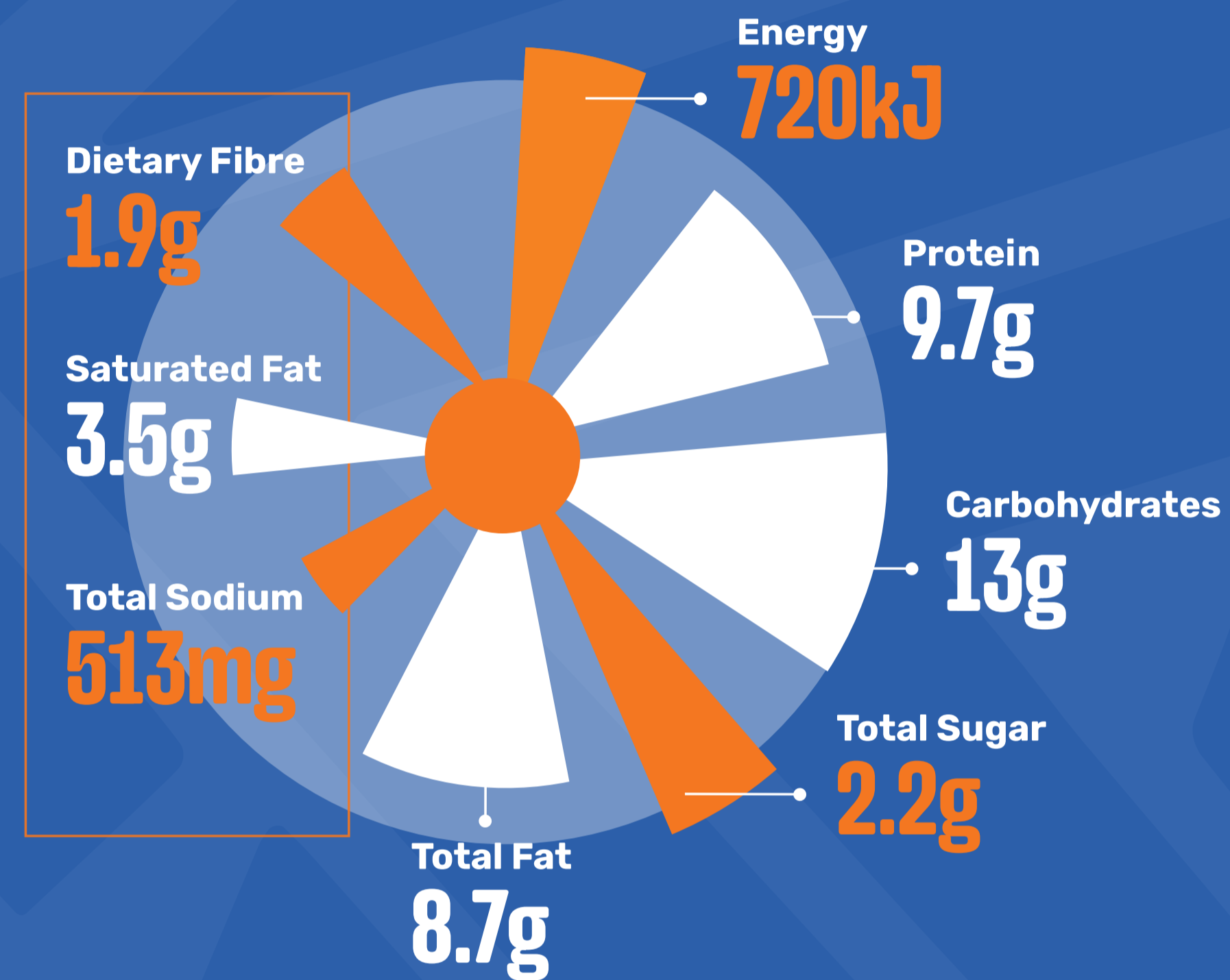
Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

RANCH BREAKFAST – PORK SAUSAGE

(White Bread)

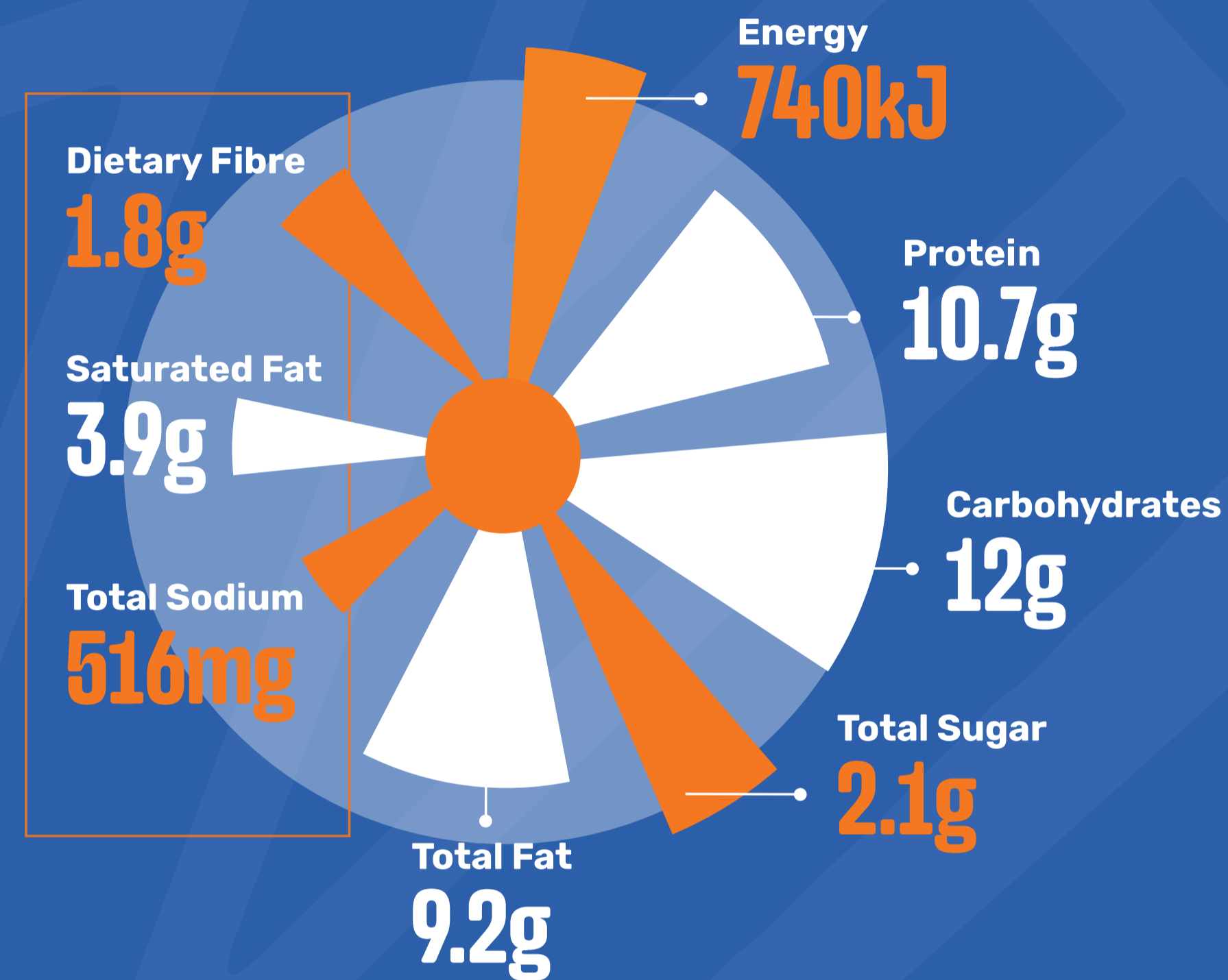
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



RANCH BREAKFAST – BOEREWORS

(White Bread)

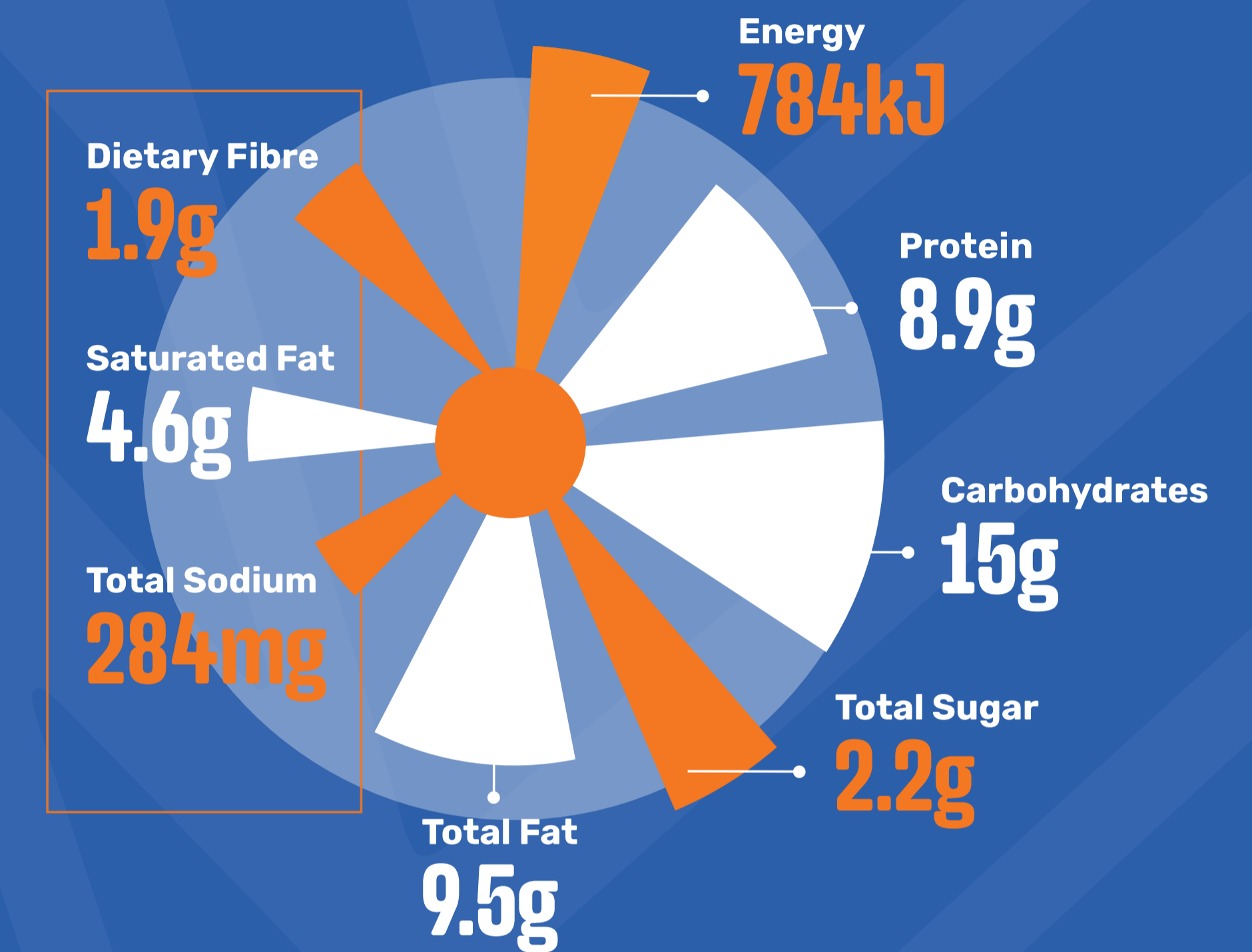
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



CHEESE GRILLER BREAKFAST

(White Bread)

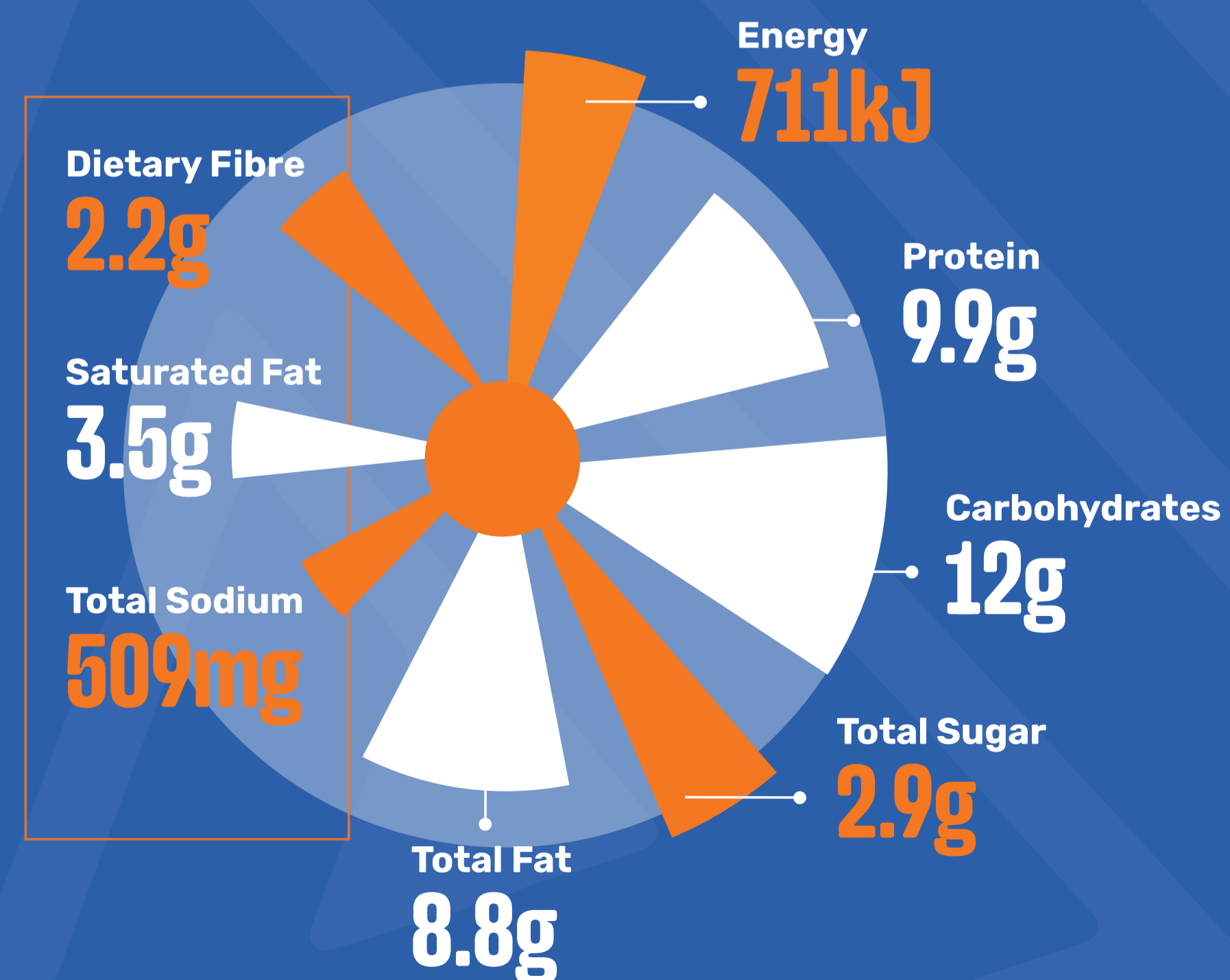
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



RANCH BREAKFAST – PORK SAUSAGE

(Brown Bread)

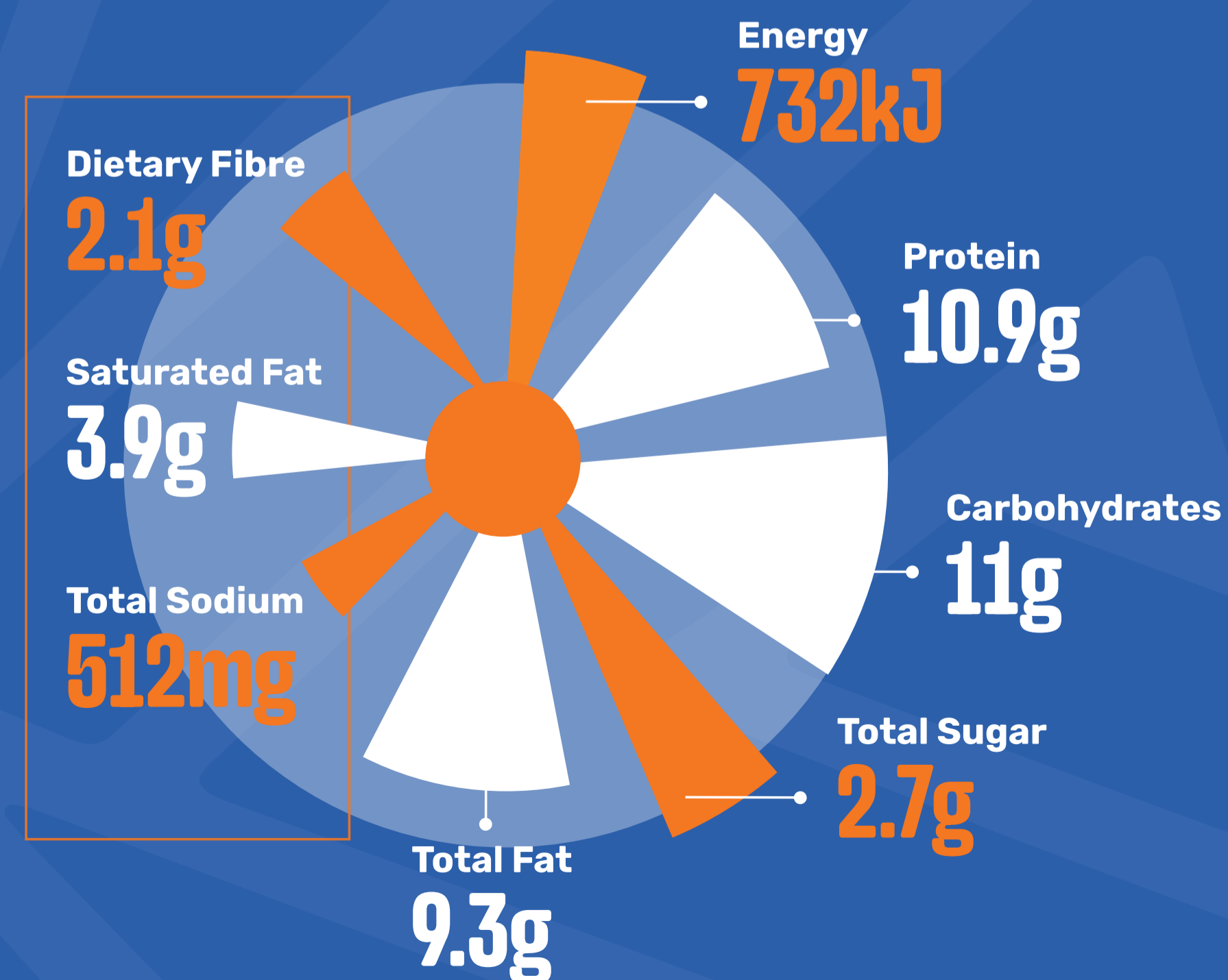
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



RANCH BREAKFAST – BOEREWORS

(Brown Bread)

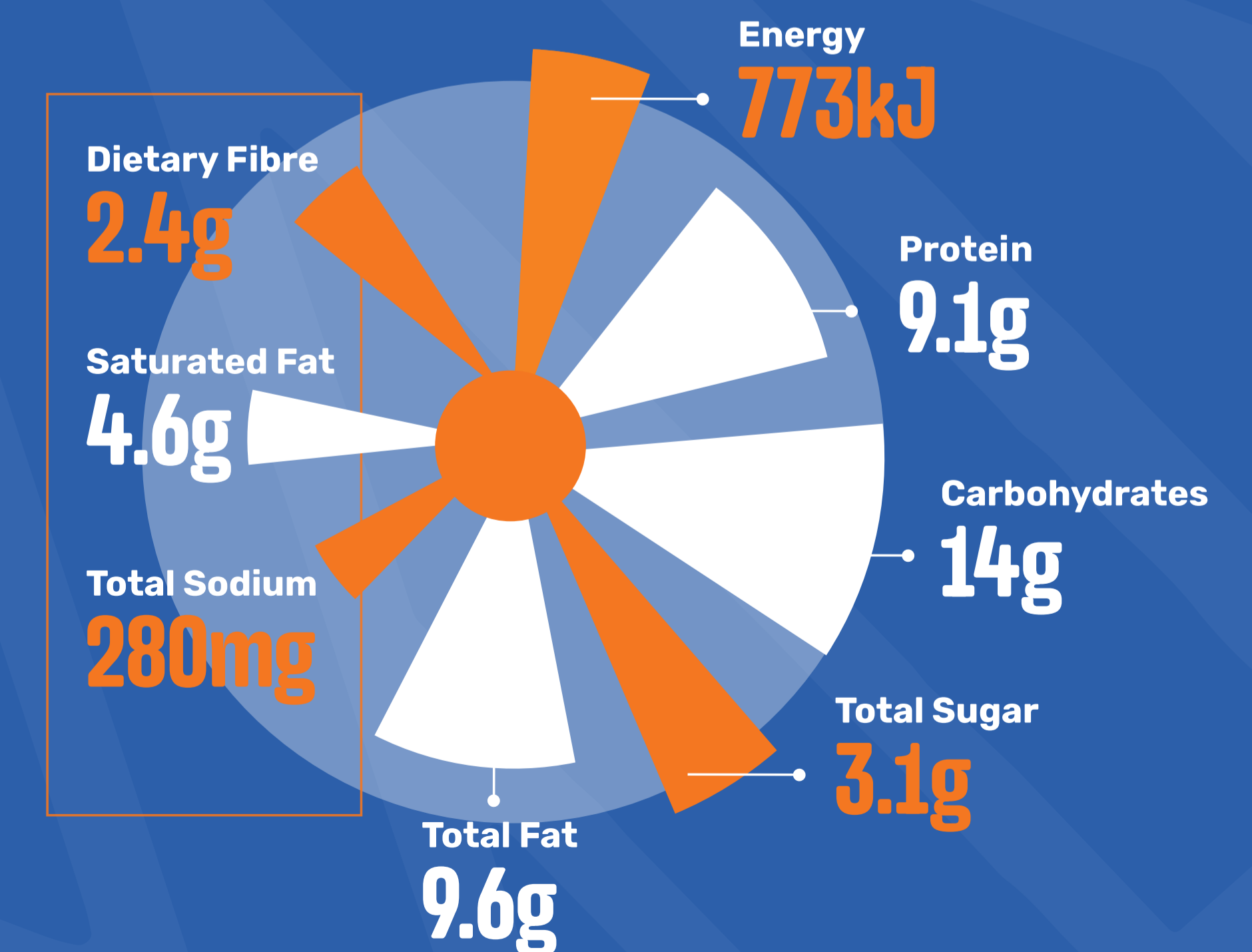
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



CHEESE GRILLER BREAKFAST

(Brown Bread)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



BREAKFAST

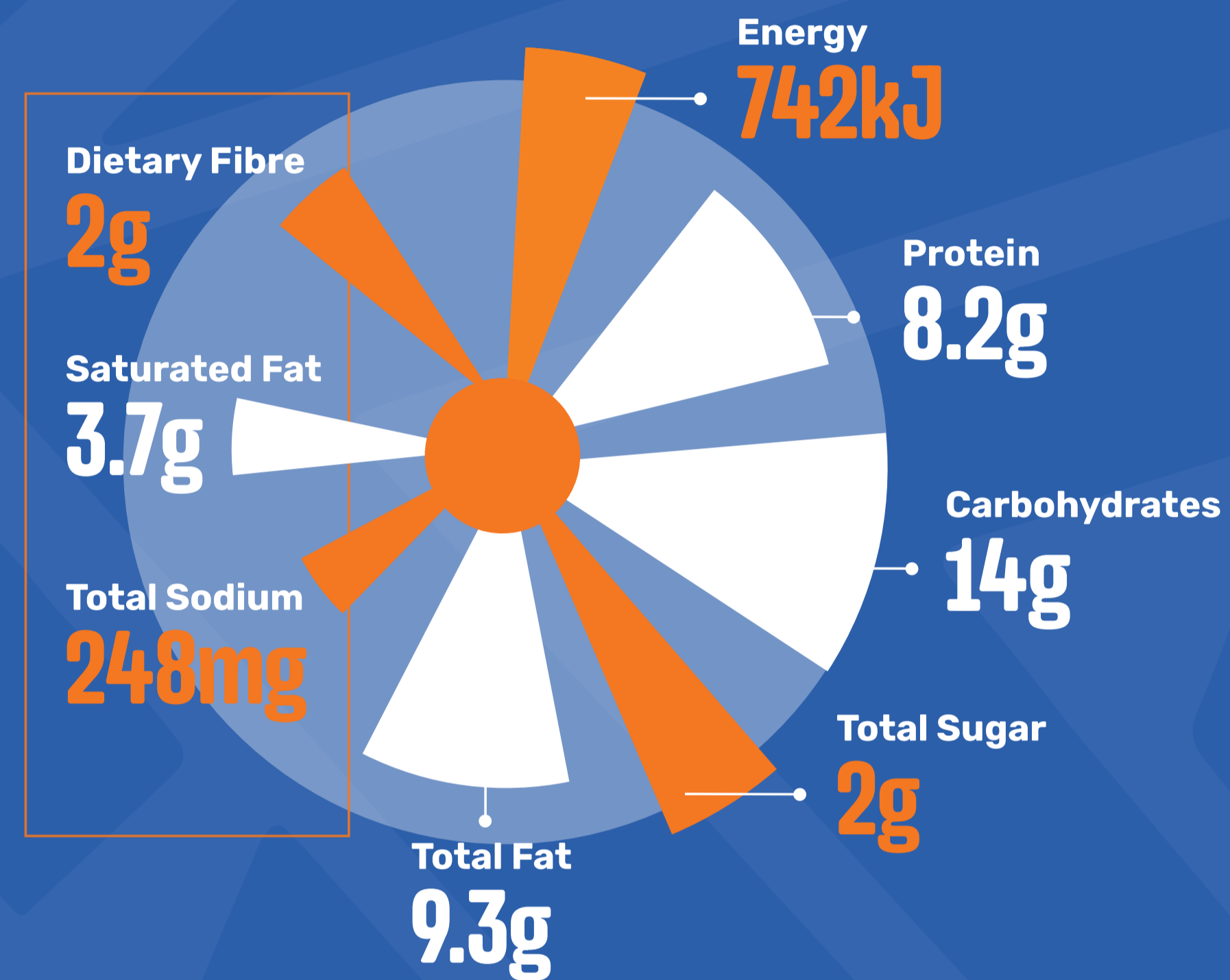
Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

TRAILBLAZER BREAKFAST – PORK SAUSAGE

(White Bread)

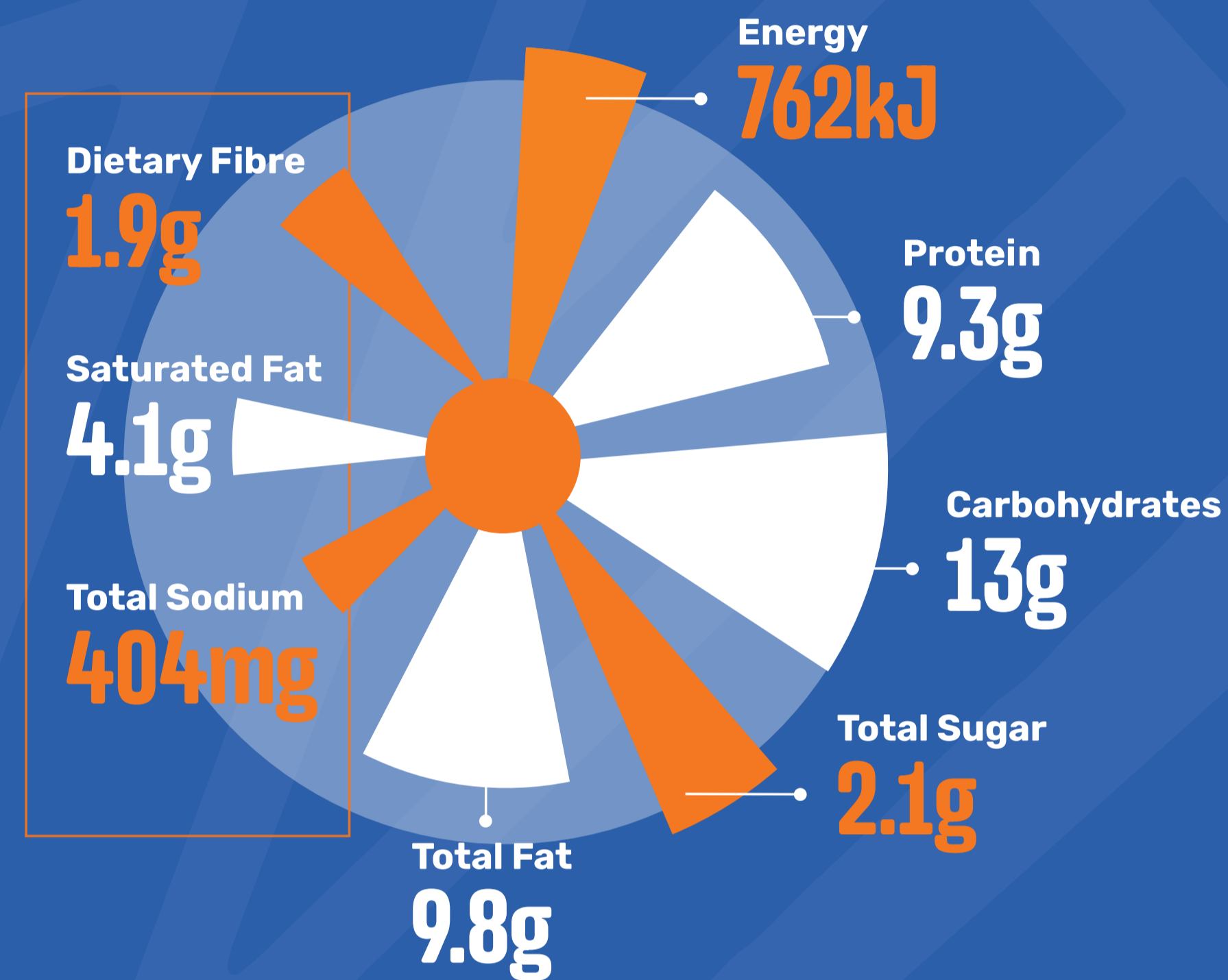
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



TRAILBLAZER BREAKFAST – BOEREWORS

(White Bread)

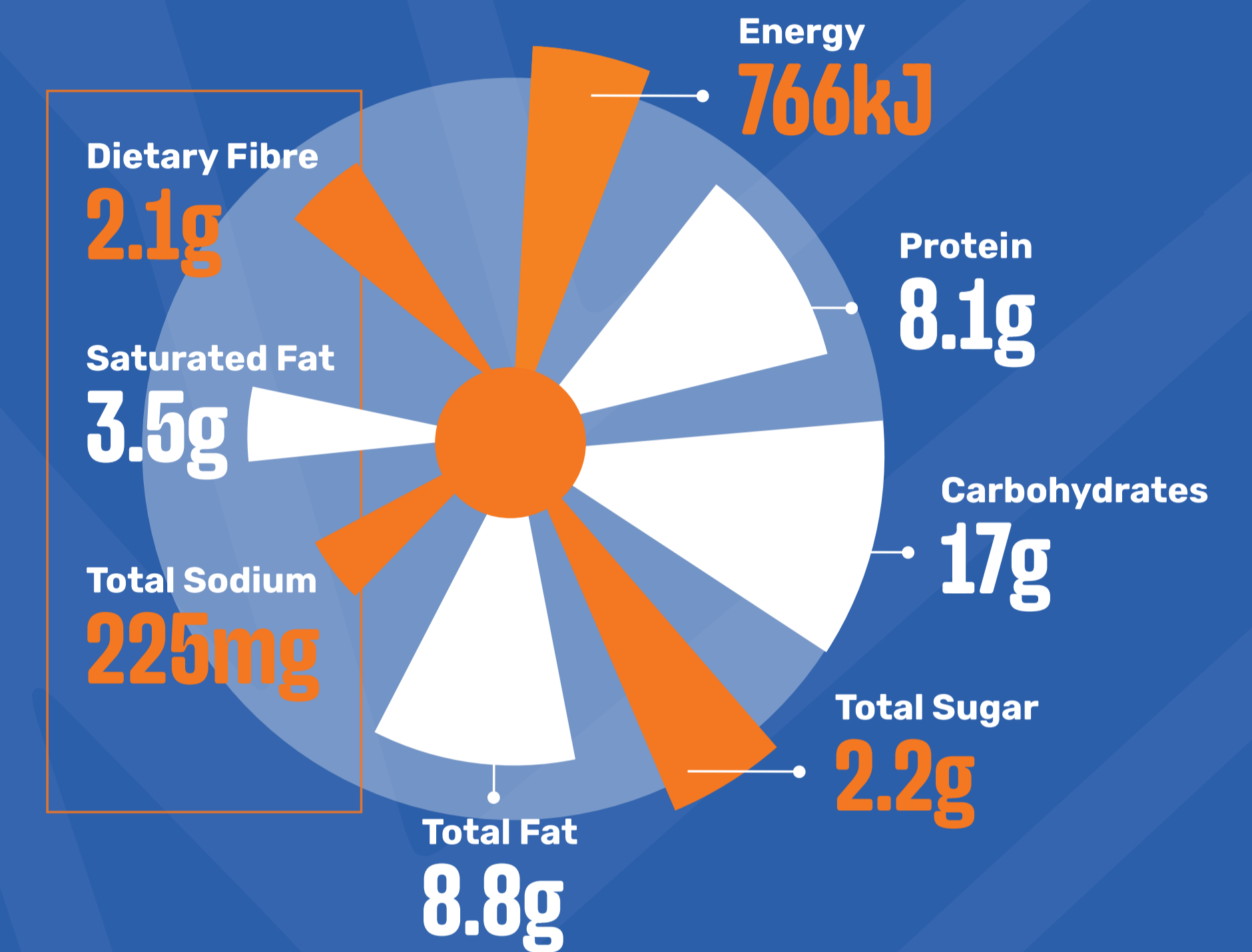
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



UNREAL BREAKFAST®

(White Bread)

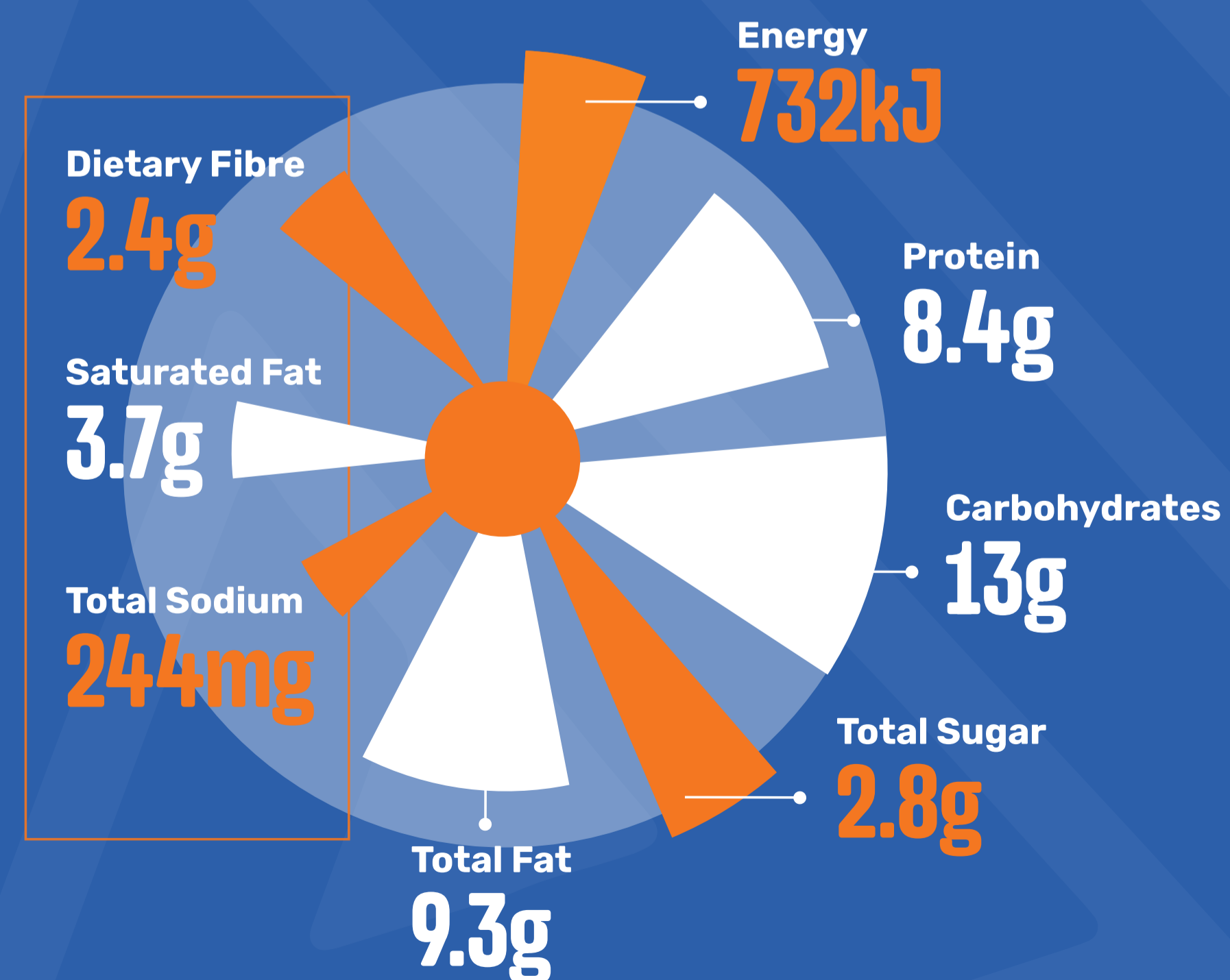
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



TRAILBLAZER BREAKFAST – PORK SAUSAGE

(Brown Bread)

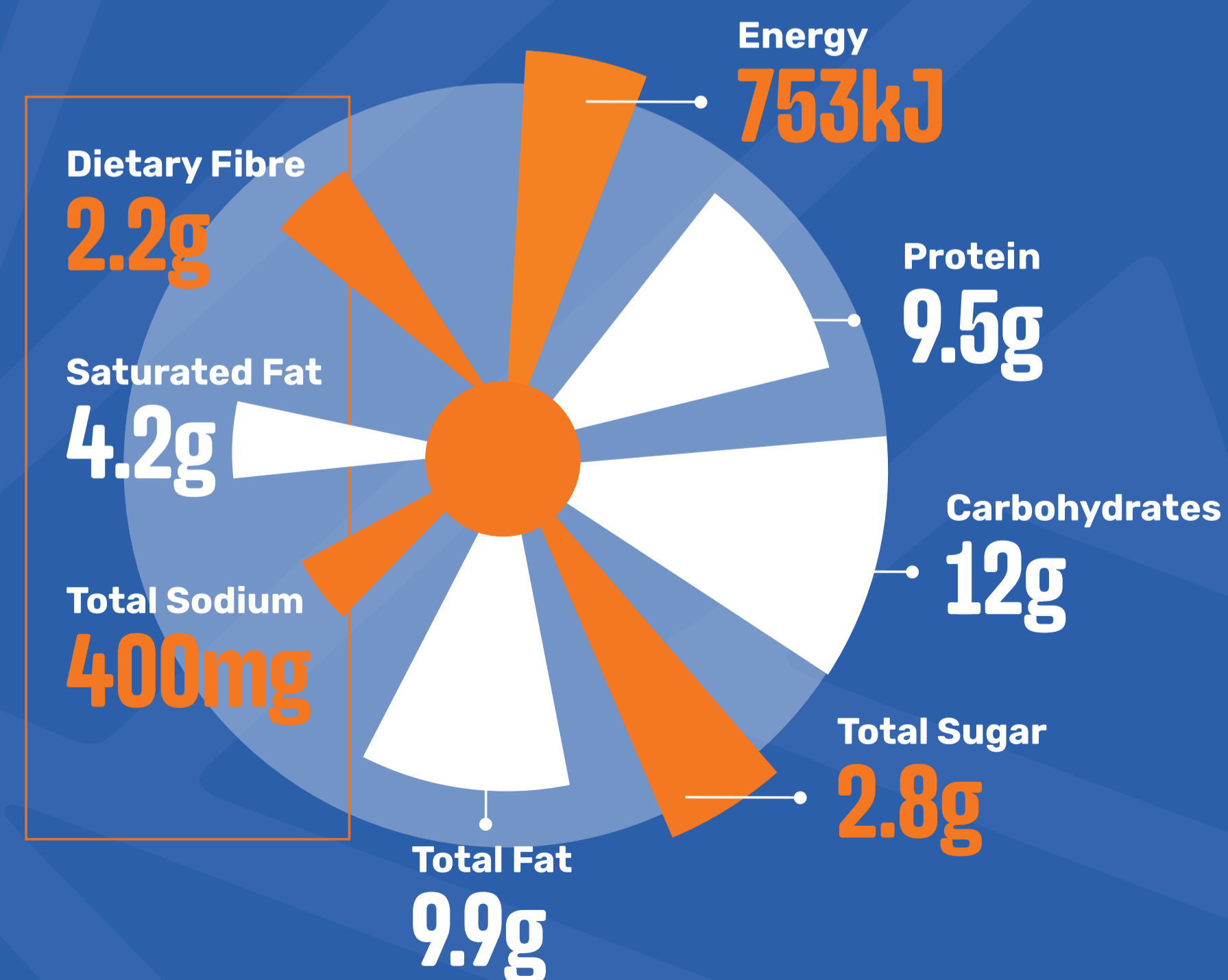
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



TRAILBLAZER BREAKFAST – BOEREWORS

(Brown Bread)

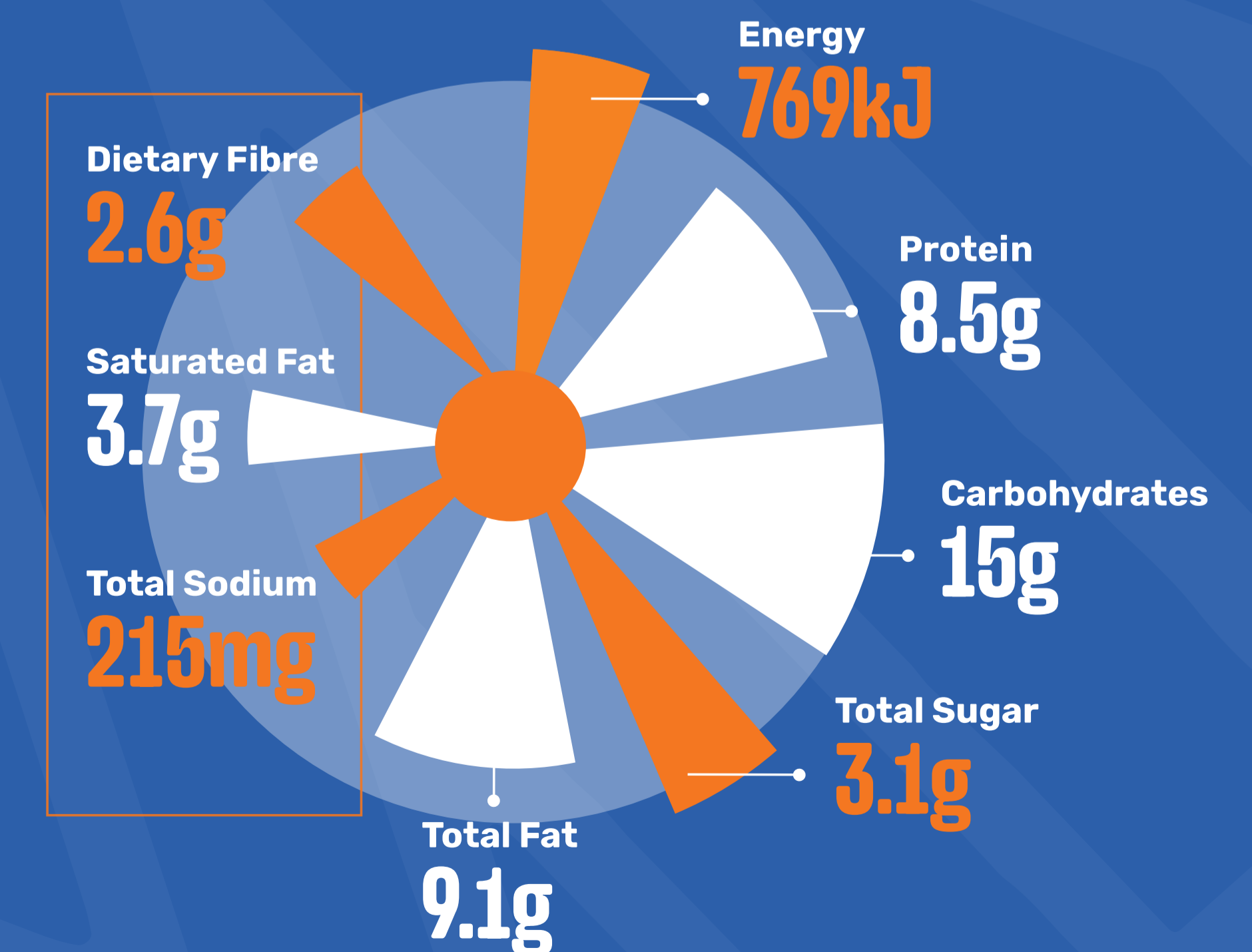
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



UNREAL BREAKFAST®

(Brown Bread)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



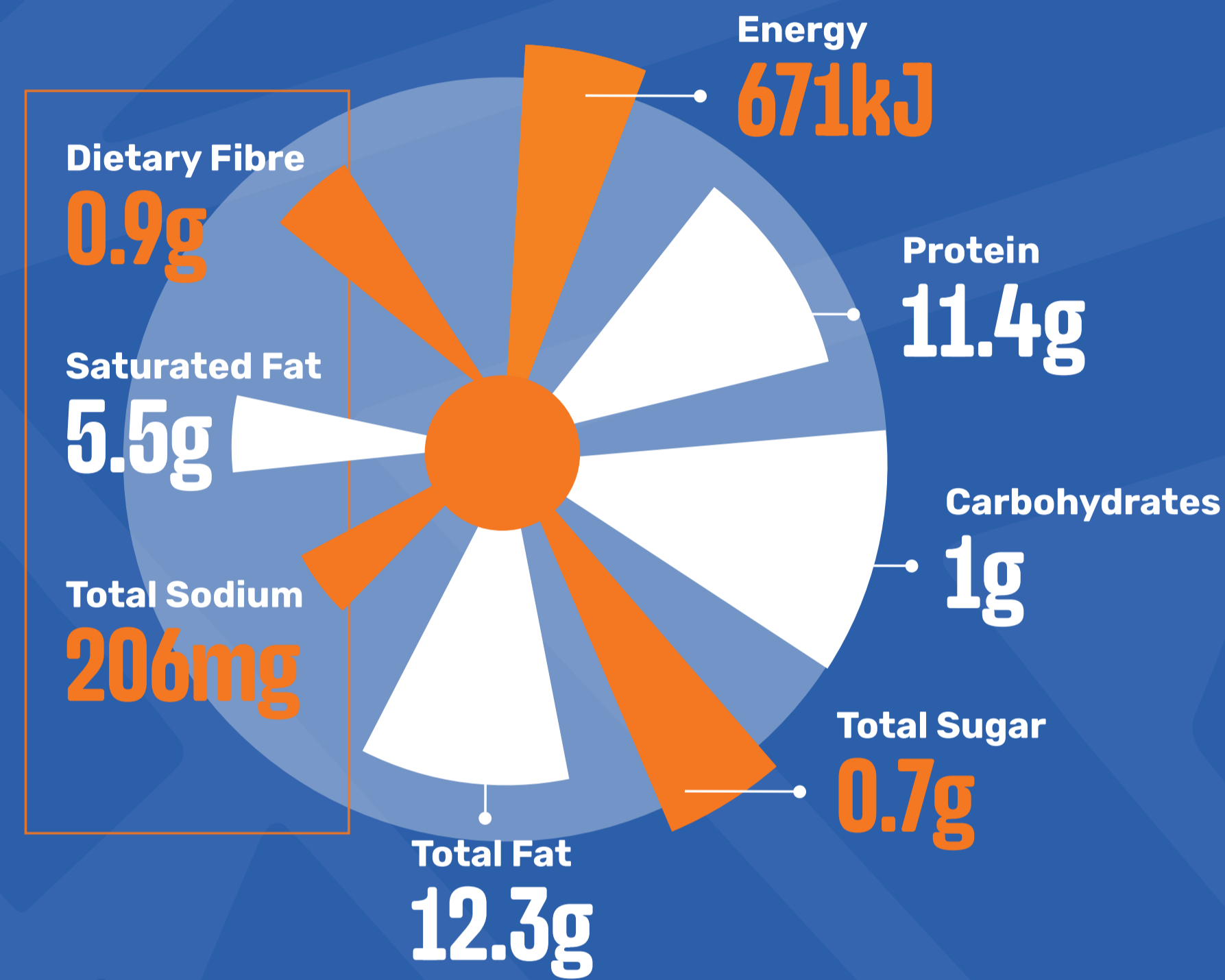
BREAKFAST

Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

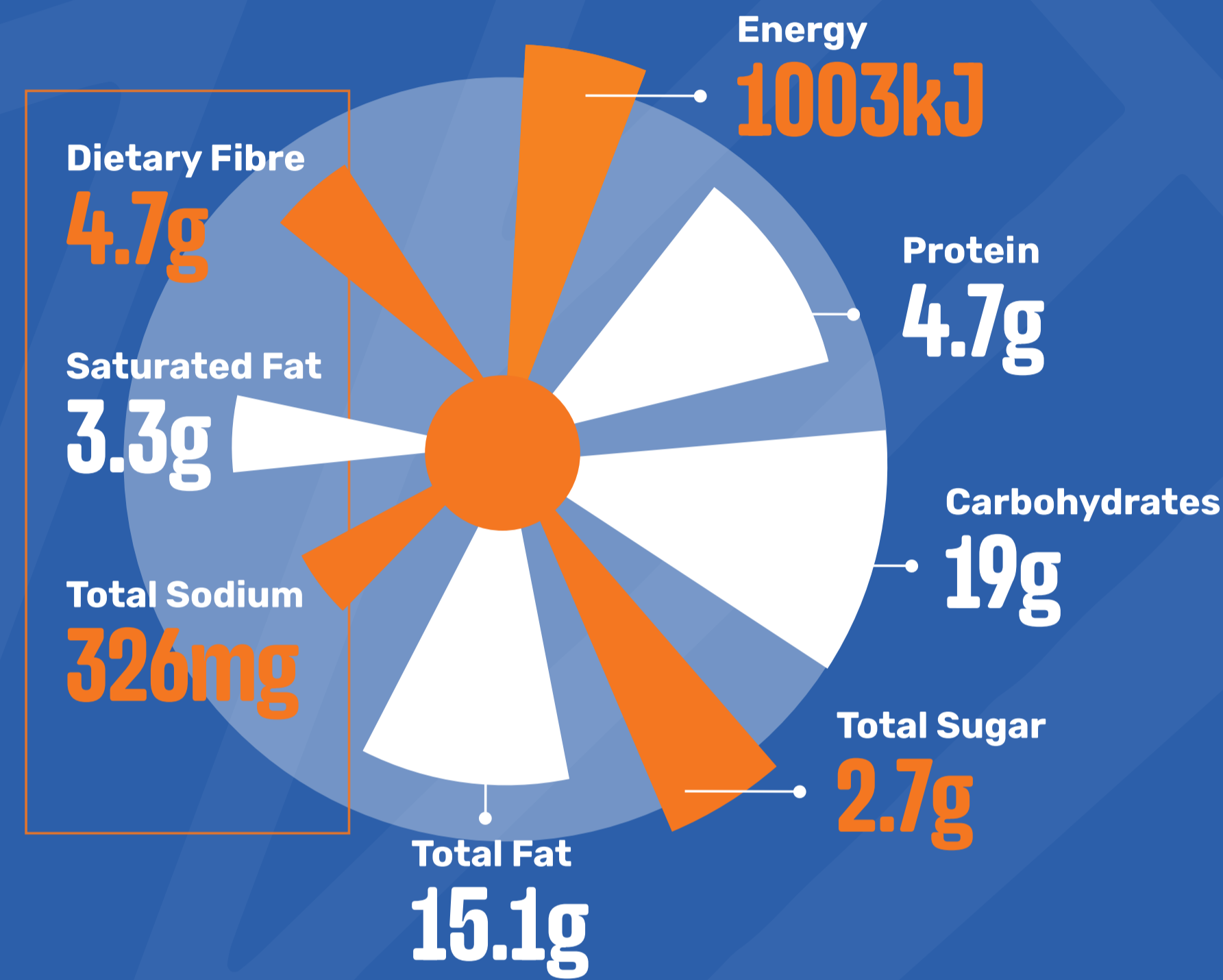
CARB-CONSCIOUS BREAKFAST - BREAKFAST SAUSAGE

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



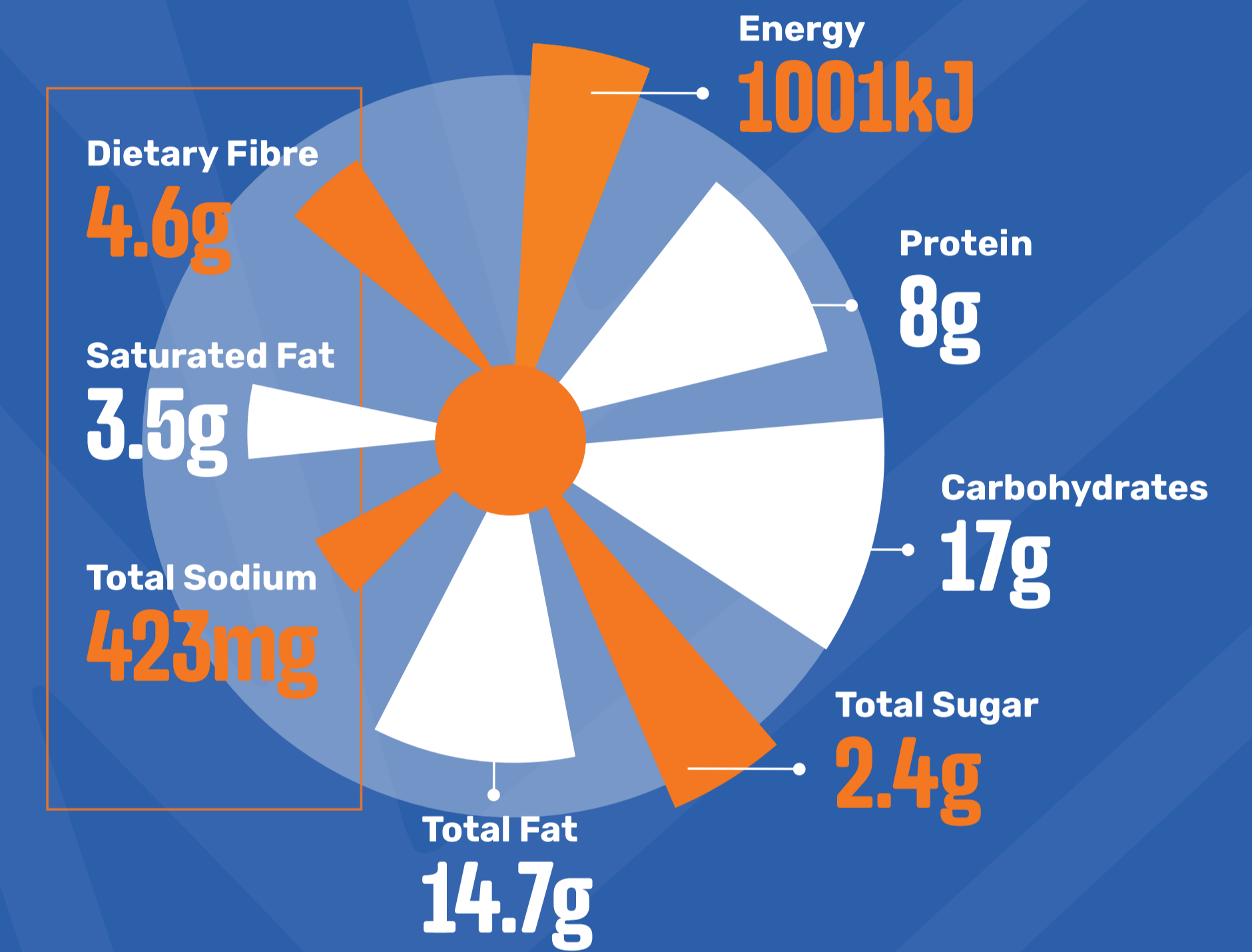
AVO ON TOAST (White Bread)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



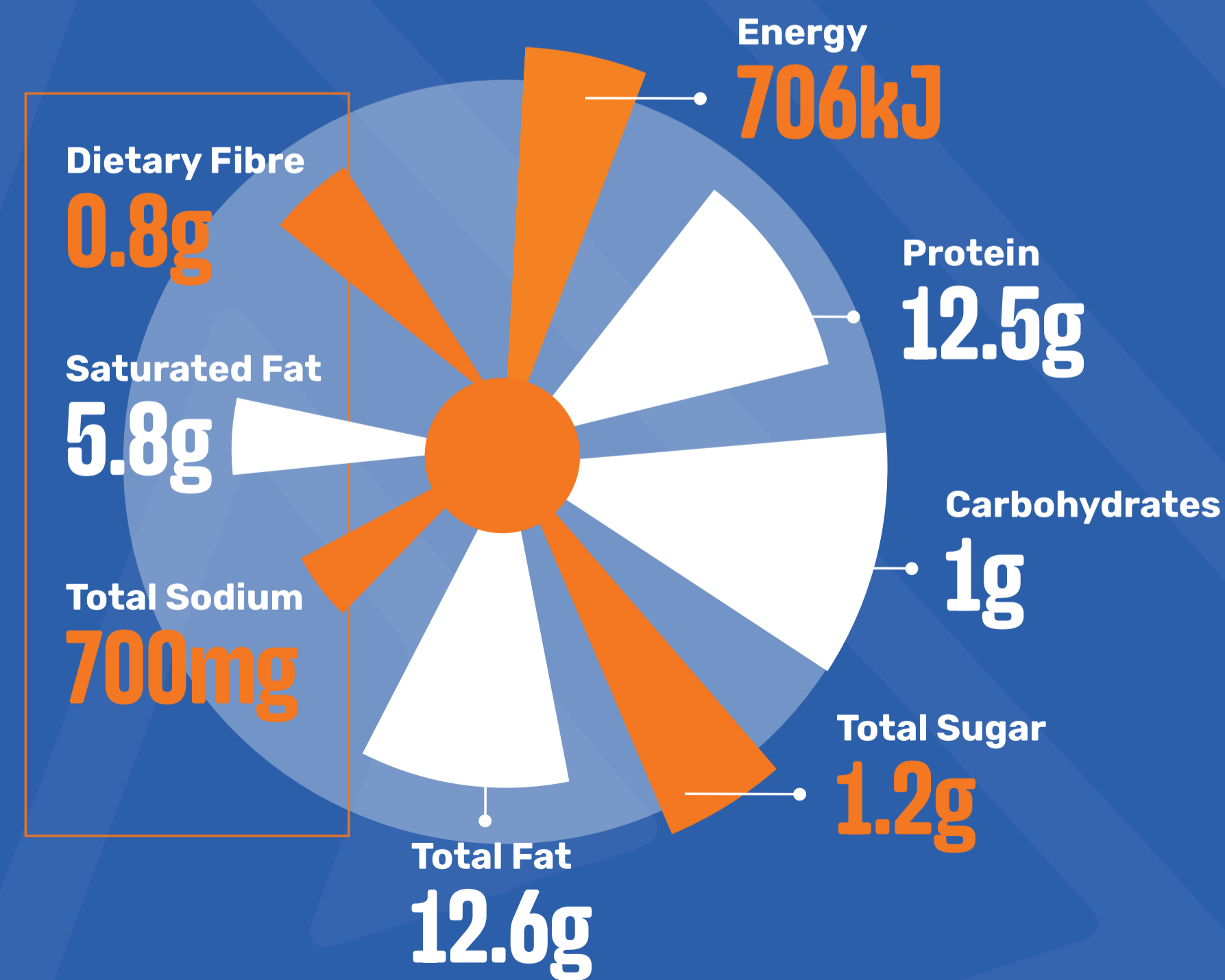
AVO ON TOAST - BACON (White Bread)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



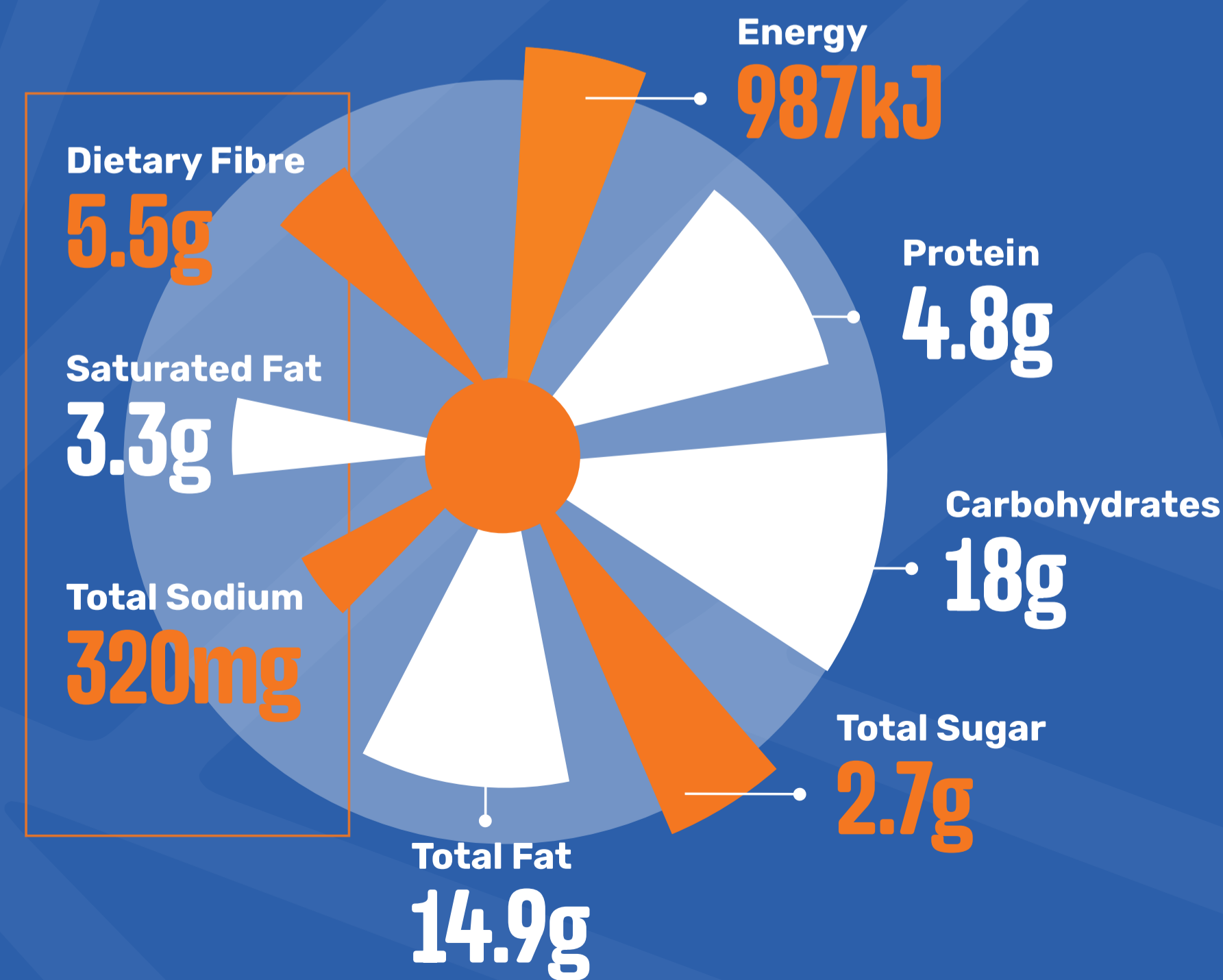
CARB-CONSCIOUS BREAKFAST - BOEREWORS

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



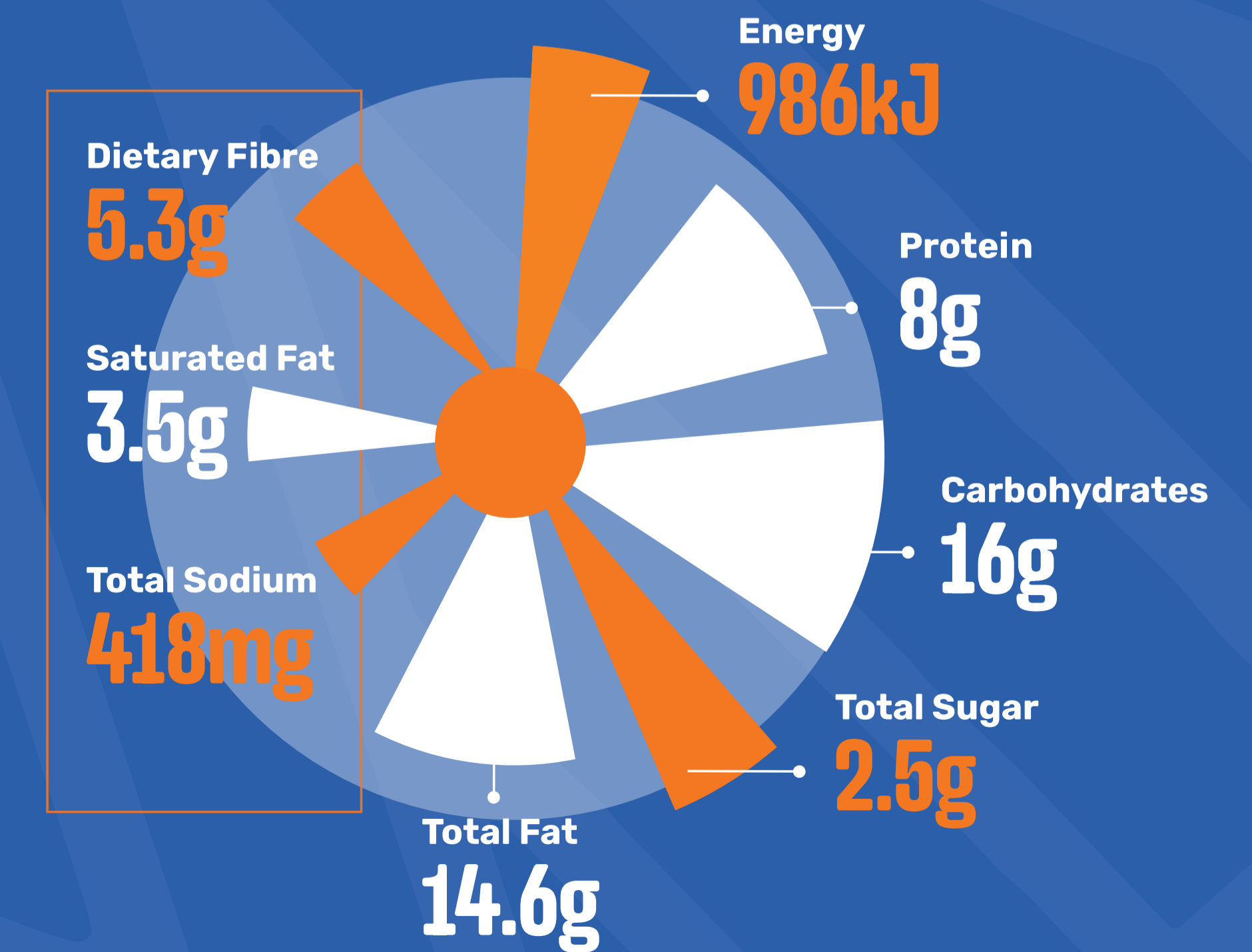
AVO ON TOAST (Brown Bread)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



AVO ON TOAST - BACON (Brown Bread)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



BREAKFAST

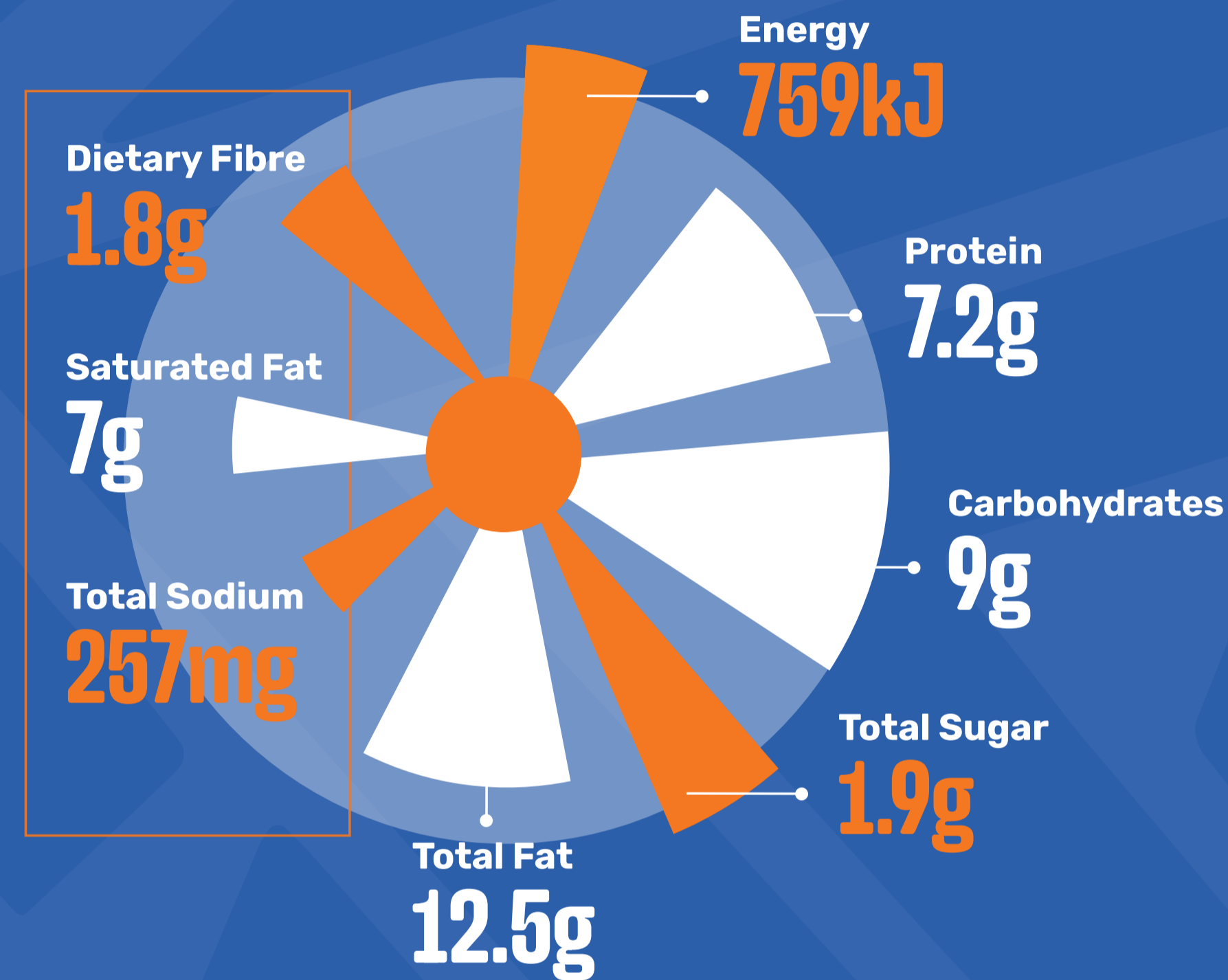
Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

KICKSTARTER BREAKFAST

(White Bread)

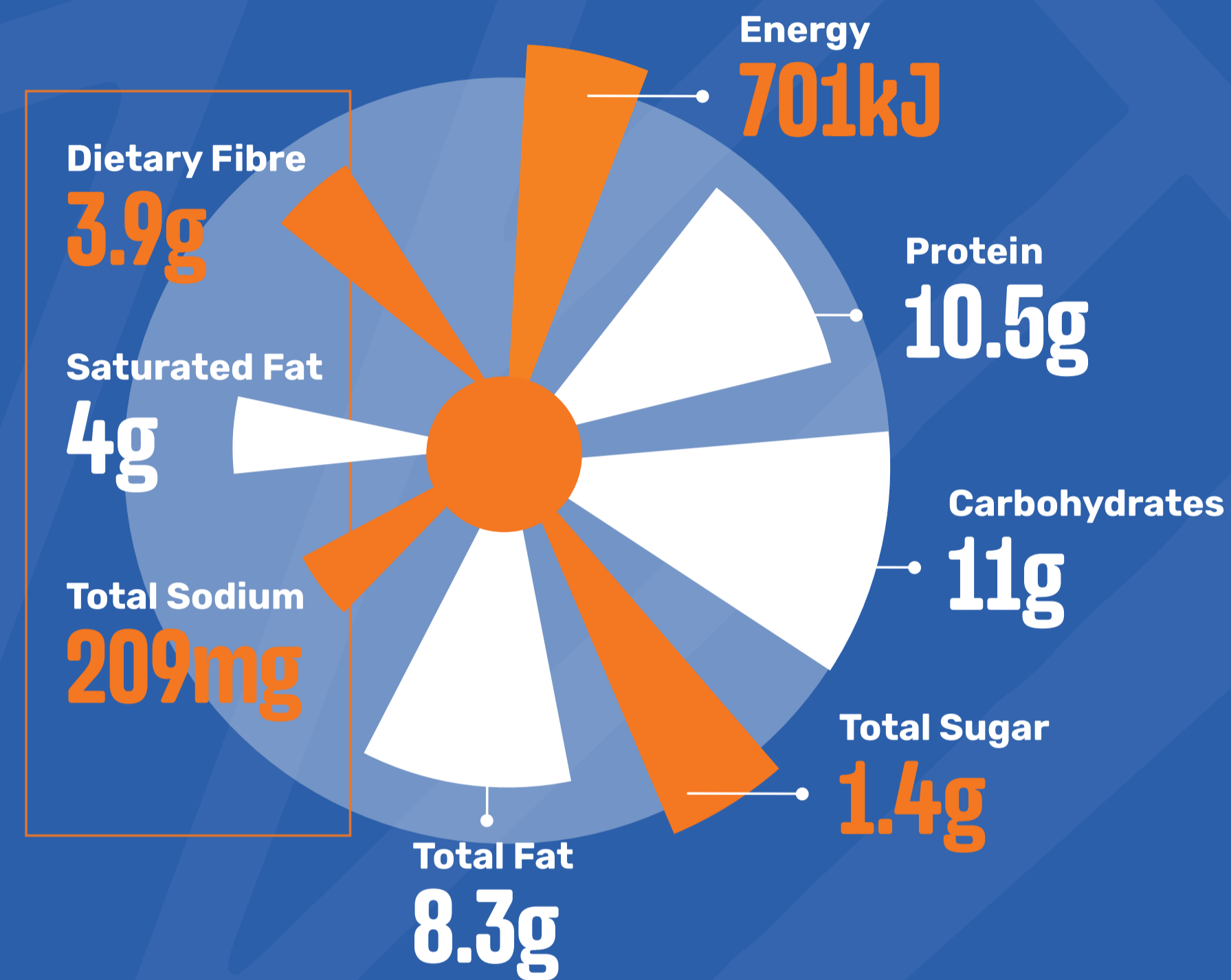
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



CHICKEN LIVERS ON TOAST

(White Bread)

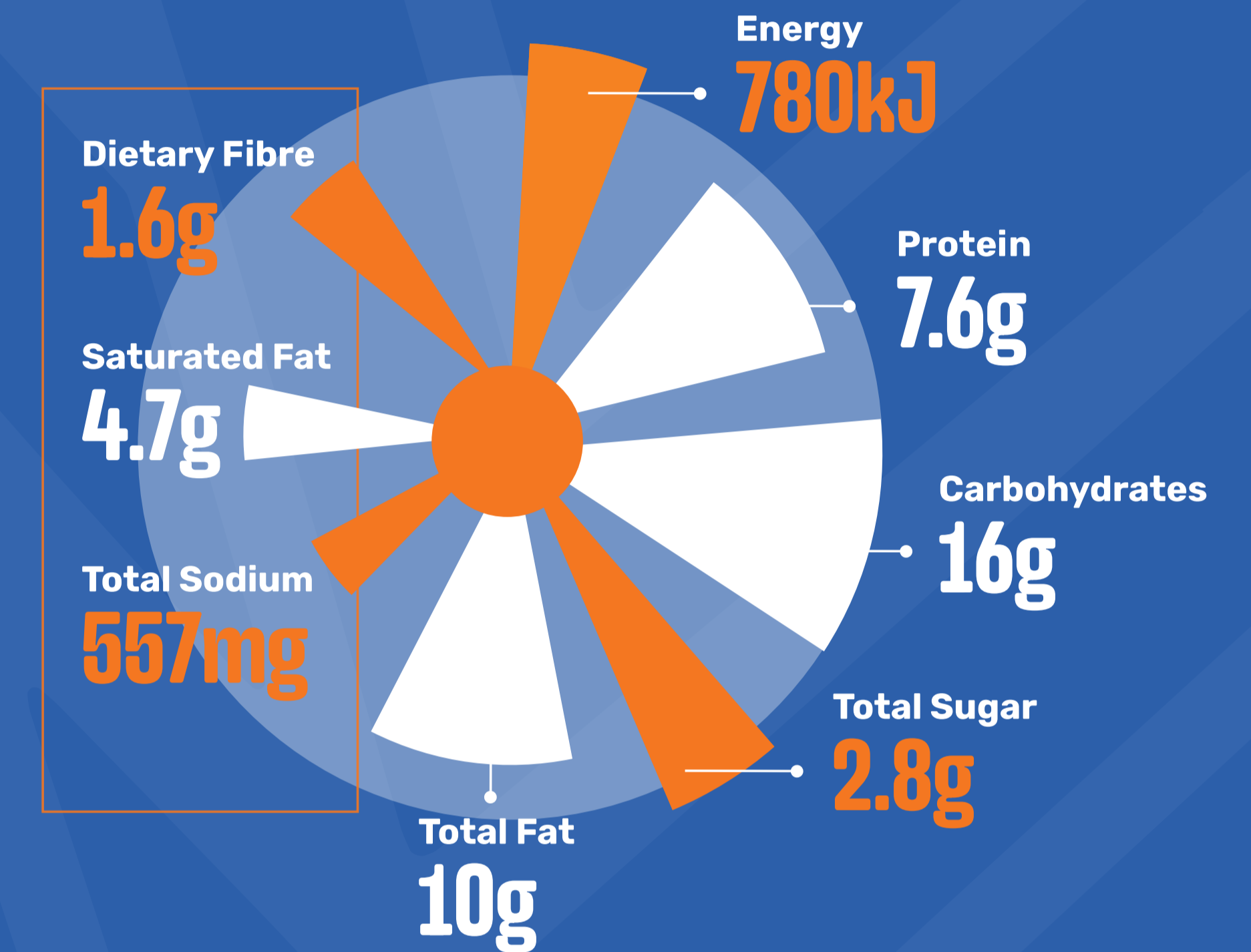
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



CHEDDAMELT BREAKFAST

(White Bread)

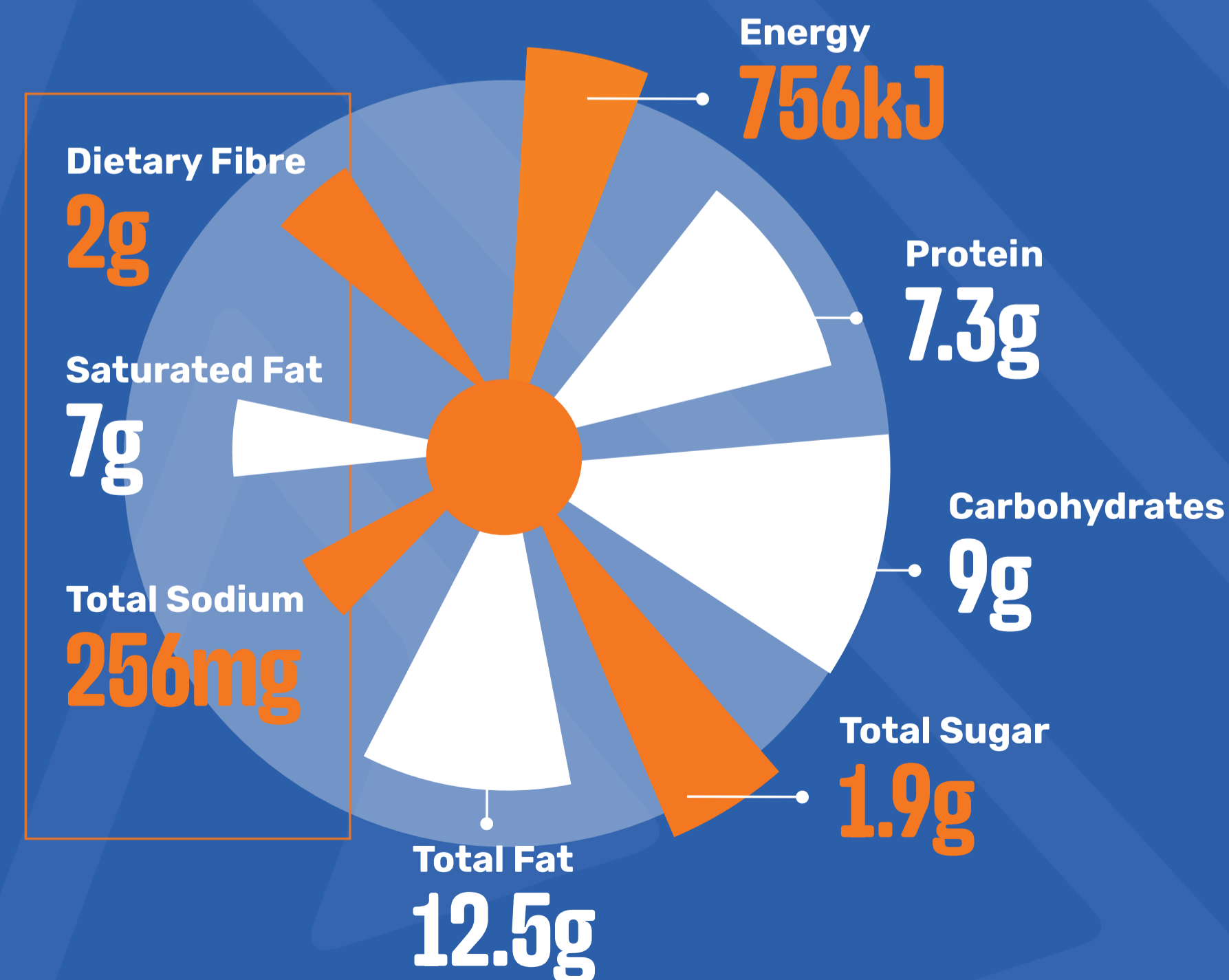
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



KICKSTARTER BREAKFAST

(Brown Bread)

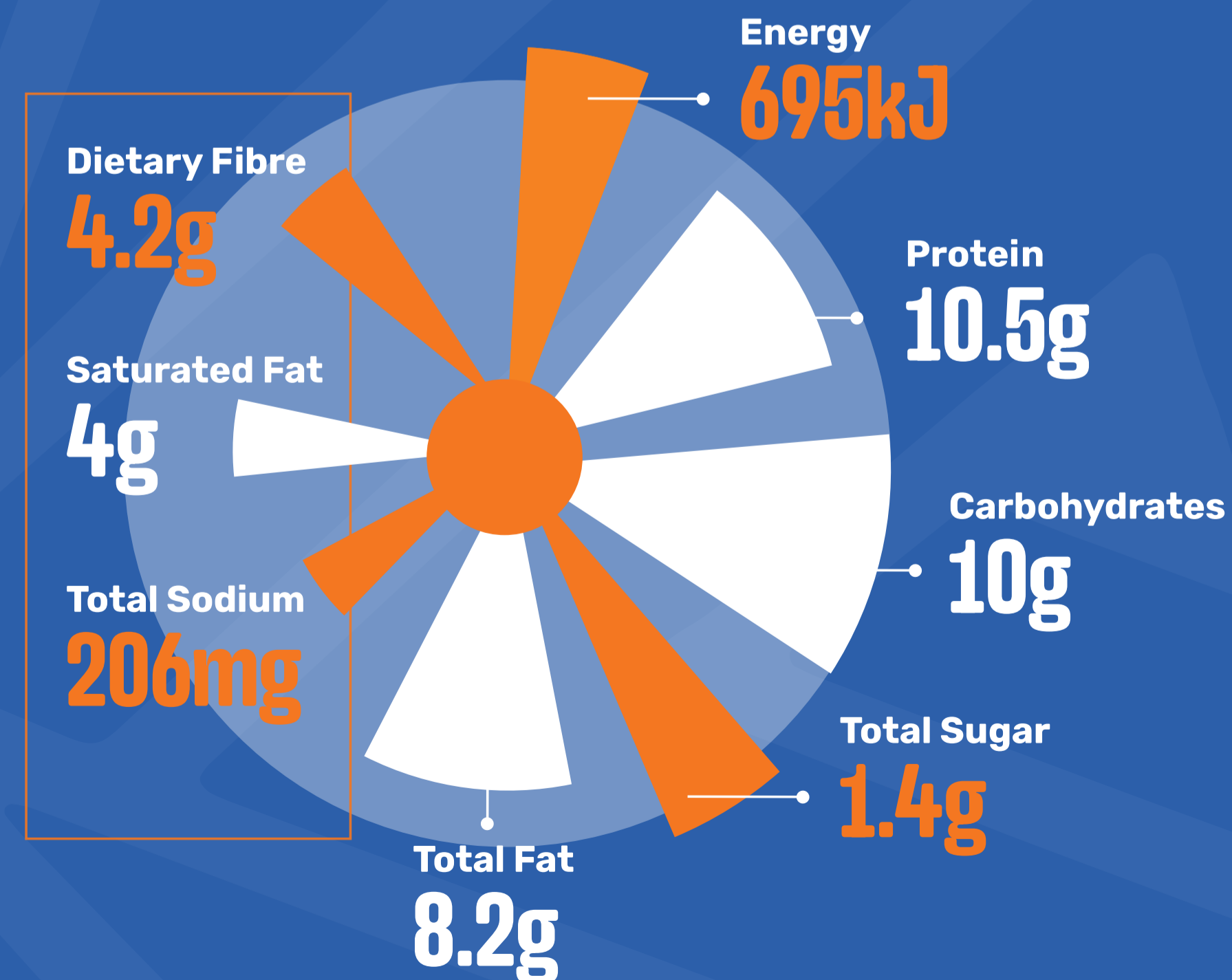
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



CHICKEN LIVERS ON TOAST

(Brown Bread)

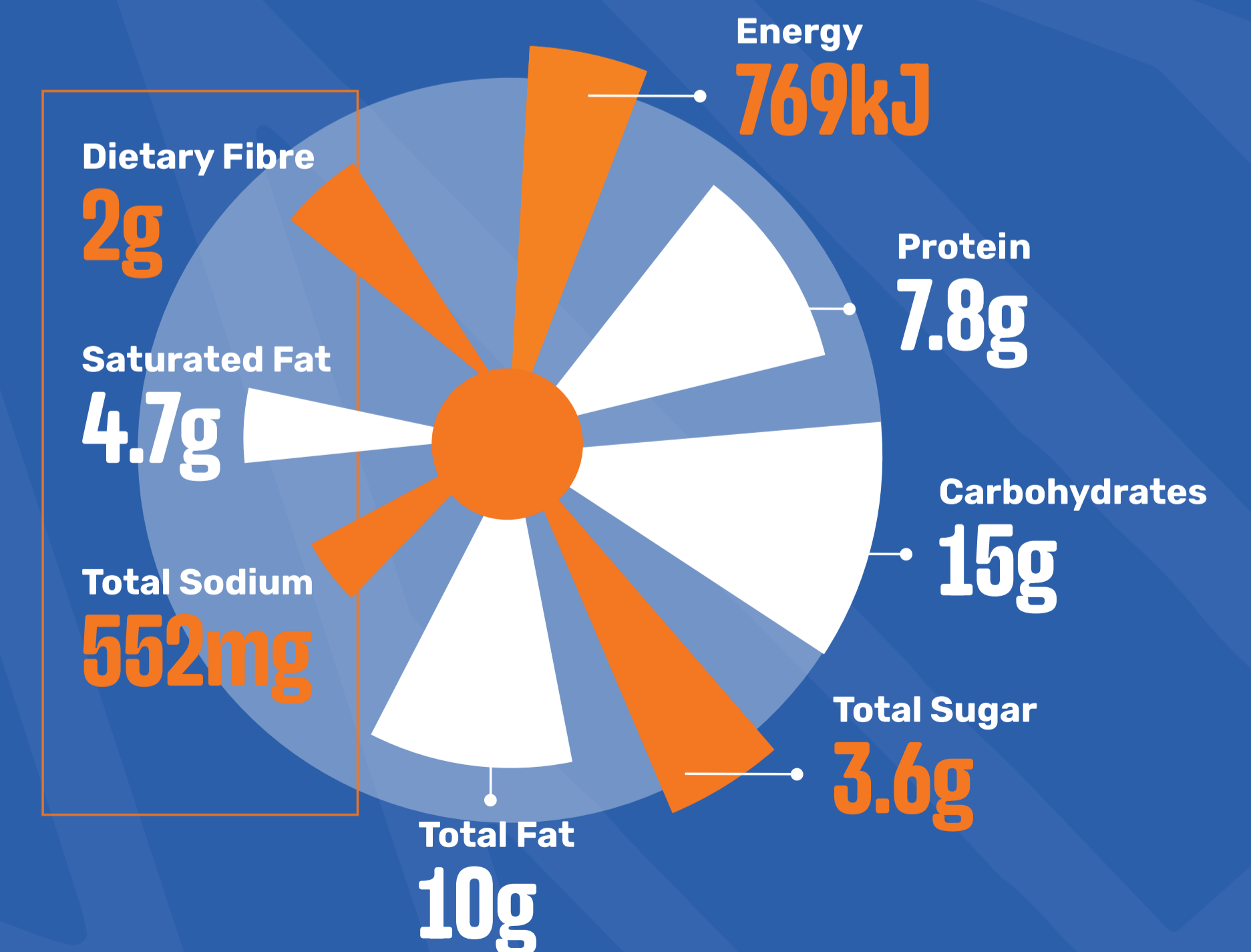
Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



CHEDDAMELT BREAKFAST

(Brown Bread)

Contains: Wheat, Gluten, Soy, Egg, Cow's Milk



BREAKFAST

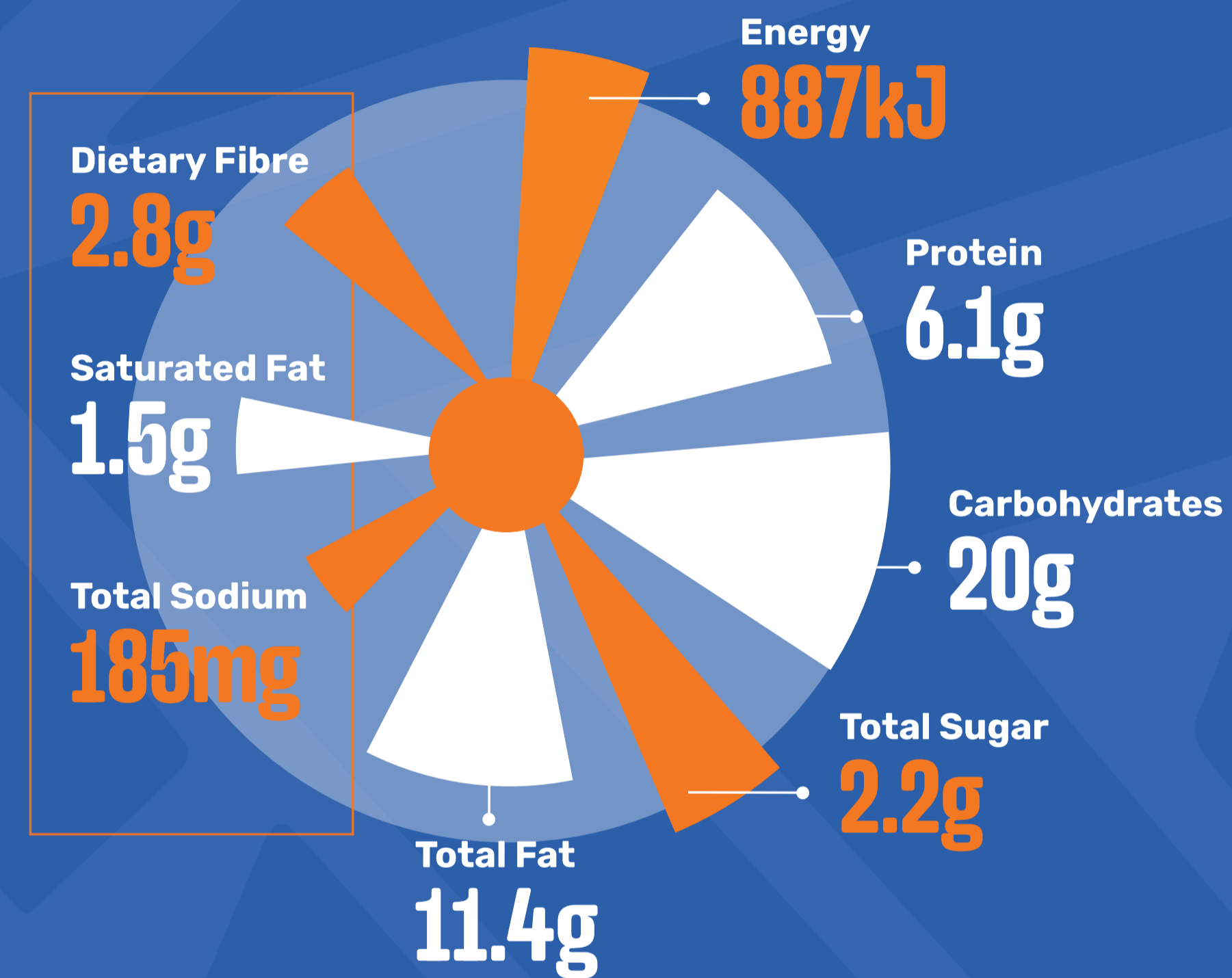
Typical Nutritional Information for Ready-to-eat Product:

Per 100 g serving

VEGAN-FRIENDLY BREAKFAST

(White Bread)

Contains: Wheat, Gluten, Soy



VEGAN-FRIENDLY BREAKFAST

(Brown Bread)

Contains: Wheat, Gluten, Soy

