

BREAKFAST

BEVERAGES

juices

selection of fresh juices available:

orange, fruit cocktail, mango, pineapple, strawberry or apple

selection of cold pressed vegetable and fruit juices available:

apple, beetroot, raspberry, carrot and ginger

apple, cucumber, spinach, kale and mint

carrot, apple, orange, granadilla and ginger

hot

selection of coffees

Americano

Espresso

Double Espresso

Café Mocha

Cappuccino

Flat White

Café Latte

selection of tea

Five Roses Ceylon

Five Roses Green Tea

Twining's English Breakfast

Twining's Camomile

Five Roses Rooibos

Twining's Earl Grey

Twining's Green Tea and Mint

Twining's Rooibos and Honey

CONTINENTAL ITEMS

baker's pastry basket

create your own with a selection of 4 items from the freshly baked pastries and breads below served with butter, preserves and whipped cream.

assorted Croissants: Butter Croissant or Pain au Chocolat

assorted breakfast danishes: apple, custard, blueberry

assorted muffins: bran with rolled oats, lemon & poppy seed, chocolate chip, carrot & walnut

sweet breads: banana loaf, madeira loaf, date loaf

scones

baker's bread basket

select your bread of choice sliced or individual portion or toasted.

French baguette

Cape seed loaf

white cocktail roll

white bread sliced

whole wheat sliced

Italian baguette

health loaf

whole wheat cocktail roll

brown bread sliced

German rye bread sliced

dips and preserves available

Hummus
Tahini
Babaganoush
olive tapenade
Tzatziki

strawberry jam
honey
apricot jam
watermelon
fig

fresh fruit plate

five fresh seasonal cut fruits

healthy start

freshly cut seasonal fruits, stewed prunes layered with yoghurt and roasted muesli

cereals

roasted muesli
Corn Flakes
Weet-Bix
gluten free muesli

All Bran Flakes
Coco Pops
Rice Krispies
gluten free toasted rice

served with chilled or hot full cream, low fat, or skim dairy milk. soy milk available as non-dairy alternative.

hot oatmeal porridge also available.

yoghurt

plain, strawberry, granadilla, cape fruit or apricot

deli plate

selection of 3 cold meats or 2 cold fish items and 3 cheeses with pickles, olives and crackers

cold meats

continental ham
Italian salami
beef pastrami
smoked chicken
hickory ham
parma ham

fish items

smoked salmon
pickled fish
smoked sail fish
pickled herring

cheeses

cheddar loaf
mozzarella loaf
blue cheese
Camembert
Brie
Kiri cream cheese
Baby Bel
chevin plain goats cheese
Edam cheese

HOT BREAKFAST — BUILD YOUR OWN

egg choices

2 farm fried eggs in butter
fluffy scrambled eggs
2 poached eggs on toast rounds
2 boiled eggs

3 egg / egg white omelette

selection of fillings:

ham
bacon
cubed chicken
onion
mushrooms
fresh chilli

cheddar cheese
mozzarella cheese
tomato
mixed bell peppers
pitted kalamata olives

choice of any 5 of the following:

back bacon
crispy streaky bacon
pork sausage
chicken sausage
chicken livers sautéed with onions
sautéed button mushrooms with cream
sautéed potatoes
potato rosti

beef sausage
savory mince
baked beans
grilled tomato
homemade fishcakes
kippers and capers
breakfast sirloin with sautéed mushrooms
and onions

hot breakfast dessert

choice of 1 with selection of condiments

french toast
flapjacks
pancakes
waffles

condiments:

whipped cream
syrup
cinnamon
honey
chocolate sauce

ASIAN BREAKFAST

congee
chopped soya roast chicken
chopped soya boiled eggs
sliced scallions
chopped chilli in soya
crispy fried onions

egg fried rice

wok fried noodles, vegetables, bok choy, scallions, mushrooms, soya, black bean, garlic
steamed pork & green onion dumplings

vegetable spring rolls

chicken sir fry, shitake mushrooms, leeks, julian vegetables, ginger, soya, honey, hoi sin

beef stir fry, shitake mushrooms, leeks, julian vegetables, ginger, soya, honey, hoi sin