

BREAKFAST

BEVERAGES

juices

selection of fresh juices available:

orange, fruit cocktail and apple

selection of cold pressed vegetable and fruit juices available:

apple, beetroot, raspberry, carrot and ginger

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 Camomile

Five Roses Rooibos

Twining's Earl Grey

CONTINENTAL ITEMS

baker's pastry basket

create your own with a selection of 3 items from the freshly baked pastries and breads below served with butter, preserves and whipped cream.

assorted breakfast Danishes: apple or custard

butter Croissants

assorted muffins: bran and rolled oats, lemon and poppy seed or chocolate chip

sweet breads: banana loaf or date loaf

scones

baker's bread basket

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

French baguette

health loaf

whole wheat cocktail roll

brown bread sliced

German rye bread sliced

Cape seed loaf

white cocktail roll

white bread sliced

whole wheat sliced



dips and preserves available

Hummus
Tahini
Babaganoush
olive tapenade
Tzatziki

strawberry jam
honey
apricot jam
watermelon
fig

fresh fruit plate

four 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

All Bran Flakes
Coco Pops
gluten free muesli

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, or cape fruit

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

fish items

smoked salmon
smoked sail fish
pickled herring

cheeses

cheddar loaf
mozzarella loaf
blue cheese
Brie
Kiri cream cheese
chevin plain goats 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 3 of the following:

back bacon
beef sausage
baked beans
grilled tomato
homemade fishcakes
breakfast sirloin with sautéed mushrooms
and onions

chicken sausage
chicken livers sautéed with onions
sautéed button mushrooms with cream
sautéed potatoes
potato rosti

hot breakfast dessert

choice of 1 with selection of condiments

french toast
flapjacks
pancakes

condiments:

whipped cream
syrup
cinnamon
honey
chocolate sauce

