

Mornings are made for slow sips and meaningful bites.



Savour a sumptuous breakfast experience, including fresh juice, coffee, tea, assorted bread, pastries, and seasonal fruit salad

THE FEEL GOODS

Açai Bowl

granola, banana, goji berries, strawberries

Avocado & Eggs

spirulina, chili threads, sourdough

Breakfast Greens

apple, spinach, fennel, celery, ginger, rocket

Yoghurt Bowl

peanut butter mousse, yoghurt, banana, pineapple, coconut granola, grapefruit

Oatmeal

cinnamon, raisins, brown sugar, berries, peanut butter, slivered almonds, goji berries, chia seeds

Bircher Muesli

overnight oats, coconut yoghurt, shredded apple, maple syrup, almonds, orange zest, cinnamon

Smoked Fish Antipasti

smoked salmon trout, peppered tuna, smoked yellowtail, caper berries, cornichons, lemon, Dijon mustard

Cold Meats

smoked chicken, bresaola, shaved game biltong, coarse-grain mustard, Dijon mustard, marinated olives, pickled onion

Artisan Cape Grace Cheese Plate

artisanal cheeses, honeycomb, fig salami, quince paste, walnut bread

OUR SIGNATURES

Cape Eggs Benedict

smoked yellowfin tuna, toasted brioche, bonito flakes, hollandaise sauce

Omelette Arnold Bennet

smoked hake, Gruberg, béchamel

Boerewors

roasted sweet potato hash, smoor

THE FULL PLATES

The Full English

fried, poached, boiled or scrambled eggs, pork or beef sausage, smoked streaky bacon, tomatoes, mushrooms, baked beans, sweet potato hash, toast

Omelette

ham, swiss or cheddar cheese, mushroom, peppers, asparagus, tomato, spring onions

Belgian Waffles

vanilla whipped cream, sliced strawberries, fresh berries, powdered sugar, maple syrup, nutella or whipped butter

French Toast

poached plum, salted caramel, crème Anglaise

Pancakes

chocolate pearls, sliced apples, candied pecans, maple syrup, nutella or whipped butter

CONTINENTAL CLASSIC

selection of cold cuts, cheeses, and cereals

SIDES

sliced ham, pork or beef sausage, boerewors, vine tomatoes, sweet potato hash, baked beans, sautéed mushrooms, shakshuka

JUICES

Green

kale, cucumber, celery, spirulina, coriander, lemon juice

Immune

apple, carrot, ginger

Heart

red apple, beetroot, carrot, ginger, cinnamon

Energy

orange, lemon, ginger

Slim

melon, coconut water, rose water, strawberry

