



BREAKFAST MENU



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7:30am – 11am

Fresh fruit Platter	R 140
Homemade Granola , double cream yoghurt, seasonal fruit & maple dressing	R 120
Classic oatmeal , banana, honey & almond flakes	R 110
Smashed Avo , poached egg, tomato & feta	R 115
Zest Breakfast : macon, beef sausages, eggs, roast tomatoes, mushrooms & toast	R 145
Open Sandwich : eggs (any style), macon, mushrooms, haloumi & roast tomato	R 125
Smoked Salmon Bagel , cream cheese, pickled cucumber, capers & shallots	R 155
Buttermilk Flapjacks , berries, ricotta, vanilla yoghurt & almonds	R 125



BENEDICT

English muffin or toast, bagel

Poached egg and Hollandaise with:

- Smoked Salmon **R 145**
- Beef Macon **R 125**
- Wilted baby spinach **R 105**

Stuffed croissant, scrambled eggs

- Cream cheese & avo **R 115**

Open omelette:

- Salmon, avo & cream cheese & shallots **R 165**
- Peppers, baby spinach, feta & mushrooms **R 135**

Closed Omelette, cheese & spinach **R 110**

Plain Omelette **R 45**

EXTRAS

Macon	R 45	Tomato	R 25
Salmon	R 65	Spinach	R 40
Beef sausage	R 45	Mushrooms	R 35
Feta cheese	R 35	Slice of Toast	R 12
Cheddar cheese	R 25	Avocado	R 40



JUICES

Fresh Orange Juice	R 45
Apple	R 45
Carrot & Orange	R 45
Vitality: cucumber, apple, celery & spinach	R 45
Iron Load: apple, beetroot & lime	R 60
Zest: pineapple, carrot, chilli & lime	R 65

SMOOTHIES

- **Berry Blast:** double cream yoghurt, berries & honey **R 75**
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- **Golden Zest:** carrots, banana, turmeric, ginger, pineapple & oat milk **R 85**
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- **Nutty Boost:** vanilla ice cream, banana, peanut butter & milk **R 75**

Tea Selection - R35 each

Chamomile	Peppermint leaves
Earl grey	Pure green tea
English breakfast	Apple cinnamon &
Darjeeling	vanilla
Ginger & honey	Green tea with
Lemon	lemongrass & lemon
atural Rooibos	

