

# Breakfast Menu



trading from 7h00 – 11h00

**selection of fruit juice** 32  
orange, mango, pineapple, apple  
Rugani 150ml: green juice, carrot add ginger or turmeric

## coffees and hot beverages

espresso 22  
filter coffee 30  
americano 32  
cappuccino 34  
flat white (double shot) 42  
red cappuccino 34  
latté (single shot) 36  
hot chocolate 36  
milo 36  
decaf 8

Extra milk 9  
almond milk 16  
pouring cream 8  
soya milk 8  
oat milk 10  
additional shot 12

## add a flavor to your hot beverage

hazelnut, vanilla or caramel 6

**see our selection of local tea** 32  
**THE WELLNESS GROUP exotic teas** 38

## smoothies

**wake up!** espresso, dates, oats, cinnamon & cocoa 50  
**tropical blast** orange, mango, pineapple & oat milk 75  
**green banana** kale, mint, celery, ginger & coconut 80

## continental etagere for two 200

mini g.f.y, freshly baked muffins & sweet breads, assorted cold meats & selection local cheese, pickles & smoked salmon with relish & seed bread

## GFY (v) 50 | 100

homemade granola w seasonal fruits," Ganzvlei" yoghurt & raw honey

## honey butter toast (v) 100

crispy Japanese milk bread baked with honey & butter served with vanilla & basil marinade with Chantilly cream & berry compote **add** bacon 24

## flapjacks (v) 85

three flapjacks w maple syrup & mixed berry compote & Chantilly cream.

## health bowl (v) 100

hummus, crudites, pickled vegetables, boiled egg, nuts & apple

## bun baked eggs 90

brioche sliders, bacon dust, cream cheese & smooth tomato chutney

## totally nuts (v) 120

seed & nut toast, homemade peanut butter, pecan nut brittle, grilled banana & pure maple syrup

## eggs hollandaise 90

poached eggs, herbed cream cheese, rocket on toasted farmhouse bread

**or** smoked kingklip **R45**

**or** grilled Boston butt **R30**

## dal makhani (v)(g) 90

brown lentil & potato curry, chef's choice chutney, sautéed spinach, pickled coconut & yoghurt

## mushroom omelet (v) 125

sautéed, crispy, powdered, pickled mushrooms with crispy parmesan & misted white truffle accompanied with toasted farmhouse bread

## green eggs & ham 110

herbed scramble eggs, pulled smokey ham, crème fraiche on toasted farmhouse

## express 90

scrambled eggs w rocket, tomato ragout, streaky bacon & toasted farmhouse bread

**add on:** sauté mushrooms 26 tomato ragout 16 baked beans 14 egg 10 boerewors 24 pork sausage 22

streaky bacon 24 gluten free bread 22 seed loaf 12 toasted farmhouse & butter 10 homemade preserve 8

we are a green hotel, using bio-degradable consumables as far as possible.

We support the local economy with a farm to table ethos and employ local residents embracing the indigenous cultures.

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