

**Fresh Juices**

Orange, guava, pineapple, mango, cocktail

R 40

HAND CRAFTED HEALTHY JUICES

Green Goddess

Cucumber, apple, celery

R 55**Ginger Zinger**

Carrot, lemon, ginger

R 80**Antioxidant Blast**

Beetroot, strawberry, blueberry

R 80**Immune Booster**

Orange, lemon, ginger

R 55**Seasonal Cut Fruit Platter****R 95****Dried Fruit, Stewed Fruit Compote, Whole Fruit****R 35****Cereals**

Cornflakes, muesli, bran flakes, granola, choco pops

R 45**Honey & Spreads**

Nutella, speculaas, peanut butter, organic honey, honeycomb

R 35**Homemade fruit compote**

Strawberry, mango, papaya, fig, apricot

R 30**Dairy**

Organic full fat milk, low fat milk, almond milk, coconut milk, soya milk, yoghurt drink

R 25**Breakfast Verrines**

Overnight oats, blue berries, chia seeds, coconut, mango, cashew nuts **R 85**

Overnight oats, blue berries, chia seeds, coconut, mango, cashew nuts **R 80**

Artisanal Cold cuts**R 65**

Smoked turkey, beef pastrami, beef salami

Selection of Local Artisanal Cheese **R 85**

Brie, camembert, gouda, cheddar, emmental

Smoked Salmon**R 90**

Lime chutney, capers, red onion, lemon

126 CAPE BAKERY

Artisanal Baked Sliced Bread Basket **R 65**

Choose 3 items:

White baguette **R 25**

Sour dough **R 25**

5 Grain **R 25**

Ciabatta **R 25**

White & whole wheat toast **R 25**

Soft & cereal roll **R 25**

Gluten free bread roll **R 25**



126 CAPE BAKERY

Morning bakery basket R 85

Choose 3 items:

Plain croissant R 30**Almond croissant R 35****Diary free carrot pineapple R 30****raisin cake****Cinnamon roll R 40****Gluten free banana walnut loaf R 35****Oatmeal blueberry muffin R 35****Freshly baked fruit Danish R 40****Free range eggs any style: R 65**

(Sunny side up, over easy, scramble, hard or soft boiled, poached, white omelet)

Choose 2 items:

Chicken sausage R 45**Beef sausage R 45****Lamb sausage R 45****Beef macon R 45****Turkey macon R 45****Sauteed spinach and mushroom R 35****Baked potato, tomato, garlic R 35****Oven roast broccolini, beet root and R 35****carrots****Grilled Halloumi R 35****Ful mudammas R 35****Shakshuka R 180**

(vegetarian option available)

Poached egg, spicy lamb sausage, baked beans, chili, cilantro, lime

Eggs Royal R 195

Poached eggs, asparagus, smoked salmon, hollandaise sauce, micro greens

126 Cape Eggs Benedicts R 175

English muffin, smoked turkey, grilled halloumi, curry hollandaise

Avocado Bruschetta R 165

Gluten free bread, avocado mash, arugula, pomegranate seeds

Rolled Oats, Cinnamon, Apple, Goji Berries, Walnuts R 125**Buttermilk Flapjacks, Seasonal Berries, Canadian Maple Syrup R 155****Brioche French Toast, Caramelized R 145**
Apple, Cinnamon Sugar**Glass of Full Fat or Skimmed Milk, R 20**
Soya**Verve Still and Sparkling Water R 40/70**
250,750