

Rise + Revitalize

JUICE BAR

Orange, guava, grape fruit, apple, mango

Super juices from The Juicery

SUPERFRUIT

Seasonal fresh fruit and berries

Dates stuffed with chia seed cream cheese and honey

RAW BAR

Mixed leaves and peppery greens

VEGETABLE CRUDITÉ

Tomato, cucumber, carrot, cauliflower, peas, broccoli and corn

Flax seed crackers, olive lavash

DIPS

Pesto, avocado, hummus, balsamic, olive oil

CEREALS

Breakfast cereals, muesli, *bircher* muesli, homemade goji berry and nut granola

Probiotic enriched low fat yogurt, bulgarian, cape fruit, berry and granadilla

FRUIT PUREES

Berry, granadilla, paw paw, kiwi fruit

FRUIT COMPOTES

Selection of seasonal fruit compotes and mixed dried fruit in rooibos tea

DRIED FRUIT

Mango, pear, apple, apricot, goji berries, banana chips

RAW NUTS AND SEEDS

Pecan, macadamia, cashew, peanut, pumpkin seed

BAKER'S BASKET

Breakfast pastries and butter croissants

Freshly baked muffins, savoury scones and home baked rolls

SWEET BREADS

Carrot, banana, Madeira

JAMS

Fig and walnut, apricot, morello cherry, *fruit de champs*

BREAKFAST DELI

Savoury Danish, breakfast quiches and bacon pancake dippers

Iced ring doughnuts and cinnamon palmiers

Waffles and pancakes with maple syrup and accompaniments

CHEESE BOARD

Camembert, brie, blue rock, kwaito, herbed chevin, mature cheddar, gouda, mozzarella

PRESERVES

Figs, watermelon, fruit chutney

SEAFOOD

Salmon gravadlax and cajun blackened tuna

Smoked salmon and peppered mackerel

Sushi and condiments

CHARCUTERIE

Pastrami chicken, turkey ham, rare roast beef, beef pastrami, gypsy ham and Italian salami

With gherkins, whole grain mustard, dijon mustard, horseradish, peppadew, olives, chakalaka, smoked tomato chutney



Indicates SuperFoodsRx™ dishes, which specifically pair whole foods to boost their nutritional benefits and their flavors. Antioxidant rich and naturally low in calories, superfoods are known to improve well-being and longevity.

A La Carte

ENGLISH BREAKFAST

Eggs any style, chicken chipolatas, grilled brown mushroom, cherry tomato, streaky bacon, chive and onion hash browns

ADD ONE OF THE FOLLOWING

Boerewors chipolatas, devilled chicken livers, turkey rashers, black pudding or bean chakalaka

TRADITIONAL OMELETTE

Plain or egg white  (V)

WITH FILLING OF YOUR CHOICE

Ham, tomato, spinach, mushrooms, peppers, onion, broccoli, salmon, grated cheese

POACHED EGGS

Choice of one or two eggs on an English muffin

BENEDICT

Coppa, arugula, pommery mustard

ROYALE

Smoked salmon, avocado and whole grain mustard hollandaise

FLORENTINE

Spinach, brown mushroom and tomato passata  (V)

HADDOCK AND MATURE CHEDDAR HASH

Wilted spinach, poached egg and cheese fondue

BREAKFAST CREPES

Banana, nutella crème fraiche and caramel sauce

FRENCH TOAST

Gypsy ham, emmental, mushroom biltong, fried egg and maple syrup

OATS

Seasonal fresh berries, vanilla sugar, chocolate flakes

SUPERFOODS

CHIA BREAKFAST PUDDING

Fresh fruit and coconut

EGG WHITE PIZZA

With tomato and cheese and your choice of three toppings: turkey, broccoli, spinach, olives, avocado, mushrooms, peppers, onion or smoked salmon

ZUCCHINI, PEA AND CAULIFLOWER PAKOURA (GF/V)

Smoked tomato chutney, cucumber raita

CONGEE (V)

Soy egg, shiitake mushrooms, scallion, pickled cucumber.

BUCKWHEAT WAFFLE

Vanilla spiced black cherries, honey and Greek yoghurt



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