

# BUILD - A - BREAKFAST

Breakfast is served: Monday to Friday 07h00 to 09h00  
Saturday and Sunday 08h00 to 10h00

## COLD SELECTION

### Bakery

Brown Bread (per slice)	R6.00
Croissant (large – allow 30min)	R35.00
Seeded Wholewheat (per slice)	R7.00
White Bread (per slice)	R6.00

### Cereals

Bran Flakes (60g)	R17.00
Corn Flakes (60g)	R14.00
Muesli (60g)	R20.00
Oats (125g)	R17.00

### Cheeses

Babybel (each)	R22.00
Grated Cheddar (30g)	R20.00
Kiri (each)	R22.00

### Cold Meats

Ham (per slice)	R6.00
Pastrami (per slice)	R17.00
Salami (per slice)	R11.00

### Juices and Spreads

Butter (8g)	R5.00
Butter (40g)	R17.00
Orange Juice (125ml)	R7.00
(250ml)	R14.00
(500ml)	R28.00
(1L)	R53.00
Orange Marmalade (15g)	R6.00
(40g)	R12.00
Strawberry Jam (15g)	R6.00
(40g)	R12.00
Apricot Jam (15g)	R6.00
Mixed Fruit Jam (15g)	R6.00

### Yoghurts and Fruits

Granadilla (125ml)	R17.00
Plain (125ml)	R17.00
Strawberry (125ml)	R17.00
Seasonal Fruit Salad (200g)	R80.00
(Not available from May – Aug)	
Sheppard Smoothie	R95.00
(Berries, almond milk, plain yogurt, protein powder and fruit juice)	

## HOT SELECTION

### Eggs (Jumbo)

Boiled (each)	R8.00
Fried (each)	R8.00
Omelette (2 eggs)	R18.00
Omelette (3 eggs)	R24.00
Full House Omelette	R140.00
Poached (each)	R8.00
Scrambled (each)	R8.00

### Sides

Avocado Slices	R36.00
Baked Beans (100g)	R18.00
Pan Fried Tomatoes (80g)	R18.00
Sautéed Mushrooms (80g)	R30.00

### Meats

Bacon (per strip)	R10.00
Beef & Lamb Sausage (each)	R8.00
Cheesegriller (each)	R10.00
Pork Sausage (each)	R8.00
Savoury Mince (100g)	R35.00

**“He that looketh on a plate of bacon and eggs to lust after it hath already committed breakfast with it.”**

– C.S. Lewis

**Please note:** All tea and percolated coffee are included in your stay, but water, soft drinks and speciality coffee is additional. Please refer to the menu for pricing.

