

# À LA CARTE BREAKFAST MENU

Start your day with a culinary favourite selected to energise your body and awaken your mind.



## Curated Continental Plate *245*

Personalised charcuterie and finest local cheese, freshly baked bread, orange buchu jam

## Viennoiserie Pastry *125*

Butter croissant, vanilla custard triangle, white chocolate and raspberry muffin, whipped chantilly, strawberry and rooibos jam

## Fashion Granola Sundae *140*

Strawberry compote, home-made granola, plain yoghurt, macerated berries

## Daily Oats

Infused vanilla milk with your choice of:

Banana, cacao and maple syrup *75*

Poached berries and honey *85*

## Flint & Fennel Breakfast Plate *205*

Two free-range eggs, smoked back and streaky bacon, baked beans, boerewors sausage, sautéed heritage tomato, confit mushroom, potato rosti

### Classic French Omelette *135*

Three whole free-range eggs or egg white,  
potato rosti, roasted cherry tomatoes

Your choice of 3 fillings:  
Spinach, tomato, mushroom, cheddar,  
feta, red pepper, spring onion

### Classic Eggs Benedict *135*

Toasted English muffin, streaky bacon,  
hollandaise sauce, poached eggs

### Florentine Eggs Benedict *145*

Creamed spinach and feta

### Royale Eggs Benedict *185*

Smoked salmon and cream cheese

### Tiramisu French Toast *155*

Stuffed salted caramel brioche, white chocolate chantilly,  
espresso crème, blackberry compote

### South African Flapjacks *165*

Milk tart crème, cinnamon and almond streusel,  
blood orange caviar, orange sable, condensed milk ice cream



# SANDWICH MENU

Crafted sandwiches, fresh ingredients, generously filled.  
Served with fries and garlic aioli.



## The Braai Broodjie

Heritage tomato, boerenkaas, sliced red onion, tomato and chilli jam *135*

Rosemary ham, sharp cheddar, cape gooseberry *165*

Flame charred chicken, aji verde aioli, mozzarella, tomato salsa *155*

## Roast Beef Baguette *245*

Traditional baguette, rare roast beef, dressed rocket, wholegrain mustard aioli, gherkins, caramelised onions, piccalilli, sauerkraut

## Cape Lobster Roll *350*

Brioche, butter-poached lobster, Marie Rose sauce, toasted nori, butterfly sorrel, fresh radish, caviar

## The Club *185*

Smoked bacon, chicken mayonnaise, free-range egg, heritage tomato, avocado, sourdough bread

## Smoked Salmon Bagel *185*

Smoked salmon, dill cream cheese, pickled cucumber

## Greenhouse Stack *155*

Grilled tofu, avocado, baby spinach, red onion marmalade, grilled baby marrow, vegan cheese, basil pesto, sourdough bread

## ANYTIME PLATES

### Avocado Toast *185* E | G | V

Two poached eggs, smashed avocado, wholemeal toast, radish, pico de gallo, seed crumb

Add Smoked Salmon *120*

Add Sirloin Steak *120*

### Turkish Eggs *175* E | G | L | V

Butternut falafel, poached eggs, garlicky yoghurt, mint and lemon brushed flatbread, paprika and chilli brown butter, heritage tomato, crushed avocado, pickled red onions, coriander and mint dressing



## NOURISH BOWLS

### Summer Harvest *285* G | L | N | V

Burrata, freekeh, kale, caulini, mushrooms, beetroot hummus, orange tahini, pistachio dukkah

### Spiced Chicken and Mango *195* G | L

Tandoori chicken tenders, bulgar wheat, pickled red onion, avocado, mango and baby cucumber, charred broccoli, edamame, lemon yoghurt dressing

### Flint & Fennel Bowl *335* H | N

Sweet and sour glazed salmon, pear carpaccio, toasted almond, parmesan and fennel slaw, pomegranate, coconut and lime vinaigrette

### Springbok Poke *295*

Herb-crusting springbok loin, brown rice, sugar snap peas, corn ribs, cherry tomatoes, crispy kale, cranberry dressing