

# Rise + Revitalize

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## JUICE BAR

Orange, Guava, Grapefruit, Apple, Mango, Cranberry

## JUICE BY THE JUICERY

Superfood Smoothies

## SUPERFRUIT

Seasonal fresh fruit and berries

## RAW BAR

Lettuce and peppery greens

## VEGETABLE CRUDITÉ

Tomato, cucumber, carrot, cauliflower, peas, broccoli, corn, beetroot  
Flax seed crackers, olive lavasche

## RAW NUTS AND SEEDS

Pecan, macadamia, cashew, peanut, pumpkin seed, miracle seed mix  
Basil pesto, avocado, hummus, balsamic, olive oil, nut butter

## CEREALS

Breakfast cereals, muesli, homemade goji berry & nut granola  
Full cream, low fat, soy and almond milk

## PROBIOTIC ENRICHED LOW FAT YOGURT

Greek full cream, Cape fruit and berry  
Berry, granadilla, paw paw and kiwi fruit purees

## FRUIT COMPOTES

## DRIED FRUIT

Mango, Pear, apple, apricot, cranberries, banana chips

## SELECTION OF CANDY COATED SWEETS

## BREAKFAST DELI

Explore our daily selection of freshly prepared deli items.

## BAKER'S BASKET

Breakfast pastries and butter croissants  
Freshly baked muffins and savoury scones  
Home baked rolls

## SWEET BREADS

Carrot, banana, madeira

## JAMS

Fig and walnut, apricot, Morello cherry, fruit de champs,  
honey butter, Karoo honey

## CHEESE BOARD

Camembert, brie, blue rock, Kwaito, herbed chevin,  
Mature cheddar, gouda, mozzarella, cream cheese

## PRESERVES

Preserved purple figs, watermelon konfyt, cheese cheers

## SEAFOOD

Cured Salmon and Cajun blackened tuna  
Smoked salmon & peppered mackerel  
Sushi poke bowls with salmon and tuna

## CONDIMENTS

Wasabi, soy sauce, lemon, cucumber pickle,  
pickled onion, caper.

## CAP CLASSIQUE ON ICE

## CHARCUTERIE

Smoked chicken & turkey pastrami  
Rare roast beef & pickled beef tongue  
Glazed gammon & prosciutto  
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.

Service charges and government taxes are additional.

Consuming raw or undercooked meats, seafood, shellfish or eggs may increase your risk of food-borne illness.

\*"These nutritional powerhouse foods can help extend your health span – the extent of time you have to be healthy, vigorous and vital." – Dr. Steven Pratt, author of *SuperFoodsRx: Fourteen Foods That Will Change Your Life*.

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# A La Carte

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## ENGLISH BREAKFAST

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

### ADD ONE OF THE FOLLOWING

Beef chipolatas, turkey rashers, or bean chakalaka

## TRADITIONAL OMELETTE

Plain or egg white 

### WITH FILLING OF YOUR CHOICE

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

## WHIPPED EGG WHITE PIZZA OMELETTE

With tomato and cheese, broccoli and onions


## POACHED EGGS

Choice of one or two eggs, served on an English muffin:

Benedict –glazed gammon, arugula, pommery mustard hollandaise

Royale – Smoked salmon, spinach, pommery mustard hollandaise 

## ON19 BREAKFAST BOWL

Poached egg, avocado, spinach, mushroom, rocket, roast pepper, grilled zucchini, teriyaki tomatoes, wholegrain bread 

Add Smoked salmon or Turkey bacon

## HADDOCK AND MATURE CHEDDAR HASH

Wilted spinach, poached egg and cheese fondue

## CONGEE

Soy egg, shiitake mushrooms, scallion, pickled cucumber

## WHOLEWHEAT FLAPJACKS

Blueberry compote, Honey and Greek Yoghurt

## FRENCH TOAST

Glazed Gammon, emmentaler, mushroom biltong, fried egg and maple syrup

## STEEL CUT OATS


Honey, Banana and pecan nuts

## DARK HONEY SPICED QUINOA BREAKFAST PUDDING


Dried fruit and Almonds



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