

# BREAKFAST BUFFET

126  
Cape

KITCHEN & CAFE

## CEREALS

All Bran, Corn Flakes, Weetabix, Rice Krispies & Coco Pops  
Muesli, granola & rolled oats

MILK – low-fat, full cream & soy milk (on request)

## YOGHURTS

Bulgarian, individual fruit yoghurt or muesli sundae

## DRIED FRUIT, NUTS & SEEDS

Bananas, apricots, pears & apples  
TOASTED – whole almonds, pecan nuts, sunflower seeds & pumpkin seeds

## FRUIT COMPOTES

Prunes with rooibos & orange infusion  
Melon with mint (sweet or winter)  
Pineapple with coriander & chilli  
Pawpaw with aromatic star anise

## COULIS / PUREE

Berry coulis, melon, mango & kiwi

## FRUIT PLATTERS

Orange, grapefruit, pineapple, melon, pawpaw & exotic seasonal fruit  
(kiwi, mango & granadilla)

Fresh fruit salad garnished with berries & mint

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## PASTRIES

Danish selection (custard, apple & chocolate)  
Muffins (chocolate chip, blueberry, carrot & rooibos)  
Croissants  
Jam doughnuts

## BREADS

Sliced white & brown (with toaster set up)  
Banana bread, date loaf, nut & seed loaf, sesame oval loaf  
Rye bread, french loaf & rolls

JAMS & SPREADS – Peanut butter, walnut & fig preserve, apricot preserve & Nutella

## CHEESE BOARD

Edam, gouda, brie, camembert & blue rock  
Cream cheese with chives  
Figs, melon konfyt & tomato jam

## COLD CUTS

Roast beef or beef pastrami – with a gherkin relish  
Chicken pastrami or turkey loaf – with a pineapple salsa garnish

## FISH

Sliced butterfish or salmon trout rosettes, peppered mackerel & roll mops

## CONDIMENTS

MEAT – Dijon mustard, gherkins, pepperdews, horseradish & marinated olives  
FISH – Lemons wedges, capers & red onion rings

## HEALTH STATION

Selection of lettuce  
Crudité's (cherry tomato, carrot, cucumber & broccoli)  
Hummus, cream cheese & olives  
Gluten-free bread

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*The juices below are not included within the breakfast price and will be charged for separately.*

## JUICE BAR

### FRESH FRUIT JUICES

Orange, mango, guava or grapefruit

### FRESH VEGETABLE JUICES

Spinach, red cabbage, carrot, kale, cucumber or beetroot

## POWER JUICES

### REJUVENATE

Apple, carrot, ginger & pear

### REVITALIZE

Carrot, red cabbage & apple

### REFRESH

Cloudy apple, ginger & cinnamon

### RESTORE

Beetroot, carrot & apple

### MEAN GREEN MACHINE

Spinach, celery, kale & cucumber

### CHALLENGE THE STATUS QUO

Kale, beetroot, red cabbage & carrot

## SUPER SMOOTHIES

*(Low-fat plain yoghurt, low fat milk & crushed ice)*

### BERRY POWER - UP

Blueberry & goji berry smoothie

### SAWUBONA

Banana, muesli & honey

### PROTEIN POWER GULP

Almonds, peanut butter & banana

### RAVISHINGLY RED

Kale, red cabbage, strawberry & basil