

NINETEEN BREAKFAST

served daily from 07:00am – 11:00am

Breakfast BOWLS

CROISSANT butter, cheddar cheese, jam	65	MUFFIN butter, jam	45
HEALTH BOWL greek yoghurt, granola, banana, strawberries, toasted coconut, toasted nuts, honey drizzle			95
PEANUT BUTTER OATS cooked rolled oats in almond milk, peanut butter, toasted nuts, banana, honey drizzle, cream served separately			85
SALMON BOWL smoked salmon trout, sautéed mushrooms, poached eggs, half sliced avocado, garlic grilled tomatoes, sautéed baby spinach, seedloaf, chive cream cheese spread			195
SEASONAL FRUIT SELECTION sliced fruit or fruit salad			95

Egg BENEDICTS

CLASSIC EGGS BENEDICT english muffin, rocket, gypsy ham, poached eggs, hollandaise, grated parmesan			135
EGGS ROYALE english muffin, rocket, smoked salmon trout, poached eggs, hollandaise			165
HALLOUMI BENEDICT hummus, ciabatta toast, rocket, tomatoes, halloumi, poached eggs, hollandaise			145

Traditional BREAKFAST

bread selection-
white, brown,
ciabatta, seedloaf,
sourdough, gluten
free or rye bread

THREE EGG OMELETTE your choice of three fillings – cheddar cheese, tomatoes, onion, mixed peppers, chili, mushrooms, Smoked salmon trout, ham, bacon, toast of your choice			165
CLUBHOUSE BREAKFAST corn fritter, caramelised onions, grilled tomato, boerewors, grilled bacon, breakfast mince, fried eggs, baked beans, toast of your choice			165
GOLFERS' BREAKFAST fried eggs, grilled bacon, pork or beef sausage, sautéed mushrooms, baked beans, hashbrown, grilled tomato, toast of your choice			155
CINNAMON AND APPLE FLAPJACK cinnamon flapjacks, caramel sauce, pecan nuts, whipped cream			125
MAGWENYA AND MINCE magwenyas, savoury mince, fried eggs			95
GOLFERS' ROLL brioche bun, fried eggs, grilled eggs, cheddar cheese			75
PAR 3 fried eggs on toast, grilled bacon			65

GF-GLUTEN FREE DF-DAIRY FREE N-NUTS
V-VEGETARIAN VE-VEGAN

A discretionary gratuity of 10% will be added to your final bill

On TOAST

bread selection-
white, brown,
ciabatta, seedloaf,
sourdough, gluten
free or rye bread

BACON CAPRESE ON TOAST

grilled bacon, grilled balsamic tomatoes, buffalo style mozzarella, basil pesto,
basil oil, poached eggs **N**

155

SLICED AVOCADO & POACHED EGG

avocado, cherry tomatoes, poached eggs, rocket, microgreens

135

MINCE ON TOAST

savoury mince, grated cheddar, pickled jalapeño, fried eggs

115

Freshly BREWED

espresso

25

double espresso

35

espresso macchiato | americano

30

café latte

40

chai latte

45

cappuccino | rooibos cappuccino

40

hot chocolate | white hot chocolate | milo

40

LOCAL TEA

rooibos | five roses

30

RONNEFELDT TEA SELECTION TEAVELOPE

vanilla rooibos | very earl grey | natural english breakfast | green dream | fruits of joy |
charming camomile | mindful mint

30

EXTRA SWEETNESS

hazelnut **N** | caramel | vanilla | macadamia **N**

20

Smoothies AND JUICES

FRUIT JUICE

orange | mango | strawberry | pineapple | golden apple | cranberry | green juice

45

SHOTS

ginger | lemon

30

POWER GREEN SMOOTHIE

spinach, banana, pineapple, ginger, almond milk **N**

75

BERRY & BANANA SMOOTHIE

blended with honey, full cream yoghurt

75

PEANUT BUTTER SWIRL

peanut butter, banana, oats, almond milk, yoghurt, honey **N**
add a scoop of protein powder

75

35

Kids BREAKFAST

MINI FLAPJACKS

with banana, honey, whipped cream

95

SCRAMBLED EGG AND CHEESE SOLDIERS

soft scrambled eggs, buttery toast fingers, cheddar

75

*Our kitchen sources sustainable items for inclusion in our menu across the hotel. We source local,
quality ingredients, supplied by farmers, herders, fishers, butchers, and artisans. All imported items
are selected with the most stringent care from partners who share our sustainability ethos.
Our premium range of teas and coffees are sustainably sourced.*

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