

# NINETEEN BREAKFAST

served daily from 07:00am – 11:00am

## Breakfast BOWLS

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

## Egg BENEDICTS

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

## Traditional BREAKFAST

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

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

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

## Freshly BREWED

## Smoothies AND JUICES

## Kids BREAKFAST

### BACON CAPRESE ON TOAST

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

### SLICED AVOCADO & POACHED EGG

avocado, cherry tomatoes, poached eggs, rocket, microgreens

### MINCE ON TOAST

savoury mince, grated cheddar, pickled jalapeño, fried eggs

espresso

double espresso

espresso macchiato | americano

café latte

chai latte

cappuccino | rooibos cappuccino

hot chocolate | white hot chocolate | milo

### FAVOURITE TEA

rooibos | five roses

### RONNEFELDT TEA SELECTION TEAVELOPE

rooibos classic | rooibos vanilla | earl grey | breakfast tea | green angel | classic green |  
peppermint | mountain herbs | lemon sky | camomile | sweet ginger | red berry

### EXTRA SWEETNESS

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

### FRUIT JUICE

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

### SHOTS

ginger | lemon

### POWER GREEN SMOOTHIE

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

### BERRY & BANANA SMOOTHIE

blended with honey, full cream yoghurt

### PEANUT BUTTER SWIRL

peanut butter, banana, oats, almond milk, yoghurt, honey **N**

add a scoop of protein powder

### MINI FLAPJACKS

with banana, honey, whipped cream

### SCRAMBLED EGG AND CHEESE SOLDIERS

soft scrambled eggs, buttery toast fingers, cheddar

*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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V-VEGETARIAN VE-VEGAN

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155

135

115

25

35

30

40

45

40

40

30

30

20

45

30

75

75

75

35

95

75