



PEERMONT
WALMONT

COLD PLATES

Cereals

Weet-Bix, Corn Flakes, All Bran Flakes, Muesli, Rice Crispies, Coco Pops, Gluten Free Muesli, Gluten Free Toasted Rice

Milk

Choose between full cream, low fat, fat free, almond or soy. Served warm or cold

Yoghurt (Full cream)

Plain, strawberry, cape fruit, granadilla, or apricot

Healthy Start

Freshly cut seasonal fruits, stewed prunes, yoghurt, roasted muesli

Smoothie Bowl (GF)(N)

Gluten-free overnight oats, blue berries, yoghurt and chia seeds smoothie, sliced bananas, berries, granola and flaked coconut

Pastry Corner (N)

Croissant, pain au chocolat, assorted daily muffins, fruit danish, freshly baked scones, and sweet breads of banana or madeira loaf

Breads (N)

White, whole-wheat, baguette, ciabatta, Kitke, German rye, cape seed, soft butter roll
2 slices with butter and preserves

Gluten Free Alternatives (N)(GF)

Muffin, linseed bread, white bread

Fruit Platter

Selection of sliced seasonal fruits and berries

Cheeseboard (GF)

Cheddar, mozzarella, camembert, blue, brie, chevin, edam, kiri, baby bel

Charcuterie Board (P)(GF)

Parma ham, hickory ham, pastrami, salami, smoked chicken

Fish Board (S)(GF)

Smoked salmon, peppered mackerel, pickled fish, sailfish gravlax

WARM PLATES

Cape Spiced Oats (V)

Maple syrup, cinnamon, treacle sugar

South African Pancakes / American Flapjacks / French Toast / Belgian Waffles (N)

Served with choice of warm maple syrup, cinnamon sugar, whipped cream, chocolate chips, banana, seasonal berries

Quick Sunrise (P)

2 rashers bacon, 2 eggs, grilled tomato and sautéed mushrooms

English Breakfast

2 rashers bacon, sausage (beef, chicken or pork), 2 eggs, grilled tomato, potato rosti, sautéed mushrooms, baked beans

Farmhouse Breakfast

2 rashers bacon, sirloin steak, sausage (beef, chicken or pork), 2 eggs, grilled tomato, potato rosti, sautéed mushrooms, baked beans

Farmhouse Deluxe

2 rashers bacon, sirloin steak, sausage (beef, chicken or pork), chicken livers, 2 eggs, grilled tomato, sautéed potatoes, mushrooms, baked beans

Seafood Breakfast

2 fishcakes, kippers, 2 eggs, grilled tomato, potato rosti, sautéed mushrooms, baked beans

Vegetarian Breakfast

2 eggs, grilled tomato, sautéed potatoes, mushrooms and baked beans

Classic Benedict

Bacon or Smoked Salmon, toasted English muffin, 2 poached eggs, baby spinach, hollandaise sauce

3 Egg / Egg White Omelette

Vegetarian – tomato, onion, cheddar cheese, mixed peppers, mushrooms, olives

Bacon – bacon, tomato, onion, cheddar cheese, mixed peppers, mushrooms

Chicken – smoked chicken breast, tomato, onion, cheddar cheese, mixed peppers

Salmon – smoked salmon, tomato, onion, mixed peppers, cream cheese



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BUILD YOUR OWN

Create your own full breakfast plate by choosing one item per category from the below

Eggs

Boiled, poached, fried, scrambled

Sausage

Pork, chicken, beef

Bacon (P)

Streaky (crispy) or back

Other Proteins

Breakfast sirloin, smoked chicken, chicken livers, kippers, fishcakes

Vegetarian (V)

Baked beans, mushrooms, tomato, potato rosti, sautéed potatoes

ASIAN BREAKFAST

Congee

Chopped soya roast chicken

Chopped soya boiled eggs

Sliced scallions

Chopped chilli in soya

Crispy fried onions

Egg fried rice

Steamed pork & green onion dumplings

Vegetable spring rolls

Wok Fried Noodles

Vegetables, bok choy, scallions, mushrooms, soya, black bean, garlic

Chicken Stir Fry

shitake mushrooms, leeks, julienne vegetables, ginger, soya, honey, Hoi Sin

Beef Stir Fry

Shitake mushrooms, leeks, julienne vegetables, ginger, soya, honey, hoisin

BEVERAGES

Selection of fresh fruit and cold pressed vegetable juices available

Orange

Fruit Cocktail

Mango

Pineapple

Strawberry

Apple

Beetroot, carrot, ginger, raspberry and apple

Cucumber, spinach, kale, mint and apple

Carrot, ginger, granadilla, orange and apple

Coffee Selection

Americano

Cappuccino

Flat White

Café Latte

Espresso

Double Espresso

Café Mocha

Tea Selection

Five Roses Ceylon

Five Roses Rooibos

Five Roses Green Tea

Twining's Earl Grey

Twining's English Breakfast

Twining's Camomile

Twining's Rooibos and Honey

Dietary Preferences: Pork (P) | Gluten Free (GF) | Nuts (N) | Vegan (V)

Please notify our service colleagues if you have any known food allergies or intolerance.

Our food is prepared in an environment where peanuts / nuts and other allergens are handled.

Currently there is no separate concerned allergen-free preparation area.