

MIKO

Good morning! Goeie môre! Molweni!

If you fancy a light breakfast from our buffet help yourself to...

Fruit compotes (Sp)	Cereals and muesli (N)(Ci)(P)
Yoghurts (M)	Assorted homemade jams (Sp)
Seasonal fruit salad (Sp)	Pastries, muffins, croissants and fruit bread (N)(G)(M)(Ss)(E)
Fresh fruit	Fruit juice (Sp)
Local cheeses, fruit preserves and crackers (M)(Sp)(G)(N)(Ss)	Assorted cold meats (Sp)(S)
	Smoked Franschoek trout (F)(S)

Something more substantial...

Country style

Scrambled eggs, crispy bacon, roast vine tomatoes, rocket and parmesan on chargrilled ciabatta (E)(G)(M)(Sp)(S)

Eggs Benedict

Ham and soft poached eggs on a toasted English muffin with Hollandaise sauce (M)(G)(E)(Sp)(S)
or **Eggs Florentine** – with spinach (V)(E)(G)(Sp)(M)
or **Eggs Royale** – with smoked salmon (E)(F)(G)(Sp)

Little Rock omelette

3 egg omelette with your choice of 3 fillings
Cheddar cheese, ham, bacon, tomato, onion or mushrooms (E)(M)(Sp)(S)

Smoked salmon and avocado

Thinly sliced Three Streams smoked salmon, avocado, rocket and lemon crème fraiche (F)(M)(Sp)

The full English

Two eggs cooked to your liking with crispy bacon, beef or pork chipolatas, sautéed mushrooms, baked beans and grilled tomato – *with or without black pudding* (E)(M)(G)(Sp)(S)

Breakfast burrito

Scrambled eggs, crispy bacon, spicy tomato relish, fresh coriander and cheddar cheese, wrapped in a soft flour tortilla (E)(M)(G)(Sp)(S)

American style pancakes

Blueberries and toasted pecan nuts with maple syrup (V)(N)(G)(P)(Sp)

Traditional French toast

Crispy bacon and maple syrup (E)(M)(G)(Sp)(S)

Traditional country porridge

Cinnamon, raisins and honey (V)(M)(G)(Sp)

(C) Celery (CI) Cereals with gluten (CR) Crustacean (E) Eggs (F) Fish (L) Lupin (G) Gluten (M) Milk (Mo) Molluscs (Mu) Mustard (N) Nuts (P) Peanuts (Ss) Sesame (S) Soya (Sp) Sulphur Dioxide (V) Vegetarian. If you have any specific dietary requirements or food allergies please let your waiter know before placing your order. Our chef will be more than happy to adapt any of our dishes where possible. We favour home grown and local flavours wherever possible and so our menu has been specially created to celebrate the finest ingredients that have made a short journey from source to your fork (some so short it's just walking to the garden and back!). We work hard to reduce our food miles and we are proud to have some fantastic local specialities on our menus! And it doesn't just stop at the food; at Mont Rochelle we are in a unique position to be able to serve a wide range of high quality wines from our very own vineyard. We're all about footprints in the sand and not in carbon, so when you dine with us you can rest assured the food is sourced locally and responsibly. Think of it as you helping the environment – one bite at a time! Talk to one of the team to find out more about where the food on today's menu has come from.