

# MIKO

## Little Corkers breakfast menu

**Good morning! Goeie môre! Molweni!**

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

Fruit compotes (Sp)

Yoghurts (M)

Seasonal fruit salad (Sp)

Fresh fruit

Local cheeses, fruit preserves and crackers  
(M)(Sp)(G)(N)(Ss)

Cereals and muesli (N)(Ci)(P)

Assorted homemade jams (Sp)

Pastries, muffins, croissants and fruit bread  
(N)(G)(M)(Ss)(E)

Fruit juice (Sp)

Assorted cold meats (Sp)(S)

Smoked Franschoek trout (F)(S)

### **Something more substantial...**

#### **Simply scrambled R50**

Scrambled eggs and streaky bacon on toast with roasted tomato (M)(E)(Sp)(G)

#### **Peanut butter sandwich R50**

White or brown toast with peanut butter spread, fresh berries and slices of banana (G)(P)(N)(Sp)(M)

#### **American style pancakes R55**

Pancakes with fresh berries, berry compote, sliced banana and maple syrup (M)(E)(G)(Sp)

#### **The full English R60**

Fried eggs with crispy bacon, sautéed mushroom, fried tomatoes, beef or pork sausage and toast  
(M)(E)(G)(Sp)

#### **Traditional country porridge R50**

with sliced banana, blueberries and honey (Ci)(M)(Sp)(G)

#### **French toast R55**

with sliced banana, blueberries and honey (G)(E)(Sp)(M)

**Hot breakfast** - any one of the hot items and does not include beverages

**Cold breakfast** - includes all you can eat from the cold selection and either a hot chocolate, baby chino, flavoured tea or fruit juice - **R95**

**Full breakfast** - includes one hot selection and either a hot chocolate, baby chino, flavoured tea or fruit Juice and all you can eat on the cold selection - **R145**

Available for children under the age of 12 years old.

(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.