

# MIKO

## LITTLE CORKERS BREAKFAST MENU

Good morning! Goeie môre! Molweni!

### A 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*

### A LIGHT BREAKFAST

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

Yoghurts (M)

Fresh fruit

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

Assorted homemade jams (Sp)

Pastries and croissants (N) (G) (M) (Ss) (E) (V)

Fruit juice (Sp)

### SOMETHING MORE SUBSTANTIAL

*Choose from any one of the hot items below, beverages not included*

#### Simply scrambled R50

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

#### Peanut butter sandwich R50

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

#### American style pancakes R55

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

#### The full English R60

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

#### Traditional country porridge R50

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

#### French toast R55

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



*Available for Little Corkers (that's the kids!) under the age of 12 years old*

(C) Celery (Ci) Cereals with gluten (CR) Crustacean (E) Eggs (F) Fish (L) Lupin (Ga) Garlic (G) Gluten (M) Milk (Mo) Molluscs (Mu) Mustard (N) Nuts (P) Peanuts (Po) Pork (Ss) Sesame (S) Soya (Sp) Sulphur Dioxide (V) Vegetarian (Vg) Vegan. 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.