

# MIKO

## BREAKFAST MENU

Good morning! Goeie môre! Molweni!

R 265 per person

Breakfast at Mont Rochelle is all about variety, so feel free to order a selection from our light breakfast option as well as a hot breakfast from the à la carte - or even better, make your own! Available from 07h00 - 10h30.

### A LIGHT BREAKFAST

#### BEVERAGES

Specialty coffee and teas  
Freshly squeezed orange juice (Sp)  
Green apple juice (Sp)

#### CEREALS, PORRIDGE OR YOGHURT (G) (N) (M) (Sp) (CI)

Homemade muesli (N) (V) (Sp) (CI)  
Cornflakes  
Weetbix  
Oatmeal porridge (hot)  
served with boiling water or milk,  
butter and honey  
Bulgarian yoghurt

#### SEASONAL SLICED FRUIT (V) (Sp)

#### SELECTION OF PASTRIES (G) (M) (E) (Sp) (N)

Croissants and Danish pastries

#### SELECTION OF COLD MEATS AND LOCAL CHEESES (G) (S) (M) (Ss) (C) (Ga) (Po)

Salami Milano, beef pastrami, matured  
cheddar and camembert

### MAKE YOUR OWN

Choose from any of the below items to  
design your own breakfast.

Free range farm eggs (E)  
*Boiled, poached, scrambled or fried*

Oak smoked streaky bacon (G) (S) (Sp) (Po)

Pork or beef sausages (G) (S) (Sp) (Po) (Ga) (C)

Grilled tomato (Vg)

Fried mushrooms (Vg) (M)

Baked beans (Vg)

### MIKO SPECIALTY A LA CARTE BREAKFAST MENU

**Little Rock 3 egg omelette (E) (M) (G) (S) (Po)**  
Your choice of 3 fillings: cheese, ham, mushrooms,  
tomato, onions, fresh red chilli

OR

**Eggs Benedict (G) (E) (M) (S) (Po) (Sp) (Mu)**

Poached eggs, ham and bacon on an English  
muffin with hollandaise sauce

OR

**Miko traditional country style (G) (M) (E) (Po) (Sp)**

Scrambled eggs set on crispy ciabatta with  
avocado, crispy bacon and rocket

(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.