

F.L.A.G.
— C A F É

HOT BREAKFAST

Egg choices include fried, poached, boiled or scrambled

THE SUNRISE SPECIAL / R69

2 Rashers Bacon, 2 eggs of choice, grilled tomato, sautéed mushrooms and 1 slice of toast

ENGLISH BREAKFAST / R89

2 Rashers Bacon, sausage (beef, chicken or pork), 2 eggs of choice, grilled tomato, potato rosti, sautéed mushrooms, baked beans and 1 slice of toast

FARMHOUSE BREAKFAST / R125

2 Rashers Bacon, sirloin steak, sausage (beef, chicken or pork), 2 eggs of choice, grilled tomato, potato rosti, sautéed mushrooms, baked beans and 1 slice of toast

THE FLAG BREAKFAST / R135

2 Rashers Bacon, 100g sirloin steak, sausage (beef, chicken or pork), chicken livers sautéed with onions, 2 eggs of choice, grilled tomato, sautéed potatoes, mushrooms and baked beans and 1 slice of toast

ALTERNATIVE / R95

2 fishcakes, chicken sausage, 2 eggs of choice, grilled tomato, potato rosti, sautéed mushrooms, baked beans and 1 slice of toast

VEGETARIAN / R60

2 eggs of choice, grilled tomato, sautéed potatoes, mushrooms, baked beans and 1 slice of toast

BACON BENEDICT / R95

Toasted English muffins with bacon and 2 poached eggs topped with hollandaise sauce

SALMON BENEDICT / R99

Toasted English muffins with smoked salmon and 2 poached eggs topped with hollandaise sauce

DESSERT BREAKFAST / R49

Flapjacks or pancakes with freshly whipped cream and choice of chocolate sauce, syrup or honey

3 EGG - EGG WHITE OMELETTE / R90

served with 1 slice toast

Vegetarian – tomato, onion, cheddar cheese, mixed peppers

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

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

Salmon – smoked salmon, tomato, onion, mixed peppers

COLD BREAKFAST

CEREALS / R45

Served with option of full cream, low fat or soy milk either hot or cold

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

OATMEAL PORRIDGE / R45

YOGHURT / R30

Plain, Strawberry, Cape Fruit, Granadilla

FRESH FRUIT / R55

Freshly sliced selection of four seasonal fruit

CHEESE PLATE / R90

Kirri cream cheese, baby bel, brie cheese, sliced cheddar, and sliced mozzarella

PASTRY PLATE / R60

Butter croissant, muffin and danish pastry with butter and preserve

BREAD SELECTION / R20

plain or toasted

White Bread, Brown Bread, Whole Wheat German Rye Bread, Cape Seed Loaf, Health Loaf

BEVERAGES

SELECTION OF COFFEES

Americano - R32

Cappuccino - R38

Espresso - R32

Double Espresso - R36

Flat White - R34

Café Latte - R38

Café Mocha - R38

SELECTION OF TEA / R27

Five Roses Ceylon

Five Roses Rooibos

Five Roses Green Tea

Twining's Earl Grey

Twining's Chamomile

SELECTION OF FRESH JUICES / R35

Orange, Fruit Cocktail and Apple

