



AFRICAN OCEANS

manor on the beach



Breakfast

To Start

Please help yourself to our fresh fruit, homemade muesli, cereals and yoghurts.

Light and sweet temptation

A specially prepared treat from the chef.

Eggs

Choice of eggs on a slice of toast to your preference (V) (GV)

African Oceans English Breakfast

Choice of eggs, grilled bacon, sautéed mushrooms, tomato, choice of sausages (pork banger/boerewors) & toast of your preference (GV)

Our famous omelette

Double egg omelette, generously filled with your choice of the following:
Bacon, cheese & tomato OR Savoury mince OR Mushroom, cheese & tomato (V)

Eggs Benedict

Toasted English Muffin or Gluten free bread topped with rocket, Parma ham, delicately poached egg, a creamy blanket of Hollandaise sauce and a sprinkle of cracked black pepper.

Creamy scrambled egg wrap or croissant

Scrambled egg, cream cheese & bacon OR smoked salmon served in a tortilla wrap or croissant

Our way with French toast

Delicious French bread or gluten free bread generously buttered and dipped in eggs, fried until golden brown and served with scrumptious bacon and a helping of honey on the side. *Drop the bacon for a vegetarian option (V)



AFRICAN OCEANS

manor on the beach



Vegetarian Plate

2 Eggs to your preference, golden hash brown, fried mushrooms, baked beans & fried tomato (V)

Flapjacks

2 Flapjacks served with fresh fruit

Something for the kids

- Scrambled egg on your preference of toast with a sausage (pork banger/boerewors)
- Fish fingers
- Chicken strips

Make your own one egg omelette, generously filled with any of the following:

- Cheese
- Bacon
- Tomatoes
- Savoury mince
- Mushrooms

Juices & Beverages

Juices

Orange, Fruit Cocktail, Mango

Coffee

Espresso, Cappuccino, Filter Coffee, Decaf

Tea

Ceylon, Rooibos, Chamomile, Green Tea

Hot Chocolate