

# BREAKFAST MENU

## COLD BUFFET

Assorted fruit platters and Fruit salad  
Assorted yogurts  
Assorted fresh juices  
Assorted cold meats and smoked salmon  
Cereals, muesli and nuts  
Assorted jams  
Local South African cheeses with biscuits  
Fresh: full cream milk, 2% milk and fat free milk  
Home Baked breads, croissants, Danishes, assorted muffins, scones and toast

## HOT BUFFET

Cooking Station: fried eggs, omelettes and scrambled eggs  
(Poached and boiled eggs from the main kitchen)  
Streaky and back bacon  
Beef and pork sausages  
Baked beans, Sautéed potatoes and Fried tomato  
Change daily: savoury mince, poached haddock or kippers, home-made fritters

## WINTER HOT SELECTION (SERVED INSTEAD OF THE HOT BUFFET)

### **Shipmates Breakfast**

*Two eggs of your choice served with bacon, grilled tomato, pork or beef sausage and sautéed potatoes*

### **Captains Choice Omelette**

*With choice of filling: Ham, Cheese, Tomatoes, Onions or Mushrooms*

### **Corn Fritters with Smoked Salmon**

*Poached eggs served on Corn Fritters with smoked salmon rosettes*

### **Hash browns with baby tomatoes, spinach and scrambled eggs**

*Crispy hash browns topped with wilted spinach, oven roasted tomatoes and scrambled eggs*

### **Goat's cheese and basil scrambled eggs**

*Scrambled eggs with crumbled goat's cheese and chopped fresh basil, served on a toasted English muffin*

### **Eggs Florentine**

*Poached eggs, grilled bacon and English spinach served on an English muffin and topped with sauce hollandaise*

### **Kippers**

*Served with scrambled eggs, grilled tomato, sautéed potatoes and mushrooms*

### **Canadian**

*Flapjacks with grilled bacon and fried eggs, served with warm maple syrup*