






## À LA CARTE HOT BREAKFAST SELECTION

All à la carte items include a variety of toast, jams and preserves.

<b>Eggs Florentine</b> 	125
English muffin, poached eggs, spinach, hollandaise	
<b>Eggs Benedict</b> 	240
English muffin, poached eggs, fried Parma ham, wild rocket, hollandaise	
<b>South African Benedict</b> 	190
English muffin, poached eggs, boerewors pinwheels, chakalaka, hollandaise	
<b>Smoked Salmon Benedict</b> 	200
English muffin, poached eggs, cream cheese, wild rocket, smoked salmon, hollandaise	
<b>Vegan Benedict</b> 	170
Beetroot English muffin, baba ghanoush, grilled zucchini, avocado, sesame seeds, artichoke, cayenne pepper, hollandaise	
<b>Sunrise breakfast</b> (24 HRS) 	185
Choice of sausage (Beef, Pork, Lamb, Chicken or Soy), bacon, hash brown, sautéed cocktail tomato, sautéed mushrooms, 2 eggs (poached / scrambled / boiled / fried)	
<b>Early morning omelette</b> (24 HRS) 	185
3 Egg Omelette (Egg white only / vegan options available on request)	
Please select your fillings – ham, tomato, mushrooms, onion, bacon, spinach, tofu, cheese	
<b>Vegan Omelette</b> 	190
Chickpea plant based omelette served with your choice of plant based filling: Peppers, onions, mushrooms, spinach, tofu, tomato, soya	
<b>Healthy Breakfast</b> 	240
Whole wheat toast, hummus, avocado, poached eggs, sautéed tomatoes on the vine	
<b>Quills Shakshouka</b> 	
Sheba sauce cooked with 2 soft poached eggs with protein of your choice:	
Lamb	300
Beef 	240
Venison	260
Chicken	220
Prawns 	320
<b>South African scramble wrap</b> 	175
Springbok biltong cooked with scrambled eggs, served in a wrap with rocket, tomato and avocado	
<b>Vegan Breakfast</b> 	175
Fried plantain, avocado, chia seeds, scrambled tofu, hummus, panko asparagus, kale, sautéed mushrooms	
<b>Warm pancakes</b> (Vegan Option Available) 	125
Mixed berries, maple syrup, grilled banana topped with rose essence sugar	

<b>Waffles</b> (vegan option available) 	135
Freshly baked waffles served with Chantilly cream, maple syrup and mixed berries	
<b>French Toast</b> (vegan option available) 	135
Egg soaked and fried bread topped with grilled banana and bacon, served with cinnamon sugar, maple syrup, mixed berries and powdered sugar.	
<b>Flapjacks</b> 	125
Served with crispy bacon, maple syrup, mixed berries and powdered sugar	
<b>Quills Oats</b> 	120
Topped with mixed berries, served with flaked almonds, cashew nuts, pumpkin seeds, flaxseeds and Moringa powder on the side.	
<b>Sorghum Porridge</b> 	70
Topped with a banana, served with goose berries, cranberries, cinnamon powder & pistachio nuts on the side	

## CONTINENTAL BUFFET SELECTION 285

Please select your preferred items from the abundance of local and international products on our continental buffet.

Freshly baked pastries, croissants, muffins, country loaves, continental rolls, cereals, yoghurts, seasonal fruits, delightful charcuterie, local and international cheeses and smoked fish to name only a few items.

## QUILLS FULL BREAKFAST 340


One hot breakfast of your choice is served along with our wholesome continental buffet


## BEVERAGES


Freshly brewed coffee (filter or decaffeinated)	50
Cappuccino with cream or froth	50
Americano	50
Hot chocolate	50
Tea selection (Ceylon, Rooibos, English breakfast, Early grey)	50
Fresh fruit juice selection (Orange, Mango, Apple and Guava)	40
Veggie juice made fresh everyday	80

## SMOOTHIES 70

**Avocado and Blueberry nuts**   
Almond milk, fresh spinach, banana, avocado, blueberries, flaxseed, cinnamon

**Beetroot**   
Almond Milk, mixed berries, beetroot, pineapple, plain yoghurt, honey (agave used for Vegan), chia seeds

**Vitamin C**   
Orange, Banana, Mango, Turmeric, Fresh ginger, lemon juice, honey, strawberries, oat milk

**Moringa**   
Assorted nuts, banana, Nutella, cinnamon, egg white, granola, Moringa powder

# BREAKFAST



Bills are presented to all guests. Should your room package include breakfast please simply record your name and room number and this will be charged to your room.  
A bed and breakfast package includes the Quills Full Breakfast offering. All prices are in ZAR and include VAT, service charge not included.