



VALLEY OF THE POOLS

BREAKFAST MENU

eggs

Strictly served until 11:00

Your choice of brown, white, rye or ciabatta toast.

Break Even R70
2 eggs, 3 bacon, roast tomato, toast.

Veggie Stack (V) R85
Spiced falafel, avo, yoghurt, salsa, toast, and an egg done the way you like it.

Veggie Bun (V) R65
Soft toasted bun, spiced chickpea patty, gouda cheese, fried egg and salsa.

Brekkie Bun R70
A soft toasted bun loaded with bacon and a fried egg.

Lambo R120
2 eggs, lamb sausage, mushrooms, chips, roast tomato, toast.

Rise and Shine R130
2 eggs, 4 bacon, roast tomato, pork sausage, mushrooms, chips, toast.

healthy

VOP Surf Bowl R170
Smoked salmon, 2 x poached eggs, fresh avo, sautéed mushrooms, baby spinach, nori flakes and sesame.

Nourish Bowl (V) R90
Hot oats, full fat yoghurt, homemade granola and sliced banana.

Our Smashed Avo (V) R110
Ciabatta topped with fresh avo, crisp lettuce, tomato and a soy, dressed with honey lime siracha.

ADD EGG +R10
ADD BACON +R20

croissant

Caprese (V) R90
Gouda, mozzarella, tomato, cashew nut pesto, balsamic reduction.

Chicken Mayo R130
Sliced tomato and crisp lettuce.

Smoked Salmon R160
Scrambled egg, rocket salad and horseradish cream.

Bacon R120
Scrambled egg fresh avocado and cheese.

sandwich

Served with chips and our homemade mayo.

Cheese & Tomato (V) R65

Ham & Cheese R70

Chicken Mayo R70

Bacon, Egg & Cheese R85

kiddies

Kids Brekkie R45
Toast, bacon and egg.



VALLEY OF THE POOLS

BREAKFAST MENU

smoothie

Mixed Berry R70

Banana, strawberries, yoghurt, raspberries, blueberries, dates.

Chocoholic R70

Coco powder, banana, peanut butter, coconut milk, dates, cinnamon.

Peanut Butter R70

Banana, peanut butter, oats, dates, yoghurt, cinnamon.

Tropical Greens R70

Spinach, mango, pineapple, banana, celery, ginger, honey, hemp seeds.

juice

Flu Fighter R50

Cold pressed carrot, apple, orange, granadilla and ginger.

Green Dragon R50

Cold pressed apple, cucumber, spinach, kale and mint.

Tshabalala R50

Cold pressed beetroot, apple, raspberry, carrot, ginger and lemon.

Orange Juice R50

100% cold pressed orange juice.

hot

Americano R35

Single espresso and hot water.

Cortado R40

Single espresso, steamed milk.

Caffé Latte R45

Single espresso, steamed milk, foam.

Hot Chocolate R40

Cocoa powder, steamed milk, foam.

Tea Selection R30

Five Roses | Rooibos | Earl Grey English Breakfast | Green tea

Espresso R25

Single shot.

Flat White R40

Double espresso, steamed milk.

Cappuccino R35

Single espresso, steamed milk, foam.

Flavoured Latte R45

Chia | Hazelnut | Vanilla

Red Cappuccino R40

Rooibos powder, steamed milk, foam.

cold

Iced Coffee R65

Coffee powder blended with ice and milk.

Iced Mocha R65

Espresso and coco powder blended with ice and milk.

Milkshake (400ml) R60

Vanilla | Chocolate | Strawberry Oreo | Bubblegum | Milo | Lime

Strawberry Slush R45

Strawberry pulp blended with ice.

ADD ALMOND / OAT MILK +R10

