

BREAKFAST AT ESSENSIA

served from 6:30am until 10:30am

CONTINENTAL BUFFET

515

your choice of freshly squeezed juice or chilled juice
coffee or tea

select your favourite breakfast items directly from the buffet

fresh baked muffins & pastries
assorted dry cereals or yoghurt, natural or fruit flavoured
selection of fresh fruits

ESSENSIA BUFFET

715

your choice of freshly squeezed juice or chilled juice
coffee or tea

select your favourite breakfast items directly from the buffet

two fresh farm eggs or egg whites prepared to your liking >
fried, scrambled, poached, omelette or boiled

‘LITTLE FANS’ BREAKFAST

390

your choice of freshly squeezed juice or milk
hot chocolate

select your favourite breakfast items directly from the buffet

two fresh farm eggs prepared to your liking >
fried, scrambled, poached, omelette or boiled
with choice of side dish > ham, sausage or baked beans

THE JAPANESE BREAKFAST

715

your choice of freshly squeezed / chilled juice
pot of green tea

fresh fruits
freshly grilled salmon
fresh farm egg omelette
miso soup with tofu & seaweed
sesame crusted tofu
pickled vegetables
steamed rice

ESSENSIA À LA CARTE

served from 6:30am until 10:30am

FRESH FRUIT & JUICES

180

seasonal fruit platter
exotic fruit cocktail
fruit compote
forest berries
strawberries
grapefruit & orange segments
freshly squeezed juice > orange, grapefruit, carrot
chilled juice > apple, pineapple & tomato

120

CEREALS & YOGHURT

180

| | | |
|------------|----------------|----------|
| cornflakes | rice krispies | frosties |
| branflakes | coco pops | all-bran |
| weetabix | bircher muesli | porridge |

yoghurt, natural or fruit flavoured
served with seasonal fresh fruits

add 100

FRESH FROM THE BAKERY

220

with choice of the following three items:

| | | |
|-----------------|-------------------------|--------------|
| specialty bread | white or dark rye toast | croissant |
| danish pastries | pain au chocolate | daily muffin |

served with a selection of home made jams, marmalade & organic honey

BREAKFAST SPECIALTIES

PANCAKES & FRENCH TOAST

american style pancakes with maple syrup, seasonal berries & cream ^V 320
served with crispy bacon add 50

french toast with maple syrup and seasonal berries ^V 320
served with crispy bacon add 50

E G G S

eggs florentine > toasted muffin topped with sautéed spinach,
two poached eggs, green asparagus & hollandaise sauce ^V 390

eggs benedict > toasted muffin topped with sautéed spinach, ham
two poached eggs, green asparagus & hollandaise sauce 390

egg white omelette with your choice of filling ^V 360
served with grilled tomatoes & mushrooms

fresh farm scrambled eggs creamed with smoked salmon & chive 370

frittata with tomatoes, zucchini, spinach & olive oil ^V 370

two fresh farm eggs or egg whites prepared to your liking > 390

fried, scrambled, poached, omelette or boiled
served with grilled tomatoes & mushrooms
with choice of > ham, sausage or baked beans

ESSENSIA BEVERAGES

| | |
|--------------------|-----|
| coffee, espresso | 110 |
| double espresso | 130 |
| cappuccino | 120 |
| latte macchiato | 120 |
| chocolate hot/cold | 110 |



HARNEY & SONS FINE TEAS

BLACK TEA 120

english breakfast tea

historic researchers trace its heritage back to the teas that the english drank regularly in the 1800's, it is simply a 100% chinese black keemun

darjeeling

our darjeeling tea, the "queen of teas", is a blend of first flush and autumnal teas from the best gardens, the mixture yields a light color in the cup and a fragrant nose

SCENTED & BLACK FRUIT TEA

earl grey supreme

for the connoisseur of earl grey tea, we offer earl grey supreme, which uses a higher grade of teas along with the addition of ceylon vintage silver tips and blended with natural oil of bergamot

hot cinnamon spice

blend of black teas with cinnamon, orange peel & sweet cloves

GREEN TEA

japanese sencha

sencha literally means 'roasted tea', it has a refreshing grassy taste which is slightly bittersweet. sencha promotes wellbeing with its antioxidant properties

dragon pearl jasmine

beautiful little pearls of green & white jasmine providing floral notes which are perfectly balanced creating a delicate fragrant taste, this tea contains antioxidants

TISANE & FRUIT BLENDS

egyptian chamomile

egypt provides us with the finest chamomile flowers of which we use only the flower heads, it has an unusually strong, fresh aroma reminiscent of green apples

mint verbena

full-bodied mint blended with lemon verbena, a great smelling & crisp tasting tisane

strawberry kiwi

a pleasing caffeine free fruit tea, very refreshing