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RESTAURANT MENU  
MBIZANE ESCARPMENT RETREAT

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## **-BREAKFAST MENU-**

*Served until 12:00*

Breakfast is complimentary for Mbizane overnight guests and includes one breakfast option of your choice from our menu with two beverages excluding soft drinks.

### **Spiced Avo on Toast**

*Toasted sourdough, spiced avo, lemon zest, toasted sesame seeds and a poached egg*

### **Escarpment Breakfast**

*Black sesame fried eggs, braaied boerewors, blistered tomatoes, crispy bacon, marinated mushrooms, fried hash brown and toasted sourdough*

### **Breakfast Bagel**

*Toasted bagel, cream cheese, lettuce, tomato, feta cheese, bacon & onion marmalade topped with a fried egg.*

### **Omelette**

*Smoked ham, marinated mushrooms, fried tomatoes, caramelised onion, smoked peppers, chilli sauce and cheddar cheese*

### **Flapjacks**

*Macerated strawberries, syrup and cream*

### **Brûléed French Toast**

*Milk bread french toast, crispy bacon and syrup*

### **Muesli and Yoghurt**

*Muesli and granola mix served with plain yoghurt, seasonal fruits and honey*

## **-BREAKFAST BASKET-**

*Don't feel like getting out of bed? Order the breakfast basket and we will deliver it to your tent. Basket serves two people.*

### **What's in the basket:**

*Breakfast wraps: Scrambled eggs, crispy bacon and spiced tomato relish  
Selection of seasonal fruits,  
Yoghurt and muesli  
500ml Juice of your choice*

**-LITTLE EXPLORERS BREAKFAST MENU-**

**Flapjacks**

*Macerated strawberries, syrup and cream*

**Mini French Toast Fingers**

*Milk bread french toast, crispy bacon and syrup*

**Explorer's Breakfast**

*Scrambled eggs, bacon and toast*

**Fruit and Yoghurt Cup**

*Flavoured yoghurt and seasonal fruits*

**-LUNCH AND DINNER MENU-**

*Served from 13:00*

**To Nibble On**

*Freshly baked bread, served with balsamic vinegar,  
olive oil and compound butter*

*R65*

**Bone Marrow**

*Oven roasted and served with freshly baked sourdough*

*R83*

**-SALADS-**

**Greek**

*Crisp lettuce, tomatoes, cucumber, red onion, olives and feta  
served with a citrus dressing*

*R135*

**Wild Rice**

*Wild rice, blistered tomatoes, haloumi, fresh broccoli florets, pickled broccoli  
stems, grilled peaches, olives, natural yoghurt and mint*

*R155*

## **-HOMEMADE PASTA-**

### **Bolognaise**

*Slow roasted bolognaise finished with grated parmesan cheese*  
R150

### **Carbonara**

*Creamy sauce finished with cured egg yolk shavings*  
*crispy bacon*  
R180

*| medley of mushrooms*  
R150

## **-BURGERS-**

### **Crispy Chicken**

*Served with coleslaw, dill pickles and a mustard mayo*  
R150

### **Beef**

*Lettuce, tomato, pickled red onion, cheddar cheese, smokey*  
*BBQ mayo sauce*  
R162

### **Veg**

*Rocket, tomato, chickpea and couscous patty with smokey*  
*BBQ mayo sauce*  
R145

## **-FROM THE GRILL-**

### **Steak, Egg and Chips**

*Matured 300g rump steak served with crispy fries, caramelised onion*  
*and a fried egg*  
R200

### **Harissa and Lemon Chicken**

*Grilled harissa and lemon chicken thighs served with*  
*seasonal roasted veg*  
R135

## **-WOOD FIRED PIZZAS-**

*Served from 13:00*

### **Focaccia**

*Garlic butter and parmesan cheese*

*R78*

### **Childhood Favourite**

*Charred bacon bits, grilled paprika pineapple and mozzarella cheese*

*R150*

### **It's a Catch**

*Anchovies, marinated olives, deep fried capers and mozzarella cheese*

*R168*

### **The Perfect Match**

*Pepper crusted salami, blistered tomatoes, dressed rocket, infused balsamic  
and mozzarella cheese*

*R162*

### **Simply Classic**

*Blistered tomatoes, oregano and mozzarella cheese*

*R120*

### **Cheesy BBQ Chicken**

*Chicken strips, red onion, BBQ sauce and mozzarella cheese*

*R144*

## **-FOR THE SWEET TOOTH-**

### **Ouma San**

*Waffles served in a delicious syrup and ice cream*

*R90*

### **Chocolate Mud Cake**

*Decadent chocolate mud cake served with ice cream*

*R85*

**-LITTLE EXPLORERS LUNCH AND DINNER MENU-**

**I don't know... (with shoulder shrug for effect)**

*Pasta served with slow-roasted bolognese finished with grated parmesan cheese*  
R75

**I'm literally starving!**

*Crispy chicken burger served with coleslaw, and BBQ sauce*  
R75

**I'm trying to focus on my screen!**

*Beef burger with melted cheese and BBQ sauce*  
R80

**I'm not hungry, can we go now?**

*Crispy chicken strips and golden fries*  
R80

**Whatever... (followed by a dramatic eye roll)**

*Pizza base with marinara sauce, oregano & mozzarella*  
R60

**The Peppa Pig**

*Pizza with charred bacon bits, grilled paprika pineapple & mozzarella*  
R75

**Chicken Little**

*Pizza with grilled chicken strips, BBQ sauce & mozzarella*  
R72

## **-LUXURY PICNIC-**

*Book a relaxing picnic under the surrounding River Bushwillow and White- Stinkwood trees along with great eats and treats. Read that book you have been dying to finish or just soak up all of the pristine sounds that nature has to offer.*

### **The Luxury Picnic Basket**

*Ciabatta sandwich to share  
Selection of cheese, crackers, preserves and seasonal fruit  
Chocolate dipped strawberries  
Refreshments*

For the **ciabatta sandwich** please select one option:

*Rare roast beef served with caramelised onions and cheese*

**or**

*Grilled chicken served with wild rocket, and a honey mustard dressing*

**or**

*Seasoned tomato slices with fresh mozzarella and basil pesto mayo*

For the **refreshments** please select two options:

*Bottle of non-alcoholic sparkling wine*

**or**

*Fresh juice (orange, apple or naartjie) 500ml*

**or**

*Water (still or sparkling)*

*R500 per couple*

