



# OASIS

BREAKFAST MENU

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As you savour breakfast, you may find yourself wondering which illustrious individuals have passed through spaces that have been welcoming guests since 1899. Not Lord Horatio Nelson, as it happens, though the hotel was named partly in honour of the British naval hero ('Mount' referred to Table Mountain). But other epic personalities certainly came here, including Winston Churchill, who was stationed at the hotel as a young war correspondent during the Anglo Boer War.

The Prince of Wales visited in 1925. His arrival coincided with the opening of the hotel's grand new arched entrance on Orange Street, which was quickly named Prince of Wales Gate. Fifty-seven knee-high canary palm trees were planted along the driveway in his honour. Seventy-three years later, those same palms were a point of concern when President Bill Clinton visited.

His over-zealous SWAT team asked for the trees to be cut down as a security measure; fortunately, the hotel declined.

Other compelling characters have made their mark on the hotel's history. Sir Arthur Conan Doyle, creator of Sherlock Holmes and a renowned spiritualist, is said to have outraged guests by holding seances in his hotel room.

John Lennon, who stayed at the hotel a few months before his untimely death under the pseudonym 'Mr Greenwood', surprised guests by meditating in the garden. In 1999, the Dalai Lama enlightened over 500 Capetonians who sat cross-legged on the floor in the ballroom.

Mount Nelson's distinctive colouring also has a tale to tell. In the First World War, thousands of Western Cape soldiers had been sent into battle on behalf of the British war effort. As news of its ending reached manager Aldo Renato in 1918, he was inspired to celebrate by painting the hotel a joyful pink. Since then, a definitive 'Mount Nelson Pink' has been developed by paint experts, who have cleverly formulated a shade that fades to a specific rosy hue between coats.



# BREAKFAST MENU

Menu served from 6.30am - 10.30am

- Breakfast Buffet
- A La Carte
- Beverages

## ON THE BUFFET

### PASTRIES AND BREAD SELECTION

### CEREAL SELECTION

(Including Gluten Free and Vegan Granola, Muesli, and Bircher Muesli)

### FRESH FRUIT AND ASSORTED DAIRY, NON-DAIRY YOGHURTS

### DRIED FRUIT AND NUTS STATION

### CRUDITÉS AND HEALTH STATION

### SELECTION OF SLICED CONTINENTAL MEATS

### SELECTION OF COLD SEAFOOD ITEMS

### SOUTH AFRICAN CHEESE SELECTION

### EGG AND OMELETTE STATION

### CRÉPES AND WAFFLE STATION

### JUICE AND SMOOTHIE BAR SELECTION

### HEALTH KICK JUICE SELECTION

## FOOD ALLERGY INFORMATION

VG - Vegan    V - Vegetarian    N - Nuts    F - Fish    S - Shellfish    \* - Can Be Made Vegan  
GL - Gluten    D - Dairy    P - Peanuts    G - Garlic    GF - Gluten Free

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## FROM THE KITCHEN

*We present Farmer Angus' Organic Eggs from pasture reared Chickens.*

### GRILLED KIPPERS - D - GF - E

Poached Egg and Roasted Tomato

### EGGS BENEDICT - D - E - GL

Toasted English Muffin Topped with Gypsey Ham, Poached Eggs, Hollandaise Sauce

### EGGS ROYALE - D - E - GL

Toasted English Muffin Topped with Smoked Salmon, Poached Eggs, Hollandaise Sauce

### EGGS FLORENTINE - D - E - GL

Toasted English Muffin Topped with Steamed Spinach, Poached Eggs, Hollandaise Sauce

### BRIOCHE FRENCH TOAST - D - E - GL

Choice of Back Bacon or Crispy Bacon and Maple Syrup

### AVOCADO TOAST - V - VG

On Toasted Ciabatta with Sprouts Option to add Poached Egg

### OAT PORRIDGE - V \*

Plain or add Toasted Nuts and Seeds, Fresh Berries (seasonal) or sliced Bananas

### TOMATO OMELETTE - VG - G - V - GF

Chickpea Flour, Tomato, Chili, Onion, Spinach, Coriander

### TOFU SCRAMBLED - VG - GF - V

Served with Avocado toasted Sprouted Bread  
Option of Scrambled plain or Spicy Indian flavours  
(Chili, Coriander, Onion and Tomato with spices)

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## COFFEE SELECTION

ESPRESSO / DOUBLE ESPRESSO

AMERICANO

DECAFFEINATED COFFEE

FILTER COFFEE POT

CAPPUCCINO

CAFE LATTE

## TEAS AND INFUSIONS

ENGLISH BREAKFAST

DARJEELING

EARL GREY

CEYLON

GREEN TEA

CHAMOMILE

ROOIBOS TEA AND ROOIBOS CAPPUCCINO

*Served with either Milk, Oat Milk, Soya Milk, or Almond Milk*

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