



**VERGENOEGD**  
**LÖW** | *Since 1696*

# HOMESTEAD

## BREAKFAST MENU





# HOT BREAKFAST MENU

## EGGS & MORE

### Classic Eggs Benedict

*Poached eggs on toasted English muffin with your choice of smoked ham, salmon trout, or spinach, topped with Hollandaise sauce.*

### Farm-Style Omelette

*Free-range eggs filled with local cheese, tomatoes, onions, mushrooms, and fresh herbs.*

### Rustic Pepper & Tomato Eggs

*Poached eggs in a spiced tomato and pepper sauce, finished with fresh coriander and served with toasted bread.*

### Scrambled Eggs with Feta & Chives

*Creamy scrambled eggs with locally-produced Jersey feta cheese and fresh chives.*

## MEATS & SIDES

Grilled Dexter beef sausage /

Pork breakfast sausage

Maple-glazed bacon

Roasted baby potatoes with  
rosemary & garlic

Sautéed mushrooms with  
thyme & garlic

Rustic roast tomato



Start your day the Vergenoegd Löw way with wholesome, nourishing, honest, farm-to-table seasonal flavours, brimming with life and goodness.

Much of what you find on the menu is cultivated on our estate, following regenerative, agro-ecological, holistic principles.

What we don't grow ourselves, we source from like-minded suppliers. They share our conviction that healthy, balanced ingredients begin with healthy, balanced soils.



## CONTINENTAL BREAKFAST MENU

### BREAKFAST COCKTAIL STATION

Chenin Blanc Sunrise – A refreshing twist  
on the classic, crafted with  
Estate Collection Chenin MCC

*Chenin Blanc lifted with freshly pressed orange  
juice. Bright, elegant, and delicately balanced,  
the perfect morning indulgence to start the  
day in style.*

### HARVEST CONTINENTAL TABLE

Farmhouse breads & sweet bakes  
Artisanal pastries & muffins

### SEASONAL JUICES & BEVERAGES

Orange juice, apple juice,  
green juice, red juice

Infused water with mint, cucumber,  
lemon, strawberry, thyme, orange zest

Milk selection: full cream, low fat, almond,  
oat milk, soy milk, buttermilk

Coffee / hot beverage selection

Tea selection

### CEREALS & GRAINS

House-made farm granola,  
All Bran flakes, cornflakes



### TOPPINGS & SIDES

Cocoa nibs & chocolate drops, dried fruit  
snippets, toasted seed sprinkle

Full cream plain yoghurt

Seasonal home-made fruit compote

Estate honey, maple syrup, golden syrup

Farm butter, home-made jam,  
marmalade, preserves

### FISH & CURED MEATS

Smoked Franschhoek salmon trout, beetroot  
& gin-cured gravadlax

Traditional Cape pickled fish

Ostrich, venison & beef carpaccio

### LOCAL CHEESE SELECTION

A carefully selected offering of locally  
produced cheeses comprising Jersey and  
goat milk when in season, fynbos-infused,  
hard to soft and mild to mature textured.

*Please ask your host or server to elaborate  
on the daily display.*

### BREAKFAST FRUIT SELECTION

A seasonal selection of perfectly ripe whole  
fruits, berries and sliced fruits.

*All fruit is selected daily with care, making the  
most of local and seasonal availability.*





## CHEF'S SPECIALS

The Chef's daily breakfast creation - please enquire with your server for today's seasonal rotation, prepared in our farm kitchen with ingredients guided by the morning and the estate.

### Buttermilk Pancakes

*With vanilla-whipped cream, golden syrup, and fresh seasonal berries.*

### Homemade Mielie Pap

*Creamy maize porridge with honey and diced speck.*

### Milk Tart French Toast

*Served with cinnamon butter.*

## HEALTHY & LIGHT

### House-Baked Seeded Farm Loaf

*Served with whipped low-fat cottage cheese, avocado salsa, hot honey & chili dressing.*

### Free-Range Egg White Scramble

*With wilted garden spinach, roasted cherry tomatoes, and rye toast.*

### Warm Quinoa Porridge

*With toasted nuts and dried apricots.*

We will gladly accommodate special dietary requests wherever possible. Please note that accommodations may be limited by ingredient availability and operational limitations.

