

The Banting Kitchen

Breakfast Menu

Drawing inspiration from William Banting, an obese Victorian undertaker who described his diet consisting of meat, greens, fruits, and dry wine in his Letter on Corpulence Addressed to the Public (1861)

Cold Breakfast

Greek Yoghurt (B)	R35.00
Topped with Strawberry Fruit Coulis	
Bircher Muesli	R45.00
Yoghurt and Honey	
Homemade Banting Muesli (B)	R70.00
Mix of Roasted Nuts and Seeds with a Coconut Oil Coating topped with Greek Yoghurt	
Cereal	R35.00
Corn Flakes, All Bran Flakes, Rice Crispies, Coco Pops or Weetbix	
Fresh Fruit Slices or Fruit Salad	R35.00
Poached Seasonal Fruit	R40.00
Infused with Cape wine, aromatic spices and palm sugar	
Pastry Basket	R55.00
Fresh Baked Pastries with a Sugar Glaze	
Local Cheese Board (B)	R59.00
Local Cheese, Homemade Tomato Jam and Pickles	
Peppered Mackerel Sandwich (B)	R70.00
Red Cabbage Slaw	
Artisan Meat Platter (B)	R78.00
3 Artisan Meats with Cocktail Gherkins and Mustard	

Hot Breakfast

Scrambled Eggs on Croissant	
Smoked Salmon	R80.00
Streaky Bacon	R75.00
Omelette with a Choice of 2 Fillings	R80.00
Ham, Tomato, Cheddar Cheese, Feta Cheese, Green Pepper, Spinach, Onion, Bacon, Salmon	
Eggs Benedict	
With flat mushroom or banting bread	
Topped with Hollandaise	R65.00
Streaky Bacon	R75.00
Smoked Salmon	R80.00
Eggs Benedict	
Poached eggs, smoked salmon or grilled ham,	
English muffin and Hollandaise	R55.00
Add Crayfish	R65.00
Steak Breakfast (B)	R105.00
100g Steak with 2 Fried Eggs, Grilled Tomato, Sautéed Onion and Grilled Mushrooms	

The Banting Breakfast (B)	R85.00
Eggs your way, Beef / Pork Sausage, Streaky Bacon, Roasted Cauliflower, Grilled Mushroom, Sweet Pot Fondant & Banting Bread	
Light Banter (B)	R65.00
Two Eggs your way on Homemade Banting Bread with Grilled Tomato, Streaky Bacon, Grilled Mushroom and Banting Bread	
Banting French (B)	
Banting French Toast	
With Berry Compoté Fresh Cream	R60.00
With Streaky Bacon and Tomato Jam	R70.00
Creamy Cooked Oats	R35.00

Hot Drinks

Cappuccino	R25.00
Latte	
Price	R25.00
Fatty Latte (made with full cream milk)	R25.00
Bulletproof Coffee	R26.00
Made with a Dollop of Real Butter	
Espresso	
Single	R20.00
Double	R25.00
Decaf Coffee	R25.00
Chocolate Fat Shake	R35.00
Hot Chocolate	R25.00
Tea	R25.00
English, Darjeeling, Earl Grey, Ceylon, Chamomile Tea, Rooibos	

Cold Drinks

Please speak to your waitron for our selection of fresh juices

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Menus are deemed correct at time of publication but may vary over time.
It is the responsibility of the restaurant to maintain the menu and ensure prices are up to date.

