

SMOOTHIES

BERRY BLISS SMOOTHIE 52.

frozen berries, cashew nuts, frozen banana, vanilla and a sprinkle of granola

PINEAPPLE MINT SMOOTHIE 45.

pineapple, mint, poppy seeds and yoghurt
[ALMOND MILK OPTION AVAILABLE ON REQUEST]

COFFEES

CAPPUCCINO 24. **LUNGO FORTE** 22.

SINGLE ESPRESSO 18. **AMERICANO** 22.

DOUBLE ESPRESSO 22. **CAFÉ LATTE** 28.

TEAS

CEYLON OR ROOIBOS 20. **HERBAL** 25.

HOT CHOCOLATE

SOCIAL HOT CHOCOLATE 32.

decadent hot chocolate topped with whipped cream

SOCIAL EATERY USES

Free Range Eggs, Bacon & Pork Sausages
from local suppliers

Organic & Free-Range Produce wherever possible

OPEN 7 DAYS A WEEK | 7AM – 10PM

5 Welbedacht Lane, Knysna
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reservations@socialeatery.co.za

www.socialeatery.co.za

AUGUST 2019

 | **KNYSNA HOLLOW**
COUNTRY ESTATE

Seasons in Africa
ADVENTURES • HOTELS • LODGES



BREAKFAST

MENU



CONTINENTAL

BLUEBERRY, YOGHURT & GRANOLA POT 58.

layers of blueberry compote, double-thick yoghurt and toasted granola topped with fresh blueberries

FRESH FRUIT & GRANOLA BOWL 56.

seasonal fruit salad, double-thick yoghurt, chia seeds and toasted granola with a drizzle of ginger and mint syrup

SOCIAL OATS 48.

creamy oats with banana, maple syrup, toasted almonds and a dusting of cinnamon

POWER AVO & TOAST 48.

single poached egg and smashed avocado on rye

- ADD BACON 20.
- ADD SMOKED SALMON 25.
- ADD AN EXTRA EGG 8.

JUICE OF THE DAY 38.

freshly pressed fruit and vegetable juice

SOCIAL CONTINENTAL [WHEN AVAILABLE] 110.

select freely from our continental breakfast table

FRENCH TOAST

CANADIAN FRENCH TOAST 78.

crispy bacon, maple syrup, fried banana and a dusting of cinnamon

SOCIAL FRENCH TOAST 70.

whipped vanilla-infused farm cream and seasonal berry compote

BENEDICTS

MUSHROOM BENEDICT 72.

brown field mushroom with wilted spinach, double poached eggs and hollandaise sauce

SOCIAL EGGS BENEDICT 78.

English muffin with wilted spinach, hickory ham, double poached eggs & hollandaise sauce

SMOKED SALMON BENEDICT 92.

English muffin with smoked salmon, avocado, double poached eggs & Hollandaise sauce

HOT BREAKFAST

ALL OUR HOT BREAKFASTS ARE SERVED WITH EITHER WHITE, WHOLE WHEAT OR RYE TOAST

FULL SOCIAL 68.

2 eggs, crispy bacon, country-style pork sausage, mushrooms and grilled tomato

HALF SOCIAL 50.

1 egg, crispy bacon, mushrooms and grilled tomato

SOCIAL 'FULL MONTY' [WHEN AVAILABLE] 90.

help yourself to our hot English breakfast station

OMELETTES

TRADITIONAL 3-EGG OMELETTE

HEALTHY HERB OMELETTE 65.

herb omelette filled with chives, wilted spinach, goat's cheese and mushroom

EVERYDAY OMELETTE 70.

smoked bacon, mature cheddar & cherry tomatoes

SOCIAL OMELETTE 72.

Spanish chorizo, feta cheese, sautéed onion & rocket