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## BREAKFAST

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### HEALTH

**SV Breakfast Oats** 80  
warm cooked oats, banana, cinnamon and seasonal fruit  
+ almond milk 10

**Seasonal Granola Bowl** 95  
natural yogurt, seasonal fruit with a drizzle of honey

**Vegan Chia Overnight Oats** 89  
*flavored with your choice of*  
peanut butter and banana caramel  
*or*  
apple and honey with a touch of cinnamon  
+ add vanilla whey 25  
+ add salted caramel whey 25

**Acai Pot** 120  
seasonal berries, coconut, banana and peanut butter

**Smashed Avo** 89  
smashed avocado on toasted sourdough with dressed greens  
+ add poached egg 13  
+ add bacon 30  
+ add feta 25

### SWEET

**Classic Croissant** 33  
+ add butter and preserve 15  
+ add cheese 15

**Pain au Chocolat** 39

**Almond Croissant** 45

**Pasteis de Nata** 33

**English Scone** 65  
served with freshly whipped cream and strawberry jam  
+ add cheese 15

**Vegan Flapjacks** 87  
flapjacks served with caramelized banana, toasted coconut and whipped coconut cream

**Sela Vie French Toast** 95  
*with your choice of either*  
brioche dipped in cinnamon sugar, mascarpone and macerated berries  
*or*  
brioche with banana, maple and bacon  
+make it gluten free 10

### CLASSICS

**Petit Classic Bowl** 84  
one egg, two slices of bacon, roasted cherry tomatoes, mushrooms and a slice of toast

**Grand Classic Bowl** 110  
two eggs, three slices of bacon, roasted cherry tomatoes, mushrooms, boerewors and two slices of toast

**Sela Vie Benedicts** 100  
toasted english muffin, avocado, two poached eggs and hollandaise  
+ add bacon 30  
+ add smoked trout 60

**Omelette** 50  
free-range three egg omelette with toast  
Additional Toppings  
tomato or mushrooms or cheese 15  
feta or baby spinach 25  
ham or bacon or avocado or chorizo 30  
smoked trout 60

**SV Mushrooms On Toast** 89  
sautéed mushrooms in a parmesan thyme cream with a hint of truffle oil and greens  
+ add a poached egg 13

### KIDDIES

**Seasonal Fruit and Yogurt** 65

**Scrambled Eggs on Toast** 45

\* All items are seasonal and subject to availability

