

*join us for*  
**BREAKFAST**

**HEALTH**

**SEASONAL GRANOLA BOWL | 105**

*natural yogurt, seasonal fruit with a drizzle of honey*

**(V) OVERNIGHT OATS | 99**

*with chia seeds, peanut butter and banana caramel*

+ add vanilla whey | 30

+ add salted caramel whey | 30

**CHIA PUDDING | 100**

*chocolate chia seed delight*

**(V) ACAI BERRY JAR | 130**

*seasonal berries, coconut, banana and peanut butter*

**(V) SMASHED AVO | 100**

*smashed avocado on toasted sourdough with dressed greens*

+ add poached egg | 13

+ add bacon | 35

+ add feta | 30

**SWEET**

**CLASSIC CROISSANT | 35**

+ add butter and preserve | 15

+ add cheese | 15

**PAIN AU CHOCOLAT | 45**

**ALMOND CROISSANT | 45**

**PASTEIS DE NATA | 35**

**ENGLISH SCONE | 65**

*served with freshly whipped cream and strawberry jam*

+ add cheese | 15

**FLAPJACKS | 99**

*served with bacon and banana, dressed with maple syrup*

**SELA VIE FRENCH TOAST | 99**

*dipped in cinnamon sugar, mascarpone and macerated berries*

+make it gluten free | 10

\* All items are seasonal and subject to availability

*join us for*  
**BREAKFAST**

**CLASSICS**

**SV TURKISH EGGS | 109**

*two poached eggs on a bed of herbed yoghurt served with crispy tortilla wedges and chili butter*

**GRAND CLASSIC | 125**

*two eggs, three slices of bacon, roasted cherry tomatoes, mushrooms, boerevors and two slices of toast*

**SELA VIE BENEDICTS | 110**

*toasted english muffin, avocado, two poached eggs and hollandaise*

+ add bacon | 35

+ add smoked trout | 65

**OMELETTE | 60**

*free-range three egg omelette with toast*

**Additional Toppings**

+ tomato or mushrooms or cheese | 15

+ feta or baby spinach | 30

+ ham or bacon or avocado or chorizo | 35

+ smoked trout | 65

**SV MUSHROOMS ON TOAST | 99**

*sautéed mushrooms in a parmesan thyme cream with a hint of truffle oil and greens*

+ add a poached egg | 13

**KIDDIES**

(strictly for under 12's)

**SEASONAL FRUIT AND YOGURT | 70**

**SCRAMBLED EGGS ON TOAST | 55**

**TOAST WITH JAM AND CHEESE | 45**

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