



RISE & SHINE!

Breakfast will be served until 11am.

OMELETTE - 3 EGGS - R55

Add extra's:

tomato sliced / green peppers / extra egg - R20

cheddar / feta - R30

1 pork banger / hash brown - R35

ham / bacon / mushrooms / avo - R40

beef patty (100g) - R50

EASY BAGEL - R55

toasted cocktail bagel with cream cheese

BREAKFAST BUN - R59

1 egg & bacon on a fresh bun

(recommended add-ons: avo / cheddar)

AVO SMASH-UP - R69

mash up your own avo on 2 slices of toast

EARLY BIRD - R75

1 egg, 2 rashers of bacon, grilled tomato, 1 slice toast

HEALTH BOWL - R79

a hearty mix of fruit & nut muesli, plain yoghurt, topped with flaked almonds, a drizzle of honey & some seasonal fruit

GOURMET MUFFIN - R79

absolute delectable muffins filled with caramel & fudge or carrot & cream cheese

*limited stock each day

FLAPJACK FRENZY - R105

a stack of 3 flapjacks and 3 rashers of bacon, drizzled with honey (recommended add-on: cheddar)

SURF'S UP - R109

2 eggs, 2 rashers of bacon, 1 hashbrown, 1 slice toast

DELUXE BREAKFAST BURGER - R125

a toasted seeded bun with a 100g beef patty, 2 rashers of bacon, 1 fried egg & cheddar

CARB-FREE - R159

slithers of pan-seared Norwegian salmon on a bed of fresh greens, topped with 2 poached eggs & a drizzle of creamy hollandaise sauce

SEAT SUNRISE - R165

2 eggs, 2 rashers of bacon, 2 pork bangers, sautéed mushrooms, grilled tomato, 2 slices of toast

BAGEL BESTIE - R185

an open sliced toasted bagel, each topped with spring onion and chives infused cream cheese, fresh rocket, and cold smoked salmon

BACON BENEDICT - R95

an open sliced toasted english muffin, each topped with a rasher of bacon, a poached egg and a drizzle of creamy hollandaise sauce

SEAT SALMON SUPREME BENEDICT - R225

an open sliced toasted english muffin, each topped with our secret spinach pesto, cold smoked salmon, poached egg, & a drizzle of creamy hollandaise sauce

HOT BEVERAGES

*extra shot coffee R15 / decaf options available / almond milk available

Espresso

Single - R25 / Double - R40

Ceylon tea - R39

Rooibos tea - R39

Red Cappuccino

regular - R43 / large (mug) - R59

Cappuccino

regular single shot - R40 / large (mug) double shot - R56

Americano

regular single shot - R39 / large (mug) double shot - R55

Café latte - R44

Flat white - R47

Cortado - R45

Chai latte - R44

Dirty chai - R59

Choco chino - R49

Hot chocolate - R45

COLD BEVERAGES

Still water (500ml) - R32

Sparkling water (500ml) - R32

Sparkling water (1L) - R48

Still water 1.5L - R53

Coke, Coke zero, Fanta orange, Creme soda, Sprite, Sprite zero (300ml) - R33

Lemonade, Ginger ale, Tonic water, Pink tonic water, Dry lemon, Soda water (200ml) - R30

Ice tea (peach / lemon) - R37

Fruit juice (apple, orange, fruit cocktail) - R40

Kola tonic / Passion fruit / Lime - R12

Apple- / Grapetizer - R42

Tomato juice - R50

Milkshake (chocolate, strawberry, vanilla, banana, lime, coffee, bubblegum)

- large - R52

- small - R40

Rock shandy R53

Red bull - R49

DEAR SEAT CUSTOMERS

Should you be allergic to any food items, please inform your waiter.

All meals are freshly prepared and may take 30-40 minutes.

Certain ingredients used in this menu are seasonal & are subject to availability.

Unfortunately, no substitutes on the menu can be made.

No cheques, Diners or Amex accepted. The service charge is not included. SEAT reserves the right to charge a 10% service fee.

Pictures shown may vary from actual product.

SEAT restaurant can cater for your private function requirements.

If you suffer one of our rare hiccups, please ask to speak with the Manager on duty. We promise we will do our best to remedy any problem that may arise, fairly & justly.

If you loved your visit here, please tell your friends, family, lawyer, accountant, dentist and yes, even the in-laws!



BACON BENEDICT



CARB FREE



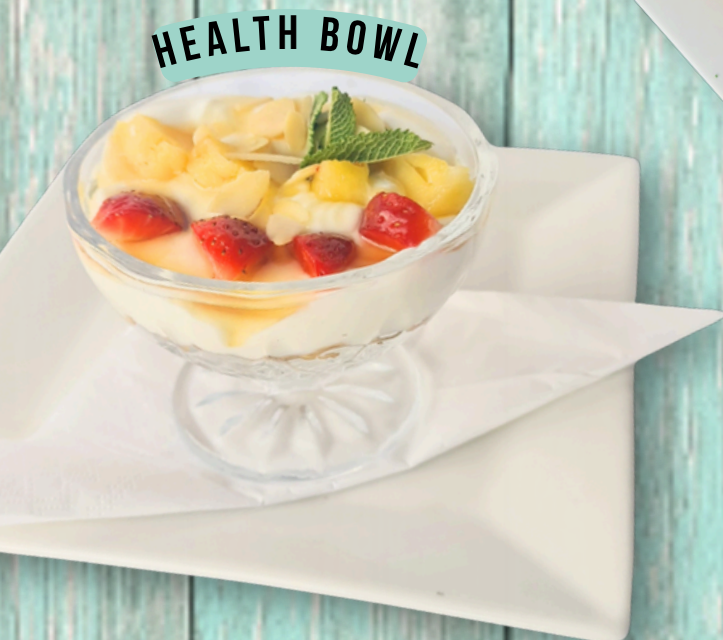
SEAL SUNRISE



EASY BAGEL



FLAPJACK FRENZY



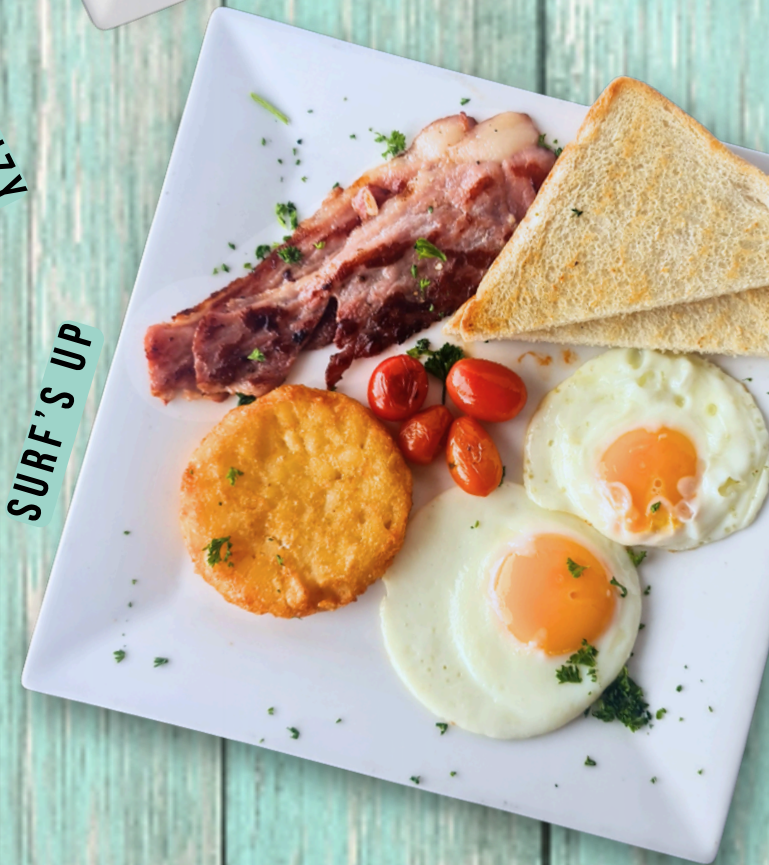
HEALTH BOWL



CARAMEL FUDGE GOURMET MUFFIN



CARROT & CREAM CHEESE GOURMET MUFFIN



SURF'S UP



AVO SMASH UP



SEAL SUPREME SALMON BENEDICT



BAGEL BESTIE