

# SMOOTHIES

**SOCIAL SUPERFOOD SMOOTHIE** 45.

hemp, chia seeds, banana, blueberries and cashews

**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** 18.      **HERBAL** 24.

# HOT CHOCOLATE

**SOCIAL HOT CHOCOLATE** 28.

decadant hot chocolate topped with whipped cream

## SOCIAL EATERY USES

- Free-range eggs from RED BARN FARM, George
- Free-range bacon and pork sausages from CHARLESFORD FARM, Knysna
- Organic and free-range produce from local suppliers wherever possible.

OPEN 7 DAYS A WEEK | 7AM – 10PM

5 Welbedacht Lane, Knysna  
+27 (0)44 382 5401

reservations@socialeatery.co.za  
[www.socialeatery.co.za](http://www.socialeatery.co.za)

 | **KNYSNA HOLLOW**  
COUNTRY ESTATE

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# BREAKFAST

## MENU



*Keep it Social!*

## CONTINENTAL

### **BLUEBERRY, YOGHURT & GRANOLA POT** 52.

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

### **FRESH FRUIT & GRANOLA BOWL** 48.

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** 45.

a poached egg and smashed avocado on rye

- ADD SMOKED SALMON 25.

### **JUICE OF THE DAY** 35.

freshly pressed fruit and vegetable juice

### **SOCIAL CONTINENTAL** [WHEN AVAILABLE] 100.

help yourself to our continental breakfast table

## BENEDICTS

### **MUSHROOM BENEDICT** 65.

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

### **SOCIAL EGGS BENEDICT** 70.

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

## HOT BREAKFAST

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

### **SOCIAL BREAKFAST** 60.

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

### **HALF SOCIAL** 45.

1 egg, crispy bacon, mushrooms and grilled tomato

### **SOCIAL 'FULL MONTY'** [WHEN AVAILABLE] 80.

help yourself to our hot English breakfast station

## OMELETTES

TRADITIONAL 3-EGG OMELETTE

### **HEALTHY HERB OMELETTE** 60.

herb omelette filled with rocket, cherry tomato, sautéed red onion and goat's milk cheese

### **EVERYDAY OMELETTE** 65.

streaky bacon, mushroom and cheddar cheese

### **SOCIAL OMELETTE** 70.

Italian salami, sautéed onion, chives and mozzarella

## FRENCH TOAST

### **CANADIAN FRENCH TOAST** 70.

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

### **SOCIAL FRENCH TOAST** 65.

whipped vanilla-infused farm cream and seasonal berry compote