

HELP US CHANGE LIVES

The Grootbos Foundation provides education, training, employment and sports programmes to our local community. Although its ultimate goal is to generate enough income to operate independently, as a non-profit organisation, it still does rely on the generous donations of like-minded individuals.

If you're as passionate about uplifting people as we are, we would really appreciate any support you can give. You may have skills, ideas or knowledge that could assist a specific project or you might prefer giving a general cash donation.

Please speak to reception or go to the website for more information.

info@grootbosfoundation.org
+27 28 384 8048

www.grootbosfoundation.org



Hot beverages

FINEST SELECTION OF TEAS

FILTER COFFEE

HOT CHOCOLATE

From the kitchen

FLAPJACKS

with streaky bacon and maple syrup

TRADITIONAL BREAKFAST

eggs of your choice with bacon, beef or pork sausage, mushrooms, grilled tomato and potato rosti

GROOTBOS FARM BENEDICT

BAKED BEAN CHAKALAKA

poached egg and sourdough toast

FRENCH TOAST

berry and fynbos honey compote, fresh banana and streaky bacon

OMELETTE

with your choice of filling

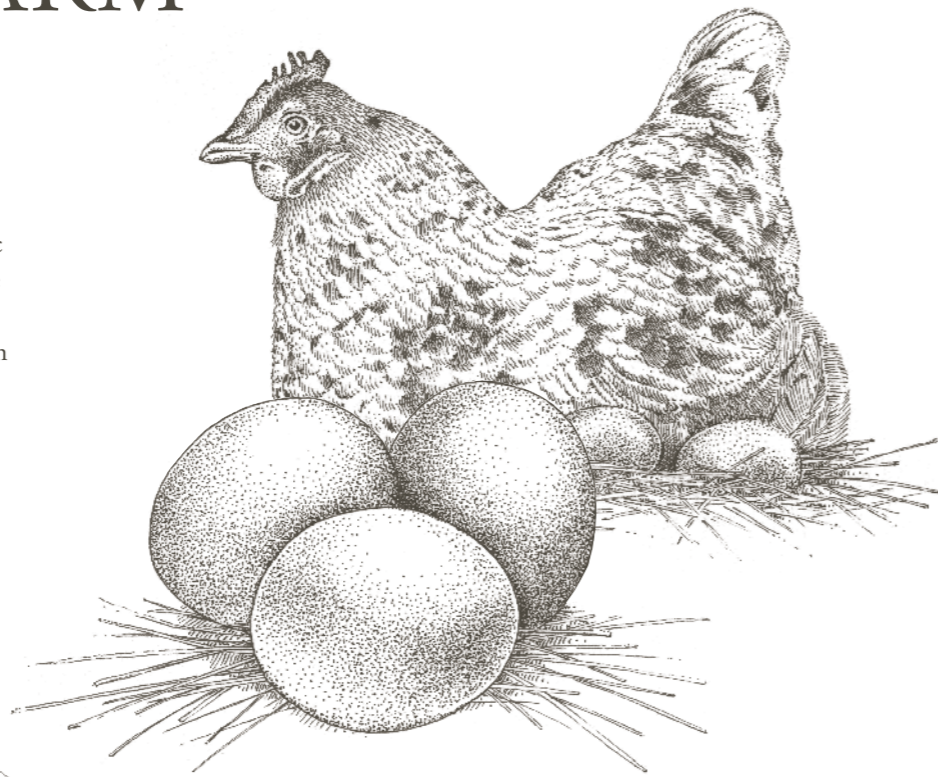
ROLLED OATS

cooked with scotch whisky and served with cream



FRESH FROM OUR FARM

Not far from where you're sitting this morning, are our over 200 happy Leghorn chickens. They provide us with all the freshly produced, organic eggs we need, daily. If you'd like to, you can even go and say hi to them in their free-range patch on our little farm.

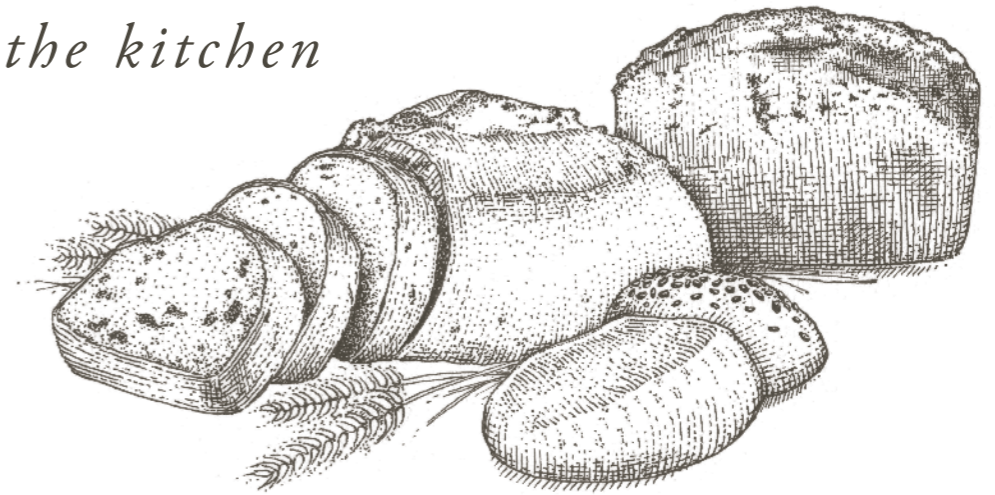


THE RAREST FYNBOS HONEY

All our honey is made by our busiest little worker bees, right here, in one of the most biodiverse regions on the planet. But the honey we have for you at breakfast, you can't taste anywhere else in the world.

In fact, we don't even sell it in our gift store. It's a single blossom honey, made from the nectar of the Erica Irregularis. Best you grab a spoonful or two.

CREATIVITY *in the kitchen*



We really love food. And you'll taste it in how much care we put into everything we give you to eat. We make everything we can from scratch ourselves. From the fruit preserves at breakfast to the pasta you might have for lunch.

Under the leadership of Executive Chef Ben Conradie, the chefs are encouraged to come with ideas for dishes, hold up a spoonful and ask: "what do you think of this?"

crystal clear, LIFE-GIVING WATER

There can be no water healthier, cleaner and tastier than that which comes from 160 metres of solid sandstone. So that's exactly where we get ours. It is extracted by our solar-powered pump and bottled on site. And because we only use reusable

glass bottles, we have eliminated tons of plastic waste too. What's more, the whole operation is run as a self-sustaining business by the Grootbos Foundation, providing employment for local people.

