



SEAWEED & SALT
KALK BAY

Our Vision:

Seaweed & Salt brings together the rugged beauty of False Bay and the calm ease of a seaside morning.

Our breakfast menu reflects Kalk Bay — fresh, local and vibrant — served with thoughtful, unhurried care.

You are in good hands.

crowd-pleasers

sunrise special 69

eggs your way (2), bacon, grilled tomato, potato rostis and toast

eggs benedict 85

2 poached eggs served over a generous slice of artisan sourdough. Your choice of bacon or spinach + mushroom
Finished with our classic hollandaise sauce

avocado on toast 79

sourdough toast, whipped avocado crema, marinated tomatoes, cucumber ribbons, sunflower seeds
add poached egg + 15

scramble 49

buttery scrambled eggs (2), sourdough toast
add mushroom + 19 | add bacon +29

continental 65

croissant, local jam, butter

kellogs 2.0 59

fresh full-cream milk, sliced banana, caramelised nuts

signature plates

eggs royale 155

2 poached eggs, oak smoked trout and avocado served over a generous slice of artisan sourdough
Finished with our classic hollandaise sauce

london-style fry-up 139

eggs your way (2), bacon, vine tomatoes*, garlic herb mushrooms, potato rostis, homemade baked beans, signature sage & apple pork banger, toast

omelette 79 / 99

(two eggs or three)

bacon, mushroom, tomato and cheddar

village bowl 89

soft poached eggs (2), crispy bacon, rocket, cucumber ribbons, creamy feta, basil pesto

tiramisu overnight-oats 79

espresso, vanilla-bean yoghurt, cocoa, chia

shakshuka 129

spicy tomato sauce, creamy feta, poached eggs (2), coriander yoghurt, sourdough

granola bowl 95

granola, double-cream vanilla yoghurt, local honey, seasonal fruits and berries

beans on toast 59

smokey jack daniel's homemade baked beans

sweeter please

butter scone 55

local jam, butter, grated cheddar

cake of the day * 75

banana bread 45

espresso butter

smoothie bar

banana tiramisu 69

frozen banana, espresso, cocoa
+ protein powder 25 | + collagen 19

mixed berry 69

mixed berries, vanilla
+ protein powder 25 | + collagen 19

local harvest 69

seasonal fruit, fresh ginger
+ protein powder 25 | + collagen 19

chocolate nut 69

nut butter, banana, cocoa, vanilla
+ protein powder 25 | + collagen 19

add-ons

*egg - fried, poached R15 each signature sage & apple pork
bacon | avocado R29 each banger R35 each
tomato | spinach R12 each oak-smoked trout R65
pan fried mushrooms R19 hollandaise sauce R29
extra toast R12 side chips R35*

* subject to availability

a discretionary service charge of 12% will be added to bills of 6 guests or more