

OASIS

As you savour breakfast, you may find yourself wondering which illustrious individuals have passed through spaces that have been welcoming guests since 1899. Not Lord Horatio Nelson, as it happens, though the hotel was named partly in honour of the British naval hero ('Mount' referred to Table Mountain).

But other epic personalities certainly came here, including Winston Churchill, who was stationed at the hotel as a young war correspondent during the Anglo Boer War.

The Prince of Wales visited in 1925. His arrival coincided with the opening of the hotel's grand new arched entrance on Orange Street, which was quickly named Prince of Wales Gate. Fifty-seven knee-high canary palm trees were planted along the driveway in his honour.

Seventy-three years later, those same palms were a point of concern when President Bill Clinton visited. His over-zealous SWAT team asked for the trees to be cut down as a security measure; fortunately, the hotel declined.

Other compelling characters have made their mark on the hotel's history. Sir Arthur Conan Doyle, creator of Sherlock Holmes and a renowned spiritualist, is said to have outraged guests by holding seances in his hotel room.

John Lennon, who stayed at the hotel a few months before his untimely death under the pseudonym 'Mr Greenwood', surprised guests by meditating in the garden. In 1999, the Dalai Lama enlightened over 500 Capetonians who sat cross-legged on the floor in the ballroom.

Mount Nelson's distinctive colouring also has a tale to tell. In the First World War, thousands of Western Cape soldiers had been sent into battle on behalf of the British war effort. As news of its ending reached manager Aldo Renato in 1918, he was inspired to celebrate by painting the hotel a joyful pink. Since then, a definitive 'Mount Nelson Pink' has been developed by paint experts, who have cleverly formulated a shade that fades to a specific rosy hue between coats.

FOOD AND BEVERAGE ALLERGY INFORMATION

Should you have specific nutritional requirements or allergens, please do let us know and we will do our best to accommodate your preferences. We cannot guarantee the total absence of allergens in all of our dishes and beverages.

SS - Sesame Seed, C - Celery, GL - Gluten, E - Eggs, F - Fish, L - Lupin, MU - Mustard,
M - Molluscs, S - Soya, SD - Sulphur Dioxide, G - Garlic, N - Nuts, D - Dairy,
SF - Shellfish / Crustacean, VG - Vegan, V - Vegetarian, GF - Gluten Free

GRILLED KIPPERS (D, GF, E)

Poached egg and roasted tomato

EGGS BENEDICT (D, E, GL)

Toasted English muffin topped with gypsy ham, poached eggs and hollandaise sauce

EGGS ROYALE (D, E, GL)

Toasted English muffin topped with smoked salmon, poached eggs and hollandaise sauce

EGGS FLORENTINE (D, E, GL)

Toasted English muffin topped with steamed spinach, poached eggs and hollandaise sauce

BRIOCHE FRENCH TOAST (D, E, GL)

Choice of back bacon or crispy bacon and maple syrup

AVOCADO TOAST (V, VG)

On toasted ciabatta with sprouts, with and option to add poached egg

OAT PORRIDGE (V)

Plain with your choice of toasted nuts and seeds, fresh berries (seasonal) or bananas

TOMATO OMELETTE (V, VG, GF, G)

Chickpea flour, tomato, chilli, onion, spinach and coriander

TOFU SCRAMBLED (VG, GF, V)

Served with avocado toasted sprouted bread. Your choice of plain scrambled or spicy Indian flavours (chilli, coriander, onion and tomato with spices)

SUSTAINABLY SOURCED UGANDA COFFEE

Served with milk, oat milk, soya milk, or almond milk
Espresso, americano, flat white, cappuccino, latte, iced coffee, frappé, mocha, affogato

ROOIBOS CAPPUCCINO

Sustainably sourced ultra-high grade pure highland Rooibos