

# Rise, shine and Shimmy!

 By [Angie White](#)

27 May 2014

It was a beautiful sunny Saturday morning in Cape Town, reminiscent of summer with the freshness of autumn - perfect for breakfast by the sea. Celebrating a special birthday, the family and I were quite excited to experience Shimmy Beach Club's very first breakfast service. In case you haven't heard, Shimmy now serves breakfast on Saturdays and Sundays, from 9 - 11am each morning.

If you've read my [previous review](#), you'd know I'm already quite the fan of [Shimmy](#)'s lunch and dinner menus and the exquisite venue, but picture this: Saturday morning, a lovely sunny day with a slight autumn breeze, fantastic company, the fresh sea air and view of the ocean, and all the while enjoying a five-star breakfast fit for royalty (because that's what you are at Shimmy!). I mean, can it get any better?



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## The inspiration

Chef Adrian Cook and his team, began the first of what I can only imagine will be many more breakfast services on Saturday, 17 May. This is what Cook had to say when asked about what inspired the idea of a [breakfast menu](#) and the dishes that are on it:

"Each morning I arrive for work around 7am, and have a nice cup of coffee, sitting watching the harbour come to life, and enjoy the peace and tranquillity of it all. I want people to experience this as well. It's the little things, we often miss that makes us appreciate what we really have. Plus, I love a breakfast pizza, and really that is what started the whole ball rolling. The menu is based on comfort food for winter, so there are a few favourite items on the menu."

## The little bit extra

After the initial excitement of being reunited with Jerry (the waiter that gave us such wonderful service [the very first time I dined at Shimmy](#)), we were seated at a table where we could enjoy the sunshine (after a couple days of rain) and the sea breeze.

First order of the day was freshly squeezed orange juice and amazing Lavazza cappuccinos. Out of the five of us, three opted for The Usual, one the Corn and Thyme Fritters and the birthday girl chose the Breakfast Pizza. Now I am in no way saying that any of the dishes were anything less than delicious, but the pizza was (once again) the definite winner of the day. That is unless you have more of a sweet tooth, in which case the Banana FlapJack Stack is a front-runner.



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My meal (The Usual) consisted of two eggs, bacon, sirloin steak, caramelised onion, sautéed mushrooms, balsamic tomato and rocket and toast with a selection of jams and marmalade. It was a meal fit for a king - I was quite surprised I finished everything. I know you're thinking that it sounds like your regular full-house breakfast - but you really just don't know how good it is until you've tried it. My eggs were done perfectly (easy-over) and the bacon was extra crispy and scrumptious, while the onions and mushrooms combined with the steak perfectly enhanced the subtle flavour of the meat and the tomatoes added a fresh element that balanced the meal effortlessly. One of the comments from our table was that "you can just taste and sense that they make that extra effort", and it is so true.

The Corn and Thyme Fritters consist of two fritters, grilled boerewors and two eggs with a chilli chutney. The fritters are light and fluffy with a very mild corn flavour, amplified by the chilli chutney (which is out of this world!). This is the perfect hearty, presumably braai-inspired, breakfast for those looking to fill the gap!

The Breakfast Pizza comes with bacon, rosa tomato, mushroom, caramelised onion and two eggs. We are all very very pleased that Cook added this item to the menu - and yes we all had to taste it because it was that awesome. The thin base that crunches as you bite into it and the smoky-cheesy taste of the bacon and melted mozzarella combined with the sweet caramelised onions should be enough to get your taste buds dancing, then the fresh juiciness of the tomatoes, mushrooms and rocket finish off and compliment the taste so impeccably when combined with the eggs that you just know that any other breakfast will never be good enough ever again.



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## The extra extra

So after we've all finished our meals and are sufficiently filled to the brim, we realise "hey, no one tried the flapjack stack!", and of course we couldn't possibly *not* try it, right? Correct. One Banana Flapjack Stack split five ways... and it's another triumph! The oh-so-comforting taste of homemade flapjacks, perfectly ripe bananas, crispy bacon, berry compote and maple syrup with cinnamon sugar... I'll have mercy and spare you from further detail (I'm pretty sure I can hear a tummy grumble somewhere) but I will say this; there wasn't a crumb left on that plate.

## The service

It's no surprise that we all had an exceptional time at Shimmy and thoroughly enjoyed the food. I asked Cook how the first service went and how he feels the menu will be received, to which he answered:

"The first service was fun, it's a new menu and we have never done breakfast before, so it was not without its challenges. However, it went well and what is life without the adrenaline and rush you get from challenges you face in the kitchen. I have started the menu with items that are familiar to people, and will elevate it when we have a regular clientele base. The menu is really great, as there is something for everyone on it, and it is a small and manageable menu offering good food at a good price."



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*Never have a mediocre breakfast again - reserve your table at Shimmy now:*

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