



the cape milner

Pillow Menu

The "Memory Foam Contour Neck Pillow"

Relieves headaches and neck problems, reduces tossing and turning while sleeping. Was originally designed by the NASA space program to relieve pressure and provide protection for astronauts. Over the years it has been adapted for commercial and medical applications due to its unique properties. Memory foam is made of visco-elastic material which is temperature sensitive and responds to your body temperatures while spreading applied pressure over a large surface area thereby reducing and alleviating painful pressure points.

The "Hypoallergenic High-Density Memory Foam Pillow"

The visco-pedic pillow provides proper neck support and alignment, superior pressure point relief and promotes quality REM sleep.

Bodypillow

The Bodypillow is rectangular, 1.4 meters in length and 400mm wide. You can lie against the pillow for extra back support or use it as a back rest in a chair or to lean against while reading or watching TV in bed.

Maternity Pregnancy Pillows

Apart from assisting you to sleep more comfortably during the course of your pregnancy, maternity pregnancy pillows can ease hip pain and relieve back pain.

Facilities On Offer

- Parking is available at a nominal fee
- 24 Hour reception services
- Currency exchange facilities
- In-house gym
- Spacious lounge areas
- Swimming pool
- Wifi 500MB per day complimentary

Important Information

Accounts

Accounts are payable by cash or a recognized credit card. Accounts may only be charged back to your company if prior arrangements have been made. Sorry, cheques are not accepted.

Airlines

If you need assistance to book, change or confirm airline reservations, please contact reception. If you wish to confirm direct with the airline, the telephone numbers are listed below:

British Airways	021 936 9000
Cape Town International Airport	021 937 1275
Lufthansa German Airlines	086 184 2538
South African Airways	021 936 3366
Virgin Atlantic Airways	011 340 3400

ATM's

Please do not make use of the ATM's at petrol stations and rather make use of the ATM's in malls such as Garden Centre, Lifestyle Living and V&A Waterfront. Under no circumstances allow a "helpful" person to help you with your transaction.

Baby Sitting

We require 24 hours advance notice to arrange for this service, for which a charge is levied. Dial 9 for assistance

Check-Out Time

Check-out time is 11h00. Should you wish to delay your departure, please contact reception by dialling 9 for assistance.

Banking Services

All major banks are represented in the Cape Town city centre and V&A Waterfront. Our reception staff will gladly assist you with directions to your nearest branch. Most banks close at 15h30 on weekdays and are open on Saturday mornings from 09h00 to 11h00.

Baby Cots / Extra Beds

Baby cots can be arranged by contacting reception. We have a limited supply of extra beds at a surcharge.

Beaches

Camps Bay and Clifton beaches are only five minutes drive from the hotel and are ideal for swimming and sunbathing. Beach towels are available at reception.

Beauty Salon / Spa Treatments

We recommend Yemaya Urban Spa & Hair, situated in African Pride 15 on Orange Hotel: 021 469 8063. Alternatively we can arrange for an in-house massage therapist. Please dial 9 to book.

Car Rental

We recommend the below car rental agencies, or alternatively dial reception on 9 for further assistance:

Avis Car Hire	086 102 1111
Budget Car Hire	086 101 6622
Tempest Car Hire	086 183 6737

Cinemas and Theatres

The V & A Waterfront has a fully equipped cinema with all the latest movies. Theatres include the Artscape Theatre Centre in Cape Town City centre, the Amphi Theatre at the CTICC and the Baxter Theatre Centre in Main Road, Rondebosch. Please contact reception for more information and correct details. Dial 9.

Conferencing

Our conferencing department gladly arranges conferences, board meetings, presentations, private dinners, and many more. To enquire about conference availability, packages and rates, please contact reception who will gladly arrange a meeting for you with the conference coordinator.

Doctor / Dentist / First Aid

A first aid kit is available at reception for minor ailments and injuries. Should you require the services of a doctor, dentist or chemist, please contact reception.

Duty Manager

A Duty Manager is on call from 06h00 until 23h00 at The Cape Milner. Should you wish to contact him / her please dial 9 or for after hour emergencies contact the General Manager on 084 754 2424.

Dry Cleaning / Laundry / Pressing

Laundry baskets and pricelists are available in your wardrobe. Laundry and pressing service is provided daily and returned the same day, please dial 9 for collection before 09h00. Should you require pressing service after 5pm please kindly dial 9 for an iron and ironing board. Dry Cleaning is taken daily excluding Saturdays, Sundays and Public Holidays and is returned the same day. Please dial 9 for collection before 09h00.

Emergency / Fire Procedures

In the unlikely event of an emergency, the Hotel alarm will ring. Please familiarize yourself with the evacuation plan which is situated behind the entrance door of each bedroom. The designated assembly point is in the parking lot area at the back of the Hotel.

Emergency Telephone Numbers

In case of any emergency please call the reception desk for assistance. Remember to dial 0 for an outside line.

Police Emergencies	10111
Ambulance Rescue Service	10177
Fire Brigade	021 465 1033
Cape Town Mediclinic Hospital	021 464 5500

Emergency Lighting

In the event of a power failure, the hotel is fully supported by a generator.

Faxes / Photocopying

Photocopy facilities are available at reception, all copies are charged for per page. Please contact reception for more details. Dial 9.

Foreign Currency Exchange

Foreign currency can be exchanged to South African Rand at the hotel reception desk. This is available for US Dollar, Pounds and Euros. Please ensure you have your passport handy. Please call reception to enquire for the latest exchange rates. Dial 9.

Hairdressing

We recommend Scar Hair & Beauty Salon: 021 422 5900, Kloof Street or Partner's Hair Design: 021 465 7476, Gardens Centre. Please contact reception if you need directions, assistance in making an appointment, or an alternative hairdresser of your choice.

Housekeeping

In order to make your stay comfortable, the housekeeper will be pleased to provide you with extra pillows, blankets or any other amenities you may require. Dial 9. A cleaning service for all bedrooms commences at 08h00 daily, for a special cleaning time please contact reception. We regretfully will not do turnaround due to Covid-19 protocols.

Guest Feedback

Your feedback is the true benchmark by which we can measure our facilities and services. Please assist us by completing the online questionnaire that will be emailed to you on your departure, alternatively we will supply you with our TripAdvisor details.

Guest Supplies

Additional supplies and toiletries, e.g. razor, toothbrush, toothpaste, etc. are available at reception.

Gymnasium

Located on the staircase between first and second floor. The gym is open 24 hours and children under 16 years of age to be supervised by an adult.

Internet

High speed wireless internet is available throughout the hotel. Free uncapped access is provided during your stay.

Key Card

Please remember that you may be asked to show your key card when charging items to your room. Should you misplace your key card, please do not be asked to show your identity document to obtain a new one. Please do not store your card next to your cellular phone.

Luggage Storage

Arrangements may be made with reception for temporary storage of luggage, packages, sporting gear and other bits and pieces. Please contact reception should you need your luggage to be collected. Please note that all luggage is stored at the owner's liability. We accept no responsibility for any loss or damage.

Mini Bar

Mini bars are available on request. Complimentary tea and coffee facilities are available.

Parking

Parking is provided on the premises. Please make sure all valuables are removed and your vehicle is locked. We cannot accept any responsibility for loss or damage.

Pets

It is with regret that we do not allow pets in the Hotel premises.

Pool Area and Towels

All in-house guests are welcome to use our pool area. Children under 16 years of age must be accompanied by an adult at all times. Pool towels are waiting for you on the deck. Please do not use bathroom towels in the pool area.

Religious Services

Please contact reception for Church service times and addresses. Dial 9.

Security

The bedroom doors in the hotel are self-locking. When leaving your room, check that the door has locked behind you. Similarly when entering your room, make sure your door is locked from the inside. Please report any suspicious behaviour or unattended baggage.

Shoe Polish

We will gladly polish your shoes for you, kindly contact reception by dialling 9 to arrange collection.

Taxi's

We recommend Unicab which can be booked through reception or directly on 021 486 1600. These charges can be billed directly onto your room account. We strongly advise that you do not make use of unbranded taxi's.

Telephone Calls

All bedrooms are equipped with telephone handsets, which are situated next to the bed or on writing desk. All extensions run through the switchboard and a telephone management system monitors the use of the phones. All telephone calls will automatically be charged to your room. In order to dial an external number, dial 0 for a dialling tone followed by the area code and the number you require. The major area codes are as follows:

National

Bloemfontein	051
Cape Town	021
East London	043
Johannesburg	011
Port Elizabeth	041
Pretoria	012
Durban	031

International

UK	0044 + area code
Australia	0061 + area code
Brazil	0055 + area code
Canada / USA	001 + area code
China	0086 + area code
France	0033 + area code
Germany	0049 + area code
Japan	0081 + area code

Internal Telephone Numbers

Reception	9
Housekeeping	1003
Restaurant / In-room Dining	1002

Room to Room

1 + room number	e.g. For room 201 dial 1201
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Television Channels

Channel 1	SABC 1
Channel 2	SABC 2
Channel 3	SABC 3
Channel 4	e.tv
Channel 5	M-Net
Channel 6	M-Net Movies Premier
Channel 7	Super Sport 1
Channel 8	Super Sport 2
Channel 9	Super Sport 3
Channel 10	CNN International
Channel 11	Sky News
Channel 12	eNews Channel Africa
Channel 13	Food Network
Channel 14	National Geographic

Travel Services

Call reception to book your taxi and the fare can be charged to your room account. Should you wish to book airport transfers please dial 9.

VAT

VAT can be claimed back for physical goods bought during your visit to South Africa, such as gifts, clothing ornaments etc. VAT cannot be claimed on food, accommodation etc. Claims can be done at the V & A Waterfront or at the Cape Town International Airport. Please note proof of purchase is required.

Wake Up Calls

Should you wish to have a personnel wake-up call please contact reception by dialling 9.

Weather

Reception will gladly assist you with the weather forecast or connect you to the automatic weather forecast service.



the capemilner

Food and Beverage Operating Hours

The Glass Lounge

The beverage selection is varied and offers a collection of signature cocktails that includes the likes of Cosmopolitans and the classic Daiquiri. This is complemented by single malts, liqueurs and a considerable wine list. Tasty tappas dishes, West Coast mussels and fresh salmon ensure that the Glass Lounge offers a sophisticated food experience in glamorous surroundings.

Operating hours 7pm - 10pm

2 on Milner

Breakfast and Dinners, meticulously presented with only the freshest of ingredients are served at 2 On Milner. Breakfast options are the Continental or the hot buffet, while dinner is à la carte, with the menu featuring classic dishes of both local and international origins.

Breakfast

Monday to Friday 07h00 - 10h30

Weekends & Public holidays 07h00 - 11h00

Should you departure time be before 7am please discuss your requirements with reception

Lunch & Dinner

Monday to Sunday 12h00 - 21h00

Outdoor Dining

Enjoy a leisurely Cape Town afternoon whilst indulging in a light lunch under The Cape Milner's tranquil pergola; the sound of chirping birds the perfect accompaniment to your crisp white wine spritzer. Alternatively, spend the afternoon lazing on the pool deck, the ideal way to spend a hot summer's day, while the attentive staff serve cocktails and snacks directly to your pool

Monday to Sunday 10h00 - 18h00

Room Service

Monday to Sunday 07h00 - 21h00

Breakfast inclusive rates are not valid for room service

Room Service Menu

Available from 12h00 - 21h00

Tray charge R50 per room

Light Meals

Tempura Battered Hake Fillet 160

french fries, tartar sauce

Bacon & Cheese Burger 125

onion rings, mustard mayonnaise, French fries

choice of a chicken or beef patty

Cheesy Nachos, Guacamole, Tomato Salsa (v) 80

add chicken 30

add bacon 30

add jalapeño 12

Cape Milner "Baskets"

chicken wings, ribs and French fries 140

calamari 150g, crumbed prawns and French fries 160

ribs, 150g calamari and French fries 165

Cajun Chicken Spice Wrap 115

bacon, avocado pulp, peppadews, feta cheese, baby greens,

whole grain mayonnaise

Haloumi & Grilled Vegetable Wrap (v) 95

roasted vegetables, Bulgarian yoghurt, truffle vinaigrette

Smoked Salmon Wrap 135

capers, cream cheese, red onion

The Cape Milner Sandwich 115

bacon, lettuce, fried egg, grilled chicken breast, tomato, cucumber, French fries

Build Your Own Sandwich

choose from any of the following toppings:

served on white, brown, rye bread and ciabatta with your choice of chips

or side salad

2 Fillings 70

3 Fillings 75

4 Fillings 80

cheddar / fried eggs / bacon / chicken mayonnaise

tuna mayonnaise/ gypsy ham / tomato / basil pesto

Baked Cheese Quesadilla (v) 100

avocado crème, sambal, green jalapeno

add on chicken 30

add on bacon 30

add jalapeño 12

Salads

House Salad (v) 95

baby leaves, pickled beetroot, celery, red onion, cherry tomato grilled

baby corn, roasted pear, walnuts, celery, pumpkin seeds house dressing

chicken option 30

Classic Greek Salad (v) 78

mixed leaves, cucumber, tomato, red onion

olives, creamy feta, balsamic and olive oil vinaigrette

Cape Milner Caesar 95

cos lettuce, cherry tomato, cucumber, bacon, whole wheat croutons

white chicken, pecorino cheese, garlic, mustard, olive oil, caesar dressing

add chicken 30

add prawns 45

add smoked salmon 55

Vegan Poke Bowl 90

Pickled beetroot, kimchi, soya glazed tofu, sprouts, edamame beans,

shaved carrot, radish, pea shoots, ponzu dressing, radish, roasted mixed nuts

Starters

Truffle & Cheese Croquettes (v) 73

red pepper aioli

Jalapeño & Cream Cheese Cigars (v) 86

mint coleslaw

West Coast Mussel Pot 105

french loaf, saran aioli, lemon tomato cucumber salsa

Baked Camembert (v) 140

garlic puree, cranberries, ciabatta, cumberland sauce

Wild Mushroom Soup 88

confit egg yolk, mini meatballs, garlic croutons

Mains

From the Block

once you have selected your cut of meat, select 2 sides and a sauce to accompany your meal

200g Rump steak 182

200g Sirloin steak 182

200g Ostrich fillet 190

200g Lamb loin chops 215

Sides

basmati rice / creamed spinach / butternut / mash / chips / potato wedges / seasonal vegetables

Sauces

peppercorn / cheese / mushroom / jus / hollandaise / rosemary jus

Fried Line Fish 190

crushed baby potatoes, horseradish, spinach, sauce vierge

Harissa Flavoured Chicken Breast 140

orange flavoured couscous, grilled baby marrow and peppers, chicken jus

Rosemary Glazed Lamb Shank 215

mash, ratatouille vegetables, tomato gravy

Beef Isishebo 155

braise beef on the bone, chakalaka, mielie pap

Exotic Mushroom Risotto (v) 125

white truffle oil, poached egg, rocket, balsamic reduction

After Dinner Delights

Chocolate Duo & Strawberry Ice Cream 75

chocolate mousse & tart, strawberry compote, strawberry macaroon

Mango & Lime Panna Cotta 60

warm pancake, poached mango and chilli salad, vanilla ice cream

Passion Fruit & Vanilla Cheesecake 70

ginger infused berry compote, vanilla ice cream

"Classic Malva" 70

amarula eggnog, caramelized walnuts, cinnamon dust

Ice Cream Cup 60

berry compote, chantilly cream, mixed nuts

Wine List

Champagne & Sparkling Wine

Moët & Chandon Imperial Brut 1950

Durbanville Hills Sparkling Sauvignon Blanc 47 / 270

White Wines

Anura Chardonnay 55 / 210

Ondine Chardonnay 335

Franschhoek Cellar Sauvignon Blanc 52 / 185

Zonnebloem Sauvignon Blanc 195

Leopards Leap Chenin Blanc 45 / 175

Buitenverwachting Buiten Blanc 200

Hill & Dale Dry Rose / Merlot 44 / 160

Red Wines

Brampton Cabernet Sauvignon 60 / 240

Warwick The First Lady Cabernet Sauvignon 290

Franschhoek Cellar Merlot 55 / 220

Boschendal 1685 Merlot 430

Franschhoek Cellar Baker Station Shiraz 55 / 220

Beyerskloof Pinotage 260

Musics by D'Aria Red Blend 48 / 190

La Motte Millennium Red Blend 300

Activities & Attraction in and around Cape Town

Bo-Kaap

The township of Bo-Kaap is one of the most picturesque and beautiful regions in Cape Town, South Africa. Formally known as the Malay Quarter, located on the slopes of Signal Hill and above the center of the city.

Boulders Beach

Just around the corner from the seaside village of Simons Town turn left off main road to Boulders. This is a truly special experience and Table Mountain National Park staff are knowledgeable and offer guided tours. After you have fallen in love with the penguins head to the secluded Boulders Beach and take a swim in the comparatively warm waters of the False Bay.

Cape Point

Cape Point is also known for the baboons, so make sure to avoid them! You can reach the Cape Point South Africa with a lovely scenic drive and is ideal for a day excursion and you can easily combine it with visiting the penguins at Boulders Beach.

District Six Museum

Up until the 1970s, District Six was home to almost a tenth of the city of Cape

Town's population which consisted of a mixed community of former slaves, immigrants and other people of the working class. In 1965, the apartheid government declared District Six Cape Town to a whites-only area. It's a great opportunity to "relive" the past with a personal guide and to get first hand

information about what happened in the apartheid era.

Kirstenbosch Gardens

At Kirstenbosch you can enjoy lovely walks, see beautiful plants, flowers, and sculptures and enjoy an open air sundowner concert. You can conveniently reach Kirstenbosch with the City Sightseeing Bus. You can either take your own picnic hamper or conveniently order one directly at the Silvertree Restaurant

near the visitors centre at Kirstenbosch Cape Town.

Lions Head & Signal Hill

From Lions Head Mountain, on a clear day, the views are spectacular and great for taking photographs, particularly of Robben Island which at least gives you

the chance to catch your breath along the steep path while admiring great views. The last section is very steep and the chains are there to assist you to

climb up the section of rocky faces. Although there is an alternate route to miss the chains, the path is still quite steep.

Robben Island Tour

Lots of tourists flock this island! So in order to avoid disappointment, purchase your tickets as soon as you get to Cape Town. These can either be bought

directly at the Robben Island Museum departure point at the Waterfront or at the Cape Town Tourism Office at the Clock Tower in the Waterfront.

Alternatively reception can assist with online bookings.

Tours depart daily at 09h00, 11h00, 13h00 and 15h00 (weather permitting) from the Nelson Mandela Gateway at the Waterfront.

Shark Cage Diving

South Africa has an incredibly diverse shark population. A quarter of the world's shark species (98% to be precise) dwell in South African waters and around 40 of these call the waters around Cape Town home.

Table Mountain

A wonder of nature and therefore a paradise for hikers, nature lovers and photographers. The ascent only takes 5 minutes and you have superb 360° views ... not to mention the views once you are up there.

To avoid long queues, we recommend you book online so that you can use the fast track and see that you get there pretty early ... sometimes there are very long queues!

Two Oceans Aquarium

The Two Oceans aquarium is stunning offering you the chance to see how sharks, penguins, etc are fed. You can participate in the penguin encounter and dive with sharks!

You can find out everything you wanted to know about the kelp forest – in total relaxation – and browse around through various exhibitions.

V&A Waterfront

The V&A Waterfront or Victoria & Alfred Waterfront in Cape Town is a famous and loved tourist attraction by locals and tourists alike due to the excellent combination of shops, restaurants, sightseeing, wellness and high-end accommodation.

Winelands

It's only an hour's drive from Cape Town. Cape wine enjoys a impressive reputation, and the Winelands are home to most of South Africa's premier wine estates. Paarl, Franschhoek and Stellenbosch are the largest, nearest and most famous towns in the region, but the further you go the more you'll discover.

Tours Available

Please contact reception to book

Hop on – Hop Off

The open-top double-decker buses of City Sightseeing are one of the best ways to take in the highlights of Cape Town. With the sun on your shoulders, and an elevated view of your surroundings, you'll see why the bus is the popular official tour of Cape Town and is enjoyed by visitors and locals alike. There are two routes covering more than 20 of Cape Town's iconic attractions and destinations:

The Red Route, including the Two Oceans Aquarium, V&A Waterfront, The South African Museum, Table Mountain Cable Way and more.

The Blue Route, including Kirstenbosch Botanical Garden, Camps Bay, Sea Point and the Constantia Wine Route and more.

Please ask reception for the closest bus station.

Cape Peninsula Tour

Full Day or Half Day Tours bookable through Reception

Winelands Tour

Full Day or Half Day Tours bookable through Reception

Shark Cage Diving

Go face to face with these awesome predators! Your expedition begins in Gansbaai, home of the notorious great white shark where you will experience one of the most exhilarating days of your life! You do not need certification. You will be given a full body wetsuit, weight belt, booties and face mask, and the dive master will run through all the procedures. If you are not up to jumping in the cage you can get a brilliant view of these spectacular predators from the upper deck of the boat.

Township Tours

Take a township tour to Khayelitsha on the Cape Flats and experience an authentically African day out. See the stunning view from Look-Out Hill, buy locally handmade crafts and eat at an African restaurant. Khayelitsha (meaning "new home") is one of Cape Town's largest townships, and is situated some 30km from the Mother City. It consists of both formal accommodation (houses of bricks and mortar) and informal settlements (makeshift shacks).

The township was created in the 1980s under then Prime Minister PW Botha, and for many years it was a desperate place with few facilities and little infrastructure to house the large influx of people living here.