

## HOT DRINKS

### COFFEE

|            | Small | Large |
|------------|-------|-------|
| Cappuccino | 4.5   | 5     |
| Latte      | 4.5   | 5     |
| Flat white | 4.5   | 5     |
| Espresso   | 4.5   | 5     |
| Long black | 4.5   | 5     |
| Chai latte |       | 5.5   |

**ADD** Syrup (vanilla, hazelnut, caramel) +1

**MILK** Select from full fat milk, skimmed milk, soy milk (+0.5), almond milk (+0.5)

### HOT CHOCOLATE

5.5

### TEA

|                   |     |
|-------------------|-----|
| English breakfast | 4.5 |
| Earl Grey         | 5.5 |
| Green tea         | 5.5 |
| Peppermint        | 5.5 |
| Lemon & ginger    | 5.5 |
| Camomile          | 5.5 |

## JUICES

### FRUIT JUICE

5

Apple, orange, pineapple, cranberry, tomato

### FRESHLY PRESSED JUICE

|                         |     |
|-------------------------|-----|
| Carrot, ginger, orange  | 8   |
| Orange                  | 7.5 |
| Watermelon              | 7.5 |
| Apple                   | 7.5 |
| Apple, celery, beetroot | 8   |

## SMOOTHIES

### ABS

9.5

Avocado, banana, spinach, yoghurt, mint

### POWER BOOSTER

9.5

Chia seeds, almond milk, mix berries, honey, vanilla syrup

### BERRY OXIDANT

8.5

Strawberry, blackberry, raspberry, yoghurt, apple juice

### TROPICAL SUNRISE

8.5

Mango, banana, passionfruit, yoghurt, apple juice, honey



# BREAKFAST

Available 6am to 10am  
every day

## CONTINENTAL

|  |    |
|--|----|
| <b>TOAST</b>   | 6  |
| Two slices of toast, choice of soy linseed, sourdough, white, multigrain, or wholemeal, butter, and preserve |    |
| <b>CROISSANTS</b>  | 10 |
| Two croissants, butter, and choice of preserve   |    |
| <b>BAKERY BASKET (V)</b>   | 12 |
| Danish, croissant, mini muffin, choice of toast, jam & butter  |    |
| <b>BIRCHER MUESLI (V)</b>  | 14 |
| Natural yoghurt, mixed berry compote, fresh fruit  |    |
| <b>SEASONAL FRUIT PLATE (LG) (V)</b>   | 14 |
| Seasonal sliced fruits   |    |
| <b>ADD</b> Natural yoghurt +4 Granola +3   |    |
| <b>ACAI BOWL (V)</b>   | 14 |
| Acai puree, granola, berries, toasted coconut  |    |
| <b>BREAKFAST BUDDHA BOWL (V)</b>   | 18 |
| Rocket and spinach, avocado, pearl couscous, boiled egg  |    |
| <b>CONTINENTAL PLATE</b>   | 20 |
| Croissants, seasonal fruit, cheddar cheese, cured meats, natural yoghurt, choice of cereal & milk            |    |

## CHILDREN (12 and under)

|                                |    |
|--------------------------------|----|
| <b>CEREAL</b>                  | 5  |
| Choice of milk                 |    |
| <b>EGG &amp; CHEESE MUFFIN</b> | 7  |
| Hash brown                     |    |
| <b>EGG &amp; BACON</b>         | 10 |
| Slice of toast, tomato sauce   |    |

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**All eggs on the breakfast menu are free range**

**(LG) Low Gluten (I) Imported seafood (V) Suitable for Vegetarian**

**Food allergies:** Please note that we take every precaution when accommodating special meal requirements. However, we handle the following known allergens in our kitchens: **Wheat (gluten), barley (gluten), oats (gluten), rye (gluten), fish, shellfish, crustaceans, molluscs, soy products, eggs, milk and dairy products, lupin, sesame, peanuts, macadamia, pecan, cashew, hazelnut, pistachio, pine nuts, walnuts, almonds and Brazil nuts.**

**Please be aware that not all ingredients are listed in the dish description.**

If you have an allergy, kindly inform our friendly staff so that we can assist you in making a suitable meal choice. We will do our best to accommodate customer requests, but please be advised that the decision to consume a meal rests on personal responsibility as we cannot guarantee that the food is entirely free from any known allergens.

## HOT SELECTION

|  |    |
|--|----|
| <b>EGGS YOUR WAY (V)</b>   | 12 |
| Fried, poached or scrambled on your choice of toast, soy linseed, sourdough, white, multigrain, or wholemeal |    |
| <b>ADD</b> Grilled tomato +3 Baked beans +3<br>Mushrooms +4 Bacon +4.5 Avocado +4.5                          |    |
| <b>BREAKFAST BURGER</b>  | 14 |
| Bacon, fried egg, cheese, BBQ sauce  |    |
| <b>ADD</b> Hash browns (2) +1 Avocado +4.5   |    |
| <b>SMASHED AVOCADO (V)</b>   | 16 |
| Freshly smashed avocado, on your choice of toast, extra virgin olive oil                                     |    |
| <b>ADD</b> Egg-poached or fried +2/each Bacon +4.5<br>Grilled tomato +3 Smoked salmon +6                     |    |
| <b>FRENCH TOAST</b>  | 18 |
| Bacon, maple syrup, strawberries   |    |
| <b>EGGS BENEDICT</b>   | 18 |
| English muffins, melosi ham, poached eggs, hollandaise sauce   |    |
| <b>ADD</b> Hash browns (2) +1 Grilled tomato +3<br>Avocado +4.5  |    |
| <b>THREE EGGS OMELETTE</b>   | 18 |
| Spinach, tomato, cheese OR chorizo, potato, onion  |    |
| <b>ADD</b> Hash browns (2) +1 Bacon +4.5<br>Mushrooms +4   |    |
| <b>LONGSILOG</b>   | 19 |
| Filipino sausage, garlic rice, fried eggs  |    |
| <b>EGGS ROYALE</b>   | 21 |
| English muffins, smoked salmon, poached eggs, sautéed spinach, hollandaise sauce                             |    |
| <b>ADD</b> Hash browns (2) +1 Grilled tomato +3<br>Avocado +4.5  |    |
| <b>SWEET POTATO ROSTI (LG) (V)</b>   | 24 |
| Marinated field mushroom, sautéed spinach, tomato and chickpea chutney and pepper coulis                     |    |
| <b>BIG BREAKFAST</b>   | 30 |
| Eggs of your choice, bacon, hash browns, mushroom, chorizo, baked beans, choice of toast                     |    |