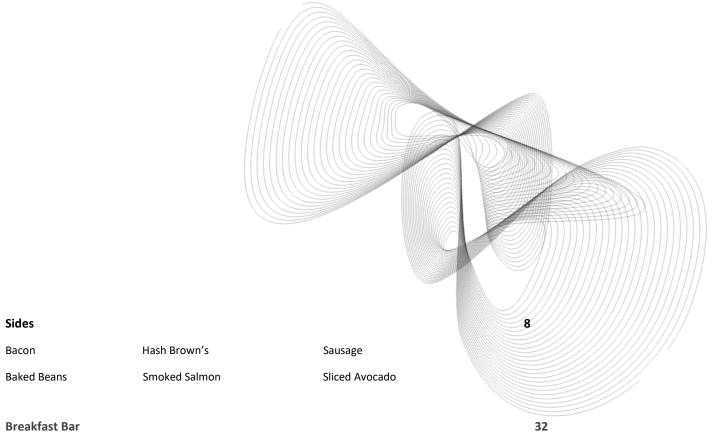
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Breakfast A La Carte

Oat porridge Choice of lite, full cream, soy, almond or lactose free milk, honey, prunes, & crushed pistacio	18
Eggs Benedict Served with hash brown, spinach, tomato & your choice of ham, smoked salmon or sauteed mushroom (gfo)	24
Smashed avocado on sourdough Avocado, fetta, roasted tomato, dukkah & balsamic glaze on sourdough toast (contains sesame seeds)	21
Strawberry & watermelon Strawberry, ricotta, balsamic, crushed pistacio & grilled watermelon on fruit toast	21
Smoked scotish kipper bagel Scotish kipper, horseradish & dill cream cheese, cucumber, Spanish onion & rocket on a bagel	23
Add 2 egg (cooked your choice)	8
Two eggs your choice Two eggs your choice, sourdough toast, roasted tomato & hashbrown	14
Breakfast burger Bacon, egg, hashbrown, american cheese, rocket & tomato relish	20
Breakfast bowl Grilled chicken, mushroom, baked beans, spinach, tomato & avocado (contains sesame)	22
Pancake stack House made pancakes, ricotta, mixed berries, pashmak, citrusvanilla mascarpone	21
French toast French toast, mixed berries, pistachio, pashmak, citrus vanilla mascapone	24
Waffles Waffles, maple syrup, nutella, mixed berries banana, citrus vanilla mascapone	24



Enjoy our full selection of free range eggs, hot dishes, artisan breads and butter, yoghurts, muesli and cereal. A range of fresh fruits, baked pastries and made to order eggs, tea & coffee

Liquids

Espresso coffee	5
Pot of tea	5
Hot water & lemon	3
Freshly pressed juice (orange, apple, pineapple, celery, watermelon, carrot)	9
Energy Smoothie- guarana, avocado, kale, apple juice & almonds	14
Stay Young Smoothie- mixed berries, beetroot, coconut water	14
Vitamin E Booster- broccoli, spinach, almond milk, lime & parsley	14
Detox Juice- lemon, lime and watermelon	12
Deep Cleanse Juice- celery, ginger, cucumber & apple	12
Anti-oxidant rich juice- carrot, orange, wheatgrass & kale	12

