

# Smoothies

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COCONUT & PASSION FRUIT	50
Passion Fruit, Coconut Milk, Low Fat Milk, Coconut, Vanilla Essence & Vanilla Ice Cream	
BERRY DAZZLE	50
Lime Juice, Fresh Berries, Wild Berry Sorbet & Vanilla Yoghurt	
GET UP AND GO	50
Mango & Apple, Vanilla Yoghurt, Low Fat Milk, Oat Bran & Honey	
TROPICAL MORNING	50
Fresh Fruit, Mint Leaves, Coconut Milk, Low Fat Yoghurt & Pineapple Juice	
PEANUT CHOC POWER	50
Chocolate Sauce, Low Fat Milk, Peanut Butter & Banana	

# Breakfast

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CLASSIC	105
Bacon, Char-Grilled Tomato, Basil Mushrooms, Hash Browns, Beef Sausage, Caramelised Banana & Two Eggs	
SUNRISE	90
Bacon, Char-Grilled Tomato, Basil Mushrooms, Beef Sausage & Two Eggs	
EGGS ROYALE	110
Poached Eggs, Smoked Salmon, Hollandaise Sauce, served on an English Muffin	
EGGS FLORENTINE	80
Poached Eggs, Sautéed Spinach, Hollandaise Sauce, served on an English Muffin	
ENGLISH MUFFIN STACK	70
Char-Grilled Tomato, Goats Cheese & Avocado	
SUPER FRUIT	75
Fresh Fruit, Pomegranate Seeds, served with Bulgarian Yoghurt & Homemade Granola	
FRENCH TOAST	75
Bacon, Toasted Pecan Nuts & Maple Syrup, served with a dollop of Crème Fraîche	
	75
Caramelised Banana, drizzled with Yoghurt	
	85
Fresh Berries & Cinnamon Mascarpone, drizzled with Honey, topped with Fresh Basil	
OMELETTE (3 EGGS)	85
Smoked Mozzarella, Rosemary, Mushrooms & Grilled Cherry Tomatoes	
	95
Black Forest Ham, Caramelised Onion & Brie Cheese	
	85
Bacon, Sautéed Baby Potatoes with Chives, Mature Cheddar Cheese & Mushrooms	
CROISSANT	80
Black Forest Ham, Rocket, Fresh Tomato Slices, Mature Cheddar Cheese & English Mustard-Mayo	