



Penguins Continental Buffet BREAKFAST

Penguins restaurant is for the exclusive use of guests who have purchased our continental buffet. Guests who do not wish to dine from the buffet, are invited to dine in the Café or on the balcony. No food can be taken away from the restaurant at any time.

All you CAN EAT Cold Continental Buffet

No Takeaway from the Buffet.

CHILDREN AGES 0-3 YEARS..... COMPLIMENTARY
With a paying adult

CHILDREN AGES 4-12 YEARS..... \$15.00

EVERYONE AGED 13+ YEARS..... \$25.00



Below is a representation only and subject to change due to availability and season.



Bakery Items

Croissant
Apple Danish
Berry Danish
Chocolate Pastry
White Bread
Wholemeal Bread
Multigrain Bread
Fruit Bread
Gluten Free Bread

Condiments

Butter & Margarine
Honey
Vegemite
Peanut Butter
Apricot Jam
Strawberry Jam
Marmalade

Cereals

Coco Pops
Corn Flakes
Special K
Carman's Muesli GF
Weet Bix
Rice Bubbles

Milk

Full Cream
Skim
Coconut, Oat, Almond,
Lactose Free & Soy*
*available on request

Cold Selection

Fresh Tomatoes
Lettuce
Ham
Salami
Swiss Cheese
Cheddar Cheese
Cucumber

Fresh Fruit

Rockmelon
Honey Dew Melon
Watermelon
Pineapple

Favourites

Bircher Muesli
Preserved Fruit
Vanilla Yoghurt
Berry Yoghurt

Drinks

Orange Juice
Apple Juice
Pineapple Juice
Still Water
Filtered Coffee
English Breakfast Tea
Earl Grey Tea
Peppermint Tea
Green Tea

ADD something extra

SIDES \$7 EACH OR 2 FOR \$12

Hash Brown (2)
Smashed Avocado
Fetta
Mushrooms
Smoked Salmon
Haloumi (2)
Beef Sausages (3)
Rashers of Bacon (2)
Baked Beans
Eggs (2); Scrambled, Fried or Poached (hard or soft)
Hard Boiled Eggs (2)
Vanilla Soft Serve with Syrup & Topping



\$11 ADD-ON (EACH)

PANCAKES OR WAFFLES
Served with strawberries & icing sugar. With your choice of maple syrup, chocolate or strawberry sauce

Extra toppings \$1 each:
• Soft Serve Ice Cream
• Whipped Cream
• Nutella
• Marshmallows

CHEESY OMELETTE
2 egg omelette with cheese & a hash brown

BACON & EGGS
2 eggs to your liking, served with grilled bacon

SMASHED AVOCADO & FETTA
Smashed avocado & fetta on sourdough toast

\$16 ADD-ON (EACH)

PARADISE OMELETTE
Mozzarella, tomato, spinach & mushrooms with your choice of ham, bacon or smoked salmon

EGGS BENEDICT
Toasted English muffin with soft poached eggs, spinach & hollandaise sauce. Served with your choice of ham, bacon, smoked salmon or hash brown

BREAKY WRAP
Toasted flour tortilla filled with bacon, scrambled eggs, spinach, tomato, mozzarella & wild tomato chutney

PENGUINS BIG BREAKFAST
2 eggs cooked to your liking with bacon, sausages, mushrooms, hash brown & baked beans

GOURMET PENGUINS
Kale, chickpeas, poached egg, mushroom, onion, tomato & fetta

SMOKED SALMON ON SOURDOUGH

Smoked salmon & smashed avocado with Italian glaze, fresh cucumber, tomato, mixed greens & onion with crispy sourdough

VEGETARIAN FRIED RICE OMELETTE
Fried rice with vegetables served in a folded omelette

POACHED EGGS & AVOCADO
Soft poached eggs, smashed avocado, fetta, beetroot hummus & dukkah, served with sourdough toast

MUSHROOM BENNY ON SOURDOUGH
Toasted sourdough, soft poached eggs, butter mushrooms, spinach & hollandaise sauce



*Our continental buffet is subject to the Gold Coast Environmental Health Services regulations. Paradise Resort ensures a food safe hygiene practice around the buffet and have dedicated team members to serve you the various items included. We thank you for your patience.

Food Allergy: All requests are treated with utmost care however please note that we handle nuts, seafood, shellfish, sesame seeds, wheat flour, eggs, fungi, and dairy products. Substitutes are available for meats, cheese, and bread to cater for dietaries such as Gluten-Free, Vegan, Vegetarian, and Halal, however we do not hold Gluten-Free or Halal certificates. Whilst we strive to accommodate dietary requests, the decision to consume a meal rest with the diner. Should special requests arise please consult with the Food & Beverage team or Supervisor.



DRINKS

Scan Here
to Order



COFFEE



SHORT	1 SHOT	2 SHOT	3 SHOT
Espresso	\$4.50	\$5.50	\$6.50
Macchiato, Piccolo	\$5.00	\$6.00	\$7.00
LONG	SML	MED	LRG
Long Black	\$5.50	\$6.50	\$7.50
Hot Chocolate	\$5.50	\$6.50	\$7.50
Flat White, Latte, Cappuccino	\$5.50	\$6.50	\$7.50
Mocha, Chai, Matcha Latte	\$6.00	\$7.00	\$8.00

ADD a bottle of water with any coffee **\$3.00**

ADD-ONS For Coffee

Extra Shot Espresso	+ \$1.00
Coffee Syrup (<i>Vanilla, Caramel, Hazelnut</i>)	+ \$0.50
Decaffeinated Coffee	+ \$0.50
Specialty Milk (<i>Coconut, Almond, Soy, Oat, Lactose Free</i>)	+ \$0.50

RE-USE and Save

Medium 12oz Reusable Coffee Cup
\$12 including first coffee FREE
(excludes specialty milk & add-ons)
\$1 discount for every coffee refill

Iced BEVERAGES

Iced Long Black	\$7.00
Iced Latte	\$7.00
Iced Chai	\$7.50
Iced Matcha Latte	\$8.00
House-made Earl Grey Iced Tea with Lemon, Mango or Cranberry	\$10.00
Frappe (<i>Caramel, Chocolate, Espresso Mocha, Salted Caramel, Hazelnut or Vanilla</i>)	\$12.00
Iced Coffee with Cream & Ice Cream	\$12.00
Iced Chocolate with Cream & Ice Cream	\$12.00

Bottles, Cans & Poppers

600ml Still Mineral Water	\$4.50
500ml Sparkling Mineral Water	\$5.00
250ml Orange or Apple Juice Pop-Top	\$4.50
250ml Strawberry or Chocolate Milk Popper	\$4.50
200ml Bundaberg Ginger Beer Can	\$4.50
250ml Redbull or No Sugar Redbull	\$7.00

FRESH JUICE



One Fresh Fruit	\$10.00
Orange, Apple or Watermelon	
Tropical Cooler	\$11.00
Watermelon, Pineapple, Mint, Lemon	
Flu Fighter	\$12.00
Orange, Carrot, Ginger, Watermelon	
Detox	\$12.00
Beetroot, Apple, Carrot, Celery, Lemon	
Cleanse	\$12.00
Apple, Celery, Lemon, Cucumber, Mint	
Hydrate	\$12.00
Pineapple, Orange, Watermelon, Coconut Water	

MILKSHAKES

Traditional	\$11.00
Vanilla, Caramel, Chocolate, Blue Heaven, Lime, Strawberry or Banana with Milk & Ice Cream	
Biscoff & Toasted Marshmallow	\$15.00
Caramel, Toasted Marshmallow Syrup & Biscoff Crumbs with Milk & Ice Cream	
Banana & Peanut Butter Cookie	\$14.00
Banana & Reese's pieces blended with Milk, Chocolate & Ice Cream	
Colada Milkshake	\$14.00
Pineapple & Coconut blended with Coconut Milk & Ice Cream	

SMOOTHIES

Traditional One Fruit	\$12.00
Mango, Banana or Mixed Berry	
Acai & Banana	\$13.00
Coconut Milk, Agave, Banana & Acai	
Mango & Coconut	\$14.00
Mango, Yoghurt, Honey & Coconut Water	
Matcha Magic Protein	\$16.00
Matcha with Banana, Protein Powder, Oat Milk & Honey	

ADD-ONS For Milkshakes & Smoothies

Thick Shake	+ \$2.00
Protein Powder	+ \$3.00
Blue Spirulina	+ \$3.00

Public Holiday Surcharge Notice: Customers are informed that a 15% surcharge is applicable to all Food and Beverage on public holidays. This surcharge helps offset the elevated costs associated with operating on these days. **Payment:** We do not accept cash as a method of payment. We accept Visa, MasterCard, AMEX, JCB & Debit Cards (Cheque & Savings). A 1.5% fee will apply to payments made by credit card, 2.5% for AMEX. No surcharge applies to savings accounts.