

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 7am to 10am
every day

CONTINENTAL

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

CHILDREN (12 and under)

CEREAL	6
Choice of milk	
EGG & CHEESE MUFFIN	7
Hash brown	
EGG & BACON	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

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