

GLUTEN-FREE BREAKFAST

hot & cold

freshly squeezed juices & lassi

orange, watermelon, pineapple, banana, papaya, apple, carrot or mixed tropical fruit
(plus seasonal fruits. Please ask your server)

coffee selection

decaffeinated coffee, freshly brewed of espresso, cappuccino, café latte
ice vanilla coffee

organic samaya teas selection

english breakfast, earl grey, black darjeeling, green sencha, green jasmine
green cinnamon, peppermint, chamomile, wild cherry, ayurveda harmony

twinnings

english breakfast, earl grey, black darjeeling, lemon twist, green sencha, green jasmine,
peppermint, chamomile

asian teas

ginger, lemongrass, peppermint

hot or cold milk

hot or cold chocolate

worldly

from our bakery

daily selection of gluten-free croissants, danishes
multyseed gluten-free bread or white toast

Indonesian breakfast

tropical fruit or fruit juice
seafood rice noodles, baby squid, prawns, cabbage, chilli
with egg, satay, vegetable pickle, emping crackers and tea or coffee

American breakfast

freshly squeezed juice, bakery selections, preserves, honey and butter, either fruit or
cereal
your choice of one dish from our “free style” selection and tea or coffee

Continental breakfast

freshly squeezed juice, bakery selection, assortment of cheese, cold cuts and tea or coffee

free style

smoked tasmanian salmon

gluten-free toast, scrambled eggs, crème fraîche, chives

eggs benedict

gluten-free toast, ham, asparagus, potato hash, hollandaise sauce

creamy scrambled eggs

gluten-free toast, bacon, mushrooms

traditional bacon 'n' eggs

gluten-free white toast, accompaniment of the day

choice of 2 or 3 egg omelettes

with choices of mushrooms, ham, onion, tomato, capsicum, jalapeno, spring onion, cheddar, goat cheese with accompaniment of the day

croque monsieur

gluten free toast, emmental cheese, ham, dijon mustard sandwich, pan-fried in butter

croque madame

as above, topped with a fried egg and glazed with a white sauce

strawberry / banana / pineapple / chocolate / cashew gluten-free pancakes

maple syrup, sweet butter, whipped cream

eggstra's

asparagus with hollandaise sauce,
sauté mushroom
potato of the day
pork/ beef/ chicken sausage
grilled back or crispy bacon
homemade baked beans

light 'n' healthy

gluten-free muesli

served with choice of plain milk, soya milk, skimmed milk, yoghurt or low fat yoghurt

two boiled eggs, gluten-free toast

papaya, lime

strawberries, orange wedges fruit

vanilla yoghurt

tropical fruit plate