

BREAKFAST		SMOOTHIES & PARFAITS	
Toasted Bread White, Whole Wheat, Multigrain & Gluten Free	\$4.00	Green Leaf Smoothie	\$15.00
Breakfast Pastry	\$5.00	Red Beetroot Apple with Roasted Almonds & Chia Seeds	\$15.00
Choice of Cereal or Yogurt	\$6.00	Almonds & Chia Seeds	
Breakfast Croissant Ham, cheese, apple smoked bacon	\$14.00	Strawberry & Banana	\$16.00
Waffles Roasted almond cream and chocolate sauce	\$14.00	Green Tea Dragon Fruit & Mango Parfait	\$18.00
Pancakes Plain, chocolate, banana or blueberry	\$15.00	Tropical mix, Oat Bermuda Raw Honey Parfait	\$18.00
Breakfast Burrito Egg, peppers, country sausage	\$16.00	Peanut Butter Smoothie Bowl	\$19.00
BLT Bacon, lettuce, tomatoes, spicy mayo, mustard	\$16.00	Mix Berry Raw Oat Mango	\$19.00
Fresh Seasonal Fruit Plate	\$16.00	All Smoothies are 10oz	
Avocado Toast with Poached Egg	\$18.00		
Three Egg Omelet Ham, cheddar	\$18.00		
BEVERAGES			
Coffee Regular Coffee Decaf	\$4.50	Selection of Teas	\$4.50
Espresso Single Double \$3	3.00 \$5.50	Hot Chocolate	\$6.00
Cappuccino	\$7.00	Fruit Juice 4oz Orange, Apple, Grapefruit, Cranberry, Pineapple	\$6.00