

**BREAKFAST available Monday to Friday - 7.00am – 11.30am  
Saturday & Sunday - ALL DAY**

**DRINKS**

|  |             |
|--|-------------|
| <b>yoghurt smoothie</b> - strawberry, banana, mango, yoghurt         | <b>6.50</b> |
| <b>health shake</b> - skim milk, wheat germ, banana, lecithin, honey | <b>6.50</b> |
| <b>vegetable juice</b> - celery, carrot, beetroot, ginger            | <b>6.00</b> |
| <b>fresh juice</b> - orange, apple, pineapple, grapefruit, melon     | <b>6.00</b> |

**CONTINENTAL BREAKFAST**

**breads for toasting with preserves**

|  |              |
|--|--------------|
| white, turkish, rye, raisin, cinnamon                  | <b>4.80</b>  |
| fresh ricotta  | <b>2.00+</b> |
| <b>pastries</b> - banana bread, muffins, friands       | <b>4.90</b>  |
| <b>hot porridge</b> with apple & ginger compote        | <b>10.90</b> |
| <b>bircher muesli</b> traditional swiss recipe         | <b>10.90</b> |
| <b>buttermilk pancakes</b> with apple & ginger compote | <b>10.50</b> |
| <b>french toast</b> with canadian maple syrup          | <b>10.50</b> |

**EGGS**

|                                    |             |
|------------------------------------|-------------|
| <b>poached, scrambled or fried</b> |             |
| served with your choice of toast   | <b>9.50</b> |

**OMELETTE**

|                                  |              |
|----------------------------------|--------------|
| <b>served with toasted bread</b> |              |
| ham & cheese                     | <b>16.80</b> |
| mushroom & tomato                | <b>16.80</b> |
| asparagus & smoked salmon        | <b>17.50</b> |

**POACHED**

|   |              |
|---|--------------|
| <b>benedict</b> - muffin with ham, eggs & hollandaise       | <b>16.80</b> |
| <b>atlantic</b> - muffin with salmon, eggs & hollandaise    | <b>16.80</b> |
| <b>florentine</b> - muffin with spinach, eggs & hollandaise | <b>15.80</b> |

**AMERICAN BREAKFAST**

|  |              |
|--|--------------|
| <b>pancakes</b> with scrambled eggs, bacon & maple syrup | <b>15.80</b> |
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**EXTRAS**

|                |             |               |             |
|----------------|-------------|---------------|-------------|
| grilled tomato | <b>2.00</b> | half avocado  | <b>3.00</b> |
| bacon          | <b>3.00</b> | smoked salmon | <b>5.00</b> |
| field mushroom | <b>3.00</b> | sausages      | <b>3.00</b> |

**SANDWICH**

|                      |             |
|----------------------|-------------|
| ham, cheese & tomato | <b>9.50</b> |
|----------------------|-------------|

Credit Card Minimum \$10.00