

**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>
--	--------------

**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