

# BREAKFAST

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2 eggs any style	12
Classic or egg white omelette in butter	14
OPTIONS: caramelized onions, cheddar cheese, roasted peppers, spinach, goats cheese, smoked ham, mushrooms	
Eggs Benedict with artisan ham, brioche and hollandaise	17
Smoked salmon rosti with scrambled eggs	19
Crisp French waffles with maple butter cream	15
French toast with dulce de leche, caramelized banana and creme chantilly	15
Chestnut flour pancakes with caramelized apples and mulled maple syrup	16
Steel cut oatmeal with artisan honey	9
Organic yogurt with granola and berries	13
Seasonal fruit and berries	12
Granola	9
Dry cereal	8

## PROTEIN SHAKES AND JUICES

Isobolic Protein Shake	
Raspberry	10
Chocolate	10
Vanilla	10
Wheatgrass 1.5 oz	5
Vega health optimizer	8
Orange juice	7
Grapefruit	7
Juice of the day	8
Fresh fruit smoothie	10

## BAKERY

Croissant (plain)	8
Pain au chocolate	8
Danish	8
Muffins	8
Toasted bagel with cream cheese	3
English muffins or toast	3
Continental breakfast	21

## SIDES

Smoked bacon	6
Turkey bacon	7
Pork sausage	6
Smoked ham	7
Rosti	6
Pink grapefruit	7

**EXECUTIVE CHEF**  
Andrew Ellerby

**CHEF DE CUISINE**  
Ben Heaton

**MANAGER**  
Tim Salmon

**BREAKFAST  
SERVED FROM**  
6:30 AM - 11:30 AM

## green teas

**sencha** - smooth and grassy. light and refreshingly straight forward.

**lung ching superior dragonwell** - full bodied and brisk with a slight heady bouquet. full green tea flavour.

**green kombucha lime** - delicate japanese green tea with 'kombucha' and refreshing lime. light flavours rounded by delightful citrus notes.

## oolong tea

**tikuan yin - iron goddess of mercy** - a chinese semi oxidized tea that combines green tea flavours with a fuller body. toasty, almost slightly smoky highlights, with light orchid hints.

## black teas

**darjeeling tgfp -margaret's hope** - a delicate cup with the distinctive 'muscatel' character. beautiful "afternoon tea".

**"one" breakfast tea** - rich, thick and malty but surprisingly airy with good flavour. great for the "orange pekoe" drinker.

**decaffeinated court lodge** - pure high grown ceylon. medium bodied black tea with brisk flavour and light golden liquor.

**royal earl grey** - infused with the oil of bergamont; a citrus fruit - and layered with cornflower blossoms.

## white tea

**fujian white rose** - delicate and complex white tea from fujian - beautiful natural sweetness carries subtle rose aromas.

## herbal teas:

**herbal relaxer** - cornflowers, melissa flowers, blackberries, sage, chamomile, rosehip and mint.

**rooibos sweet embrace** - rooibos blended with orange, cinnamon, vanilla and almond. delightful, rich and smooth balance of fruit and spice.

**peppermint** - a refreshing mint infusion, cooling and uplifting.

teas - \$7.00 each

## coffee

coffee	4
cappuccino	6
americano	6
latte	7
espresso	4
double espresso	5